**Food Studies Guidelines**

**Mrs. Zunti**

**czunti@rockyview.ab.ca**

*Take responsibility for your own achievement and demonstrate a positive attitude*

1. Listen closely to instruction, stay focused on your work, and keep NOISE to a minimum.
2. Please use appropriate language in class.
3. **Cell phones must be not seen, heard, or used during class.** They will be confiscated if you are using them.
4. Please leave jackets and coats in your lockers.
5. Hats may be worn during module work, but **NEVER** allowed in the cooking lab for safety and sanitation reasons.
6. Please leave backpacks in your lockers or outside the classroom door on cooking days.
7. If you are more than 5 minutes late on lab days you will not be allowed to cook.
8. You will receive a “0” on missed cooking labs. It is your responsibility to complete a home lab and submit it to me. (See teacher for home lab recipe sheet)
9. All module work MUST be completed, to my standards (60% minimum), before you are allowed in the cooking lab. You will receive a “0” for labs missed due to incomplete work.
10. The snapping or throwing of towels and/or throwing of food or bubbles will not be tolerated. You may be asked to leave and possibly receive a “0” for your lab.
11. Your kitchen has to be checked by the teacher before you leave the class. NO EXCEPTIONS. Should you leave your kitchen in an unacceptable state the following steps will be taken...
	* 1. You will be called back to the lab to clean!
		2. You will receive a “0” for that cooking lab.
		3. If it happens a second time, you will miss the next cooking lab.

**SANITATION is very IMPORTANT in the lab!**

1. Students are expected to wear an apron when cooking. Marks will be deducted if you do not have an apron on.
2. Wash your hands with very warm water and soap in the sink before you handle food or supplies.
3. Hair that touches shoulders and beyond must be tied back.
4. NEVER sit on the counters or tables and shoes MUST be worn at all times.

I have read, understand, and agree with the guidelines that Mrs. Zunti has set in class.

Any infractions to the above can and will result in deducted marks and/or removal from class. Further infractions will be the loss of cooking privileges, scheduled one-to-one meetings with me, and parent involvement.

Student Sign: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Foods 9 Schedule**

***You are required to bring an apron to class and pens/pencils for written assignment days.***

***Unit 1:***

*There will be teacher led (with student help) demos for each recipe*

|  |  |
| --- | --- |
| **MODULE 1** | **COOKING LABS** |
| Safety in the kitchenAppliances and types of cooking methodsMeasuring tools/Measurement conversionsKitchen utensilsPlace settingIntroduction to Canada’s Food Guide**ASSIGNMENTS/QUIZ/TESTS:**Moodle WorkSafety QuizMeasuring QuizUnit 1 Test | Buttermilk Biscuits with jamBanana Chocolate Chip MuffinsChocolate Chocolate Chip CookiesTacosPancakes and SausagesRice Krispie Squares |

**Unit 2:**

*There will be teacher led (with student help) demos for a few recipes*

|  |  |
| --- | --- |
| **MODULE 2** | **COOKING LABS** |
| Canada Food GuideFocus on Dairy and Grains**ASSIGNMENTS/TESTS:**Moodle/Research AssignmentUnit 2 Quiz | Oreo Cheese Cake CupcakesFrench Toast and fruit smoothiesMacaroni and CheeseStrawberry Shortcake with whip creamPretzelsCinnamon Buns |

**Unit 3:**

*There will be little to no teacher led demos.*

|  |  |
| --- | --- |
| **MODULE 3** | **COOKING LABS** |
| Canada Food GuideMeat and AlternativesFruit and Vegetables**ASSIGNMENTS/TESTS:**Moodle/Research AssignmentUnit 3 Test (full course exam) | Vegetarian Stir Fry with Coconut RiceApple Crisp with ice creamPizzaSpaghetti and Meat SauceHealthy After School Snacks (mini assignment and cooking lab) |

***Marking Criteria:***

Assignments: 30%

Cooking Labs: 40%

Quizzes/Tests: 20%

Participation/Attitude: 10%

***\*\*Assignments and recipes may change at the discretion of the teacher.\*\****