**X Block Senior Foods Class**

**www.sdss.weebly.com**

This course is a 4 credit, hands-on, experiential, project-based course that focuses on planning and preparing nutritious food for individuals and groups. Students will develop various skills from planning menus to presenting attractive meals, and increase their knowledge of the nutritional, social, and economic factors that affect food selection and preparation. Most of the practical, hands-on experiences will take place in the student’s home while being supported by their teacher on a regular basis in the classroom and through exploring different culinary experience in the lower mainland.

The aim of this class is to provide opportunities for students to further develop the knowledge, skills, and attitudes that have immediate and future applications in their personal and family lives, as well as in local and global environments. There will be allotted time to share students’ passions and interests in the area of Foods. Student’s ability to follow his or her foods passion independently is essential and vital to success. Cooking, baking, and meal prep will be required outside of school hours and completed on the student’s own time. Lab Reflections will be necessary evidence of his/ her journey and important for his/her growth as a learner.

**Food-Preparation Principles:**

Students gain an understanding of the scientific and aesthetic principles of food preparation that lead to desired product standards. They apply these principles by adapting recipes for a variety of situations.

**Food-Preparation Techniques:**

Students practice a wide variety of food-preparation techniques. They learn to prepare tasty, attractive, and nutritious foods in a cost and time effective manner.

**Food Products:**

Students learn to plan meals appropriate for various nutritional needs and social occasions. They prepare and serve meals using a variety of familiar and unfamiliar foods.

**Nutritional Issues:**

Student learn to maximize the health benefits of food while planning and preparing meals. They explore factors that affect an individual’s nutrient requirements. Throughout the course, students apply these principles of nutrition to their own food preparation.

**Social and Economic Issues:**

Students examine the environmental, cultural, and economic factors that influence food choices. They increase their awareness of the impact of an individual’s food choices on others, both locally and globally, and they use this knowledge to make responsible food choices.

**X BLOCK SENIOR FOODS EXPECTATIONS**

The students will be required to meet in the classroom on the first Tuesday of every month. The other Tuesdays and day 1 Flex are open for any additional support and check-ins. (\* See schedule)

The students will also be required to attend 3 out of 4 fieldtrips throughout the school year. \*\*Transportation and costs need to be covered by the individual. Please budget $20 per fieldtrip not including transportation. Fieldtrips will be on Day 2’s. The students will have to get permission from their teachers to attend. (If they cannot attend or there is a conflict, a make-up assignment will be given).

For the Food preparation/technique component, the students will be asked to complete a minimum of 1 lab per week or 10 labs per term. Accompanying each lab, the student will be required to photograph their item(s) as well as complete a write up in the form of a lab reflection similar to their experience in grade 9 foods.

Each student will partner up and create, plan and cook a 3-course lunch for a small group of staff this year.

For term 1 and 2 the students will complete a foods passion project of his/her choice or, something the teacher and student choose together.

Finally, for their final term and final project, the students will complete a foods “how-to”, video and present them to the class.

The students and teacher will meet before the end of each term for an exit interview to assess their learning using the breakdown below.

**Assessment**

Home Labs complete with lab reflections and photographs 40%

In-class and fieldtrip activities 20%

Passion Projects 20%

Luncheon 10%

Foods Video 10%

**X BLOCK SENIOR FOODS SCHEDULE**

Tuesday Sept.11th Introductions, expectations, remind app

Tuesday Oct. 2nd Guest Speaker & Save On tour

Tuesday Nov. 6th Passion Project Time

Tuesday Dec. 4th Christmas Pot-luck & Term 1 exit interviews

Tuesday Jan. 8th Guest Chef

Tuesday Feb. 5th Passion Project Time

Tuesday March 5th International Pot-luck, Term 2 exit interview

Tuesday April 2nd TBD

Tuesday May7th TBD

Saturday May 11th-18th Alaska Culinary Cruise (optional)

Tuesday June 4th Video Presentations, Pot-luck &

Term 3 exit interviews

TBD-Long Block Celebrations & Awards, Lunch

Proposed field-trips: November PICA tour & Lunch

February Gourmet Warehouse & Cooking Class

March TBD

April 25th Annual Skills Competition, TRADEX

\* Luncheon sign-up with the teacher

\*\* Snack and pot-luck sign up with the teacher