**Expectations:**

Welcome!! X block foods is a unique class where the students have a blend of in class experiences with a practical hands-on skills component required at home. There will not be any cooking in school. Students will be required to meet with me **WEEKLY** on Tuesdays after school. Approximately once a month we will have either a class or fieldtrip. I will be communicating with parents and students via school announcements, student & parent email, and text. It is the student’s responsibility to see me on a regular basis. There will be a mark associated with attendance.

Most of the fieldtrips throughout the school year will require a cost & transportation needs to be covered by the individual student. It may require them to miss a class. Missed work is the responsibility of the individual student.

For the Food preparation/technical component, the students will be asked to complete a minimum of 1 lab per week (10 labs per term). The labs will be chosen at our first class and shared via email and my website with everyone. 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 detailed lab reflection with nutrient breakdown using the website <https://www.myfitnesspal.com>

This will be provided by me. I also require all of the lab reflections and pictures be put in some kind of holder for assessment at the end of each term and for future reference. (cookbook style)

For term 1 and 2 the students will complete an inquiry foods project. Term 1 we will be studying nutrition and nutrients. Term 2 we will be studying different countries cuisine and we will be having an international potluck. Term 3 final project, the students will complete a foods “how-to”, tasty video and present them to the class. All assignment criteria will be on my website: http://sdsscooks.weebly.com

Finally, the whole class will be planning and preparing for a 3-course Dinner Gala to coincide with the SDSS senior fashion students’ Fashion Show in the spring to raise money for student scholarships and a special cause to be determined. Parents and the community will have an opportunity to purchase a ticket and come and celebrate with us.

If you have any questions, please email me at [eglennon@deltasd.bc.ca](mailto:eglennon@deltasd.bc.ca)

I look forward to having your son or daughter in my class this year and inspiring their inner chef.

**Assessment**

Home Labs complete with lab reflections and photographs (10) 50%

Passion Projects (3) & Gala 35%

Attendance (In-class and fieldtrips) 15%

**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