**Foods 10 Long Range Plans, Fall/Winter 2021-2022**

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**The Rationale for Foods 10**

The aim of the Foods 10 curriculum is to provide opportunities for students to 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, including  
• understanding the principles of healthy eating to plan and create nutritious foods for individuals, groups, and family members  
• increasing knowledge of the nutritional, social, and economic factors that affect food selection and preparation  
• practising and thinking critically about principles and techniques related to acquisition, production, and consumption of foods

The Foods 10 curriculum provides opportunities for students to  
• practise decision-making and problem-solving skills  
• understand and apply the scientific and aesthetic principles of food preparation that lead to desired product standards  
• practise a wide variety of food-preparation techniques  
• plan meals appropriate for various nutritional needs and social occasions  
• maximize the health benefits of food while planning and preparing meals  
• explore factors that affect an individual’s nutrient requirements at each stage of life  
• appreciate the diversity of cultures in relation to customs and food preparation  
• examine the environmental, cultural, and economic factors that influence food choices  
• understand the impact of an individual’s food choices on others, both locally and globally

**and Nutrition 8 to 12 Curriculum Organizers**

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| **Food Preparation Foundations**   * Safety and   Sanitation   * Kitchen Basics * Function of   Ingredients | **Food Preparation Techniques** • Food Products • Methods of  Cooking | **Nutrition and Healthy Eating** | **Social, Economic, and Cultural Influences** | Career Opportunities |

Food and Nutrition Key concepts at a glance:

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| **Food Preparation Foundations** | | |
|  |  | **Safety and Sanitation**   * food-borne illnesses * food contamination * safe use of equipment * response to emergency situations **Kitchen Basics** * evaluation and use of a recipe * food preparation equipment * partner and group work co-operation,   including planning skills  **Function of Ingredients**  • comparison of like ingredients |
| **Food Preparation Techniques** | | |
|  |  | **Food Products**   * cooking principles to prepare healthy dishes and meals * incorporation of presentation   **Methods of Cooking**  • cooking procedures and techniques |
| **Nutrition and Healthy Eating** | | |
|  |  | * basic nutrient categories * nutritious menus for dietary and   budget needs   * relationship between food intake   and physical activity   * comparison of recipes to identify   healthiest choices   * evaluation of commercial food   products |
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| **Career Opportunities** | | |
|  |  | • description of food-related occupations and careers |

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• Home economics: Foods and nutrition 8 to 12