



SOUTH CARLETON HIGH SCHOOL
Ottawa-Carleton District School Board
COURSE OUTLINE
HFC3M
Food and Culture

Credit Value: 1 credit

Hours: 110

Course Overview

This course focuses on the flavours, aromas, cooking techniques, foods, and cultural traditions of world cuisines. Students will explore the origins of and developments in diverse food traditions. They will demonstrate the ability to cook with ingredients and equipment from a variety of cultures, compare food-related etiquette in many countries and cultures, and explain how Canadian food choices and traditions have been influenced by other cultures. Students will develop practical skills and apply social science research methods while investigating foods and food practices from around the world.

Expectations

Unit Title	Overall Expectations
Culture, Foods, and Food Practices	B1. Food Choices: demonstrate an understanding of the factors that influence food choices, with reference to a variety of cultures; B2. Food Guidelines: demonstrate an understanding of the key recommendations in Canada's Food Guide and the food and nutrition guidelines of other countries; B3. Culture and Food Habits: demonstrate an understanding of the influence of culture on how people obtain, prepare, serve, and consume food.
Foods and Flavours	C1. Food Availability: demonstrate an understanding of the relationship between geography and the foods naturally found and/or produced in Canada and various other countries; C2. Sources of Foods: demonstrate an understanding of the sources of foods eaten in Canada and in various other countries/cultures; C3. Flavours of the World: demonstrate an understanding of the characteristic flavours, aromas, herbs, and spices associated with cuisines of various countries/cultures.
Food-Preparation skills	D1. Kitchen Safety: demonstrate an understanding of practices that ensure or enhance kitchen safety; D2. Food Safety: demonstrate an understanding of practices that ensure or enhance food safety; D3. Food Preparation: demonstrate skills used in food preparation in various countries/cultures; D4. Kitchen Literacy and Numeracy: demonstrate the literacy and numeracy skills required in food preparation.

Accommodations for Exceptional Students

The technology department makes every effort to accommodate the identified needs of exceptional (IPRC'd) students and will attempt to differentiate curriculum delivery methods, student modes of expression, and assessment methods as recommended by the student's individual education plan (IEP).

Teaching Strategies

Units are activity based. Teacher demonstration and research activities provide the students with the necessary terminology and methodology to complete the activities. Classroom discussions, collaborative and co-operative learning, research, report writing and taking notes will assist students in meeting the course expectations. Upon completion of this course, students will demonstrate the ability to apply skills and knowledge to practical situations that involve the completion of work assignments and problem-solving activities.

Resources/Textbooks/Technological Integration

A series of in-house workbooks and cookbooks

Evaluation

Term Report	Final Report
Students will be evaluated on the overall expectations listed above. Evaluations will cover a balance of Responsibility, Organization, Independent Work, Collaboration, Initiative and Self-Regulation.	Term 70%
	Summative task
	Practical 15%
	Written <u>15%</u>
	100%

Key Evaluation Dates:

Food summatives will come due within the school's Summative and Evaluation Period between January 15th and 26th and June 4th to June 18th.

Absence from evaluations during these dates must be substantiated with a medical certificate or equivalent documentation as approved by administration.

Classroom Management

Due to the nature of the course, teacher permission is needed when consuming food. Jackets and/or bags should be kept in your locker. Adherence to school Internet use policy will be strictly enforced. Noncompliance will result in the removal of computer privileges for the students for an indeterminate period of time.

More information on South Carleton High School's policy on Assessment and Evaluation and on Academic Integrity can be accessed on our school website www.southcarleton.ca