

MATERIAL COVERED:

The Foods 10 course is divided into five major parts:

1. Food Perspectives
 - Food Habits and Traditions
 - Personal Food Choices
2. Food Management
 - Kitchen Basics
 - Buying and Storing Food
 - Serving and Eating Food
3. Food Preparation
 - Grain Products
 - Vegetables and Fruit
 - Milk and Milk Products
 - Meat and Meat Alternatives
 - Other Foods
4. A Global Perspective
 - Canadian Food Heritage
 - Cultural Foods
 - Global Food Issues
5. The Science of Food
 - How the Body Uses Food
 - Making Healthy Food Choices
 - Health Risks and Food

TEXTBOOK:

The course uses the following text: *Food for Life (ISBN 0-07-551544-X)*

OTHER USEFUL RESOURCES:

- The Gage Canadian Dictionary (or another dictionary)
- The Canada Food Guide to Healthy Eating
- A variety of cookbooks
- Personal or family recipes

EVALUATION:

This course works on a mastery system. You must pass the mastery tests in each unit to the 80% level before you can go on. In addition, there are cumulative tests from time to time. These are tests you can take only once, so studying before them is essential to doing well. Your final mark for the course is based 60% on mastery tests and 40% on cumulative tests.

GOAL

The goal of this unit is to familiarize you with worldwide food habits and traditions that influence our current food choices

OBJECTIVES

After completing this unit you will be able to:

- Name some factors that influence food habits
- Understand the physical, social, and psychological factors that influence why people eat
- Describe foods used on special occasions
- Understand how the foods we eat affect our everyday lives
- Explain how wellness and energy balance are related

WHAT TO DO IN THIS UNIT

1. Ask your teacher for the Unit 1 Worksheet.
2. In the textbook, read Chapter 1, starting on p. 2.
3. Remember, it is best to read the whole chapter to get an overview of the content before attempting to answer the worksheet questions.
4. Answer the questions in the Unit 1 Worksheet. This will help you organize and understand what you have read. Ask your teacher if you should hand in your worksheet for marking.
5. When you are ready, ask your teacher for the Unit 1 Test. Remember, you must get 80% to pass, so studying hard is essential.

GOAL

The goal of this unit is to introduce you to the importance of making good decisions when choosing foods.

OBJECTIVES

After completing this unit you will be able to:

- Understand how the individual is responsible for food choices
- Describe and use Canada's Food Guide to Healthy Eating
- Identify some key nutrients for healthy eating
- Understand meal and menu planning
- Understand and describe the criteria for a healthy meal

WHAT TO DO IN THIS UNIT

1. Ask your teacher for the Unit 2 Worksheet.
2. In the textbook, read Chapter 2, starting on p.22.
3. Remember, it is best to read the whole chapter to get an overview of the content before attempting to answer the worksheet questions.
4. Answer the questions in the Unit 2 Worksheet. This will help you organize and understand what you have read. Ask your teacher if you should hand in your worksheet for marking.
5. When you are ready, ask your teacher for the Unit 2 Test. Remember, you must get 80% to pass, so studying hard is essential.
6. Go over your notes, tests, and worksheets from Units 1–2. When you are ready, ask your teacher for Cumulative Test #1, Food Perspectives. This test can only be written once, so good preparation is essential to do well.

GOAL

The goal of this unit is to familiarize you with the basic operation of a typical kitchen.

OBJECTIVES

After completing this unit you will be able to:

- Identify and use most common kitchen appliances
- Identify and use basic kitchen tools
- Describe good management practices in the kitchen
- Explain why safety is always a paramount concern in the kitchen
- Examine and use a variety of recipes and ingredients

WHAT TO DO IN THIS UNIT

1. Ask your teacher for the Unit 3 Worksheet.
2. In the textbook, read Chapter 3, starting on p. 60.
3. Remember, it is best to read the whole chapter to get an overview of the content before attempting to answer the worksheet questions.
4. Answer the questions in the Unit 3 Worksheet. This will help you organize and understand what you have read. Ask your teacher if you should hand in your worksheet for marking.
5. When you are ready, ask your teacher for the Unit 3 Test. Remember, you must get 80% to pass, so studying hard is essential.

GOAL

The goal of this unit is to introduce you to good practices for purchasing and storing various foods.

OBJECTIVES

After completing this unit you will be able to:

- Understand how to plan your food purchases
- Describe how the Canadian government grades food
- Describe food labelling and food additives
- Describe and use safe methods for preserving and storing foods.
- Identify the causes and control of food poisoning

WHAT TO DO IN THIS UNIT

1. Ask your teacher for the Unit 4 Worksheet.
2. In the textbook, read Chapter 4, starting on p. 94.
3. Remember, it is best to read the whole chapter to get an overview of the content before attempting to answer the worksheet questions.
4. Answer the questions in the Unit 4 Worksheet. This will help you organize and understand what you have read. Ask your teacher if you should hand in your worksheet for marking.
5. When you are ready, ask your teacher for the Unit 4 Test. Remember, you must get 80% to pass, so studying hard is essential.

GOAL

The goal of this unit is to familiarize you with generally accepted principles and practices for serving and eating food.

OBJECTIVES

After completing this unit you will be able to:

- Describe the importance of good table manners
- Describe how certain foods are eaten politely
- Understand the principles of etiquette
- Explain how and why a table is set the way it is
- Describe how various foods are served

WHAT TO DO IN THIS UNIT

1. Ask your teacher for the Unit 5 Worksheet.
2. In the textbook, read Chapter 5, starting on p. 122.
3. Remember, it is best to read the whole chapter to get an overview of the content before attempting to answer the worksheet questions.
4. Answer the questions in the Unit 5 Worksheet. This will help you organize and understand what you have read. When you are done, hand in your worksheet for marking. **Your worksheet counts as the Unit Test for this Unit.**
5. **There isn't a Unit 5 Test**, but the material in this unit **will** show up on the Cumulative #2 Test.
6. Go over your notes, tests, and worksheets from Units 3–5. When you are ready, ask your teacher for Cumulative Test #2, Food Management. This test can only be written once, so good preparation is essential to do well.

GOAL

The goal of this unit is to investigate grain products and how to prepare and serve them.

OBJECTIVES

After completing this unit you will be able to:

- Describe the types of grain products people generally use
- Describe how various grain products are cooked
- Describe flour and its uses
- Make pancakes, muffins, and biscuits

WHAT TO DO IN THIS UNIT

1. Ask your teacher for the Unit 6 Worksheet.
2. In the textbook, read Chapter 6, starting on p. 138.
3. Remember, it is best to read the whole chapter to get an overview of the content before attempting to answer the worksheet questions.
4. Answer the questions in the Unit 6 Worksheet. This will help you organize and understand what you have read. Ask your teacher if you should hand in your worksheet for marking.
5. When you are ready, ask your teacher for the Unit 6 Test. Remember, you must get 80% to pass, so studying hard is essential.

GOAL

The goal of this unit is to investigate fruits and vegetables and how to prepare and serve them.

OBJECTIVES

After completing this unit you will be able to:

- Explain how fruits and vegetables are classified
- Describe the nutritive values of fruits and vegetables
- Describe the selection, preparation, and storage of various fruits and vegetables
- Describe the uses of a variety of fruits

WHAT TO DO IN THIS UNIT

1. Ask your teacher for the Unit 7 Worksheet.
2. In the textbook, read Chapter 7, starting on p. 160.
3. Remember, it is best to read the whole chapter to get an overview of the content before attempting to answer the worksheet questions.
4. Answer the questions in the Unit 7 Worksheet. This will help you organize and understand what you have read. Ask your teacher if you should hand in your worksheet for marking.
5. When you are ready, ask your teacher for the Unit 7 Test. Remember, you must get 80% to pass, so studying hard is essential.

GOAL

The goal of this unit is to investigate milk, milk products, and their uses.

OBJECTIVES

After completing this unit you will be able to:

- Explain how milk is processed
- Name different milks and milk products
- Understand the nutritive value of milk and milk products
- Explain how cheese is made and describe its nutrients

WHAT TO DO IN THIS UNIT

1. Ask your teacher for the Unit 8 Worksheet.
2. In the textbook, read Chapter 8, starting on p.180.
3. Remember, it is best to read the whole chapter to get an overview of the content before attempting to answer the worksheet questions.
4. Answer the questions in the Unit 8 Worksheet. This will help you organize and understand what you have read. Ask your teacher if you should hand in your worksheet for marking.
5. When you are ready, ask your teacher for the Unit 8 Test. Remember, you must get 80% to pass, so studying hard is essential.

GOAL

The goal of this unit is to investigate meat and meat alternatives.

OBJECTIVES

After completing this unit you will be able to:

- Identify meat and meat alternatives and the nutrients they contain
- Make good decisions when purchasing meat and meat alternatives
- Understand the nutritive value of meat and meat alternatives
- Cook and prepare meat and meat alternatives safely

WHAT TO DO IN THIS UNIT

1. Ask your teacher for the Unit 9 Worksheet.
2. In the textbook, read Chapter 9, starting on p.194.
3. Remember, it is best to read the whole chapter to get an overview of the content before attempting to answer the worksheet questions.
4. Answer the questions in the Unit 9 Worksheet. This will help you organize and understand what you have read. Ask your teacher if you should hand in your worksheet for marking.
5. When you are ready, ask your teacher for the Unit 9 Test. Remember, you must get 80% to pass, so studying hard is essential.

GOAL

The goal of this unit is to investigate foods that do not fit into the four basic food groups in the Canada Food Guide.

OBJECTIVES

After completing this unit you will be able to:

- Identify what ‘other foods’ are
- Understand how and why beverages are included in the ‘other’ category.
- Explain the uses of herbs, spices, and condiments.

WHAT TO DO IN THIS UNIT

1. There isn't a Unit 10 Worksheet.
2. In the textbook, read Chapter 10, starting on p. 228.
3. Remember, it is best to read the whole chapter to get an overview of the content before attempting to answer the worksheet questions.
4. The test for this unit will be an essay you write.
5. When you are ready, ask your teacher for the Unit 10 Test. Remember, you must get 80% to pass, so studying hard is essential.
6. Go over your notes, tests, and worksheets from Units 6–10. When you are ready, ask your teacher for Cumulative Test #3, Food Preparation. This test can only be written once, so good preparation is essential to do well.

GOAL

The goal of this unit is to examine the variety of foods that Canada's diverse population has contributed to our heritage.

OBJECTIVES

After completing this unit you will be able to:

- Describe how the aboriginal peoples of Canada lived
- Discuss how and why there are regional foods
- Describe some foods from Canada's varied regions

WHAT TO DO IN THIS UNIT

1. Ask your teacher for the Unit 11 Worksheet.
2. In the textbook, read Chapter 11, starting on p.246.
3. Remember, it is best to read the whole chapter to get an overview of the content before attempting to answer the worksheet questions.
4. Answer the questions in the Unit 11 Worksheet. This will help you organize and understand what you have read. **Be sure to answer each of the questions fully, and in a properly written paragraph.**
5. When you are done, hand in your worksheet for marking. **Your worksheet counts as the Unit 11 Test.**

GOAL

The goal of this unit is to introduce you to the interesting variety of foods throughout the world.

OBJECTIVES

After completing this unit you will be able to:

- Describe foods popular in other countries
- Understand the origins of some of these foods
- Prepare and serve a selection of cultural foods

WHAT TO DO IN THIS UNIT

1. **There isn't a Unit 12 Worksheet for this unit.**
2. In the textbook, read Chapter 12, starting on p. 260.
3. Remember, it is best to read the whole chapter to get an overview of the content before attempting to answer the worksheet questions.
4. For the Unit 12 Test, you will prepare two ethnic recipes from Chapter 12.
5. When you are ready, ask your teacher for the Unit 12 Test. Remember, you must get 80% to pass, so studying hard is essential.

GOAL

The goal of this unit is to make you aware of the problems and challenges of producing food throughout the world.

OBJECTIVES

After completing this unit you will be able to:

- Describe various methods of food production in the world
- Explain why pesticides and fertilizers are used and their drawbacks
- Understand the reasons for the inequality of nutrition
- Realize how and individual's actions can help in dealing with global problems

WHAT TO DO IN THIS UNIT

1. Ask your teacher for the Unit 13 Worksheet.
2. In the textbook, read Chapter 13, starting on p. 294.
3. Remember, it is best to read the whole chapter to get an overview of the content before attempting to answer the worksheet questions.
4. Answer the questions in the Unit 13 Worksheet. This will help you organize and understand what you have read. Ask your teacher if you should hand in your worksheet for marking.
5. When you are ready, ask your teacher for the Unit 13 Test. Remember, you must get 80% to pass, so studying hard is essential.
6. Go over your notes, tests, and worksheets from Units 11–13. When you are ready, ask your teacher for Cumulative Test #4, A Global Perspective. This test can only be written once, so good preparation is essential to do well.

GOAL

The goal of this unit is to familiarize you with the scientific principles of nutrition and how the body uses nutrients.

OBJECTIVES

After completing this unit you will be able to:

- Identify major nutrients
- Describe the sources of these nutrients
- Understand the digestive process and how food is absorbed
- Describe metabolism

WHAT TO DO IN THIS UNIT

1. Ask your teacher for the Unit 14 Worksheet.
2. In the textbook, read Chapter 14, starting on p. 314.
3. Remember, it is best to read the whole chapter to get an overview of the content before attempting to answer the worksheet questions.
4. Answer the questions in the Unit 14 Worksheet. This will help you organize and understand what you have read. Ask your teacher if you should hand in your worksheet for marking.
5. When you are ready, ask your teacher for the Unit 14 Test. Remember, you must get 80% to pass, so studying hard is essential.

GOAL

The goal of this unit is to help you understand that an individual has the power to make healthy food choices.

OBJECTIVES

After completing this unit you will be able to:

- Analyze nutrition information
- Look critically at food advertizing
- Understand the different nutritional needs of various individuals
- Understand the important role fo proteins play in good nutrition

WHAT TO DO IN THIS UNIT

1. Ask your teacher for the Unit 15 Worksheet.
2. In the textbook, read Chapter 15, starting on p. 330.
3. Remember, it is best to read the whole chapter to get an overview of the content before attempting to answer the worksheet questions.
4. Answer the questions in the Unit 15 Worksheet. This will help you organize and understand what you have read. Ask your teacher if you should hand in your worksheet for marking.
5. When you are ready, ask your teacher for the Unit 15 Test. Remember, you must get 80% to pass, so studying hard is essential.

GOAL

The goal of this unit is to emphasize the importance of good nutrition to a healthy lifestyle.

OBJECTIVES

After completing this unit you will be able to:

- Understand nutrient deficiency
- Describe various diet-related diseases and conditions
- Understand the concept of weight management
- Describe various eating disorders

WHAT TO DO IN THIS UNIT

1. Ask your teacher for the Unit 16 Worksheet.
2. In the textbook, read Chapter 16, starting on p. 354.
3. Remember, it is best to read the whole chapter to get an overview of the content before attempting to answer the worksheet questions.
4. Answer the questions in the Unit 16 Worksheet. This will help you organize and understand what you have read. Ask your teacher if you should hand in your worksheet for marking.
5. When you are ready, ask your teacher for the Unit 16 Test. Remember, you must get 80% to pass, so studying hard is essential.
6. Go over your notes, tests, and worksheets from Units 14–16. When you are ready, ask your teacher for Cumulative Test #5, The Science of Food. This test can only be written once, so good preparation is essential to do well.