

GRADE 11/12 FOOD AND NUTRITION

2024/2025

MCCREARY SCHOOL

Level: Grade 11/12

Code: 0489

Program Designation: 35S/44S

Credit Value: 0.5 credit

Prerequisites: None

Course Times: Day 4 2:18-3:30

Day 5 2:18-3:30

Day 6 2:18-3:30

TEACHER CONTACT INFORMATION

Mrs. A. Dmytriw School Phone Number - **204-835-2083**

Email - admytriw@trsd.ca

COURSE OVERVIEW / FOCUS OF CLASS

Grade 11 Food and Nutrition focuses on the individual within the community and Canada, including the influence regions have on our food choices and personal practices. Students will be exposed to food and production in Manitoba and examine food availability within Manitoba. Students will analyze the nutritional composition of food and reflect on their own nutritional choices. This course provides opportunities for students to apply food preparation skills in a practical setting.

COURSE GOALS

1. Technical and Applied Skills: The learning experiences in this goal will assist students as they develop the knowledge and skills they need to create products that support individuals, families, and communities. Students will be given the

opportunity to explore their ideas through practical experiences in a safe and supportive environment.

2. Fundamentals of Nutrition: The learning experiences in this goal will assist students as they develop the knowledge and skills they need to evaluate nutrition knowledge and develop an appreciation of food to enhance the health and well-being of individuals, families, and communities.

3. Citizenship and Sustainability: The learning experiences in this goal will assist students as they develop the knowledge and skills they need to become citizens who look critically at people's quality of life—locally, nationally, and globally—with the desire to make positive changes towards a sustainable and equitable future.

4. Relationships and Influences: The learning experiences in this goal will assist students as they develop the knowledge and skills they need to build and maintain positive relationships and to understand the issues and challenges that affect individuals, families, and communities.

5. Career Development: The learning experiences in this goal will assist students in developing the knowledge and skills necessary for effective communication, teamwork, and leadership that contribute to success in learning, life, and work.

COURSE PACING/MAJOR ASSIGNMENTS

The goals will be spiraled throughout the course. There will be a major focus on sanitation and safety while in the kitchen.

In Food and Nutrition students' assignments will consist of food preparation, written research assignments, videos and group work. Food items include bread, lasagna, shepherd's pie, ravioli, fruit pie, cinnamon buns, perogies, stir fry.

If students miss a cooking class, they will need to complete a home cooking assignment where they can make either the item they missed or something similar of their choosing.

Students will also complete their Food Safety Course. At the end they will receive a certificate that they can use for future jobs.

In Food and Nutrition, we will be covering:

Cluster 1 (all course) Demonstrate appropriate sanitation practices. Create and maintain a safe working environment. Demonstrate safe and sanitary food handling practices. Demonstrate literacy skills as they apply to food and nutrition. Demonstrate numeracy skills as they apply to food and nutrition. Demonstrate understanding of food preparation fundamentals and skills.	Cluster 2 (8 weeks) Develop an understanding of nutrients. Demonstrate food literacy for achieving and maintaining health and wellness Develop understanding of the relationship between food choices and health/wellness.	Cluster 3 (3 weeks) Explore issues around food security and social justice. Explore sustainable food production and consumption practices
Cluster 4 (all course) Develop understanding of influences on food choices. Develop understanding of healthy food relationships.	Cluster 5 (all course) Demonstrate personal and social skills. Demonstrate thinking and decision-making skills Demonstrate teamwork skills. Demonstrate project management skills Explore careers related to food and nutrition.	

There will be tests, written assignments, group projects, leave slips used throughout the course.

Course pacing and assignments are subject to change at the teacher's discretion.

The full curriculum may be found at:

www.edu.gov.mb.ca/k12/cur/teched/he_framework/docs/food-nutrition/gr9-12-full.pdf

MATERIALS

Students are expected to bring the following materials to all classes:

- pen/pencil, binder with loose leaf or notebook with lined pages
- textbooks will be kept in the classroom until needed – students may sign them out if they are needed for homework

EVALUATION

Course work will be worth 70% of your final mark and the final exam will be worth 30%. All course work will be cumulative. There will be a variety of assessment tools utilized, rubrics, tests, antidotal etc. Formative assessment will include homework checks, leave slips etc. The final exam will be a project.

Behavioural Assessment

Students will be assessed as per the guidelines from the Manitoba provincial report card, in the areas as follows:

Personal Management Skills - Organizes material, uses class time productively, works independently, completes all work on time, persists when faced with challenges, seeks help when needed, demonstrates a strong work ethic, shows patience, demonstrates on-task behaviour, sets personal management goals

Active Participation in Learning - Shows interest, asks questions, takes initiative, self-assesses work quality based on criteria, uses feedback to improve learning, uses criteria to provide feedback, uses a variety of media for communication, investigates questions, hypothesizes, analyzes

Social Responsibility - Works and interacts well with others, is welcoming and positive, shares resources and equipment with others, respects school values, respects and follows classroom routines, takes an equitable share in group work, is courteous, respects the need for safety, sets personal management goals

An assignment is due on the due date. Students who are unable to meet that due date must make arrangements with the teacher or take an incomplete. Teachers will use their discretion based on circumstances to make their final decision. An incomplete will result in a mark of zero.

Students fill out a cooking rubric for each cooking experience and self-assess. Rubrics are handed in before students can leave the class. The teacher has the final say on the rubric.

ADDITIONAL INFORMATION

1. Students are expected to be on time for class. A student will be marked absent if he/she is 10 or more minutes late to class. The student will be expected to wait quietly at the classroom door until the teacher addresses the student's tardiness. It is up to the teacher whether to allow the student to enter the classroom.
2. Students are expected to be in class daily. If a student is absent from 5 or 10 classes, parents will receive an email or letter. After 10 absences there may be a meeting with the teacher and/or principal, parents and student to identify the barriers/obstacles preventing regular attendance and to develop a plan to prevent future absences. You may be removed from the class if there are too many absences at the administration's discretion.
3. Students are expected to show respect to fellow students and teachers.
4. Students are expected to try their hardest.
5. Students are not to interrupt other students' learning.
6. Students are responsible for all homework and notes which were missed while they were absent. Students are encouraged to ask a classmate upon returning to catch up on the materials covered during their absence.
7. Research shows that homework is important to learning in high school. Students require enough practice in order to achieve skills. Completing all homework is critical to overall learning. If work is not completed during class time it will be assigned as homework.
8. Cell phones and other wireless communication devices are not allowed during class time.
9. McCreary School Handbook outlines the expectations regarding academic dishonesty (If at any time you are unsure about an assignment it is the student's responsibility to ask for clarification)
10. If students miss a cooking class, they are expected to make it up at home.
11. Extra help is available at lunch or after school. It is up to the student to make arrangements to come in.