

Mr. Veeken
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Foods 9 Course Outline

Foods 9 covers a wide range of food topics that includes influences in our day-day food choices to ethical/sustainable food choices to First People and past-farmers food practices. The course enhances your practical skills and expands your personal awareness relating to food production and consumption. By the end of this course, you will be more comfortable in the kitchen as well as more prepared to be a sustainable and nutritious consumer.

Expectations

Students are expected to be **active learners** in Foods 9. Throughout the course, all assignments, labs, and tests are expected to be completed on time. Any missed work must be made up, unless excused by the teacher. Students will maintain an updated blog (during class-time) that will demonstrate their learning throughout the course.

Students are expected to be **respectful learners** in Foods 9. Respect and teamwork will support your success in Foods 9. The kitchen can be a dangerous environment if students are not careful. Students must behave appropriately and safely during class. Appropriate language must be used throughout the course. There is **ZERO** tolerance for any derogatory language targeting gender, religion, sexual orientation, race, physical or mental abilities, etc. Parent(s) and/or Guardian(s) and/or school administrators will be involved if students choose to use inappropriate language in class.

Students are expected to **clearly communicate** with their teacher. Clear communication will help ensure success in Foods 9. If you will be away from class, please contact your teacher ahead of time. You can contact Mr. Veeken by email at Brennan.veeken@burnabyschools.ca.

Key Concepts

- Food Preparation Foundations and Techniques
- Food Safety Principles
- Food Nutrition and Quality
- Social, Ethical, Environmental and Economic Factors/ Influences
- First Peoples Traditional Food Use
- Local Food Systems: Growing, Harvesting, Food Waste, Food Trends, etc.
- Eating Practices: Cultural, Social, Formal, Informal, etc.

Evaluation 100%

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|----------------------|-----|
| 1. Safety | 10% |
| 2. Food for Today | 20% |
| 3. Food for Tomorrow | 20% |
| 4. Food of Yesterday | 20% |
| 5. Food Forever | 20% |

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6. Final Reflection 10%

Units

Unit Breakdown

- Each unit will consist of labs, assignments, blog posts, and tests.

Safety

- Kitchen safety
- Food Safety
 - o Handwashing, cross-contamination, cooking temperatures, storage, pathogens, and food borne illnesses.
- Knife skills

Food for Today

- Preparing different foods utilizing different kitchen equipment
- Nutritional analysis of foods

Food for Tomorrow

- Meal planning utilizing food guides and budgets
- Adapting recipes to fit dietary restrictions and yields.

Food of Yesterday

- Analyzing First People's foods
- First Peoples traditional food use, including ingredients, harvesting/gathering, storage, preparation, and preservation
- Chinese-Canadian Farming in Burnaby

Food Forever

- Health, economic, and environmental factors that influence availability and choice of food in personal, local, and global contexts
- ALR debate
- Ethical issues related to food systems

Partner Blogs

Students will work with their partner to create a personal blog that will demonstrate their learning throughout the course. The blogs will require regular posts throughout each unit. Students will post pictures, videos, and reflections that demonstrate their learning.

Cell Phones

It is important that students are exercising proper sanitation and hygiene practices while handling food in the lab. Cell phones can contaminate clean hands, thus cell phones are not permitted during labs. Multiple offences will result in the device being removed to the office and parents may be called to pick it up.