



# Foods Studies 11

## Course Outline

**Course Layout** *The course is broken down as follows:*

Unit	Topic
1	Foundation for this Course
2	Kitchen Safety & Sanitation
3	Equipment to Budgets
4	What's in a Cookie?
5	Leavening Agents
6	The Balanced Vegetarian
7	Healthy Cooking
8	The Future of Food
9	International Foods
10	Good Cooking

**Grading** *Your grade for this course will be calculated as follows:*

Item	Weight
Introduction	10
Lab Work	40
Assignments	35
Tests & Forums	15

## Lab Work

Marks for labs are based on planning, organization, food preparation techniques, product, self-evaluation, and clean up. To adhere to FOODSAFE practices, aprons are mandatory and therefore students need to be wearing these when they cook.

### Keys to Success:

1. Actively work through each lesson, trying examples and reflecting on material.
2. Use the Learning Guide as your tool for documenting your understanding. Be organized and neat.
3. Make sure you understand all project requirements. If you can't figure it out - ASK!
4. Be sure to use your Moodle message system for regular communication with your instructor.

The following rubric will be used for grading your comments in the discussion boards.

	Exceptional	Very Good	Competent	Fair	Poor	Incoherent
Characteristics	6	5	4	3	2	1
Spelling	Virtually no errors	Few, if any errors	Several errors in spelling	Frequent errors in spelling	Many spelling errors, but commonly used words spelled correctly	Many spelling errors including misspelled commonly used words
Grammar & Sentence Structure	Sophisticated use of grammar and sentence structure with few, if any, errors	Sentence structure is varied with minor grammar errors	Adequate variation in sentence structure and grammar	Occasional errors in sentence structure and grammar which don't obscure meaning	Frequent errors in sentence structure and grammar which obscure meaning at times	Frequent, serious errors in sentence structure and grammar obscure meaning
Quality of Answer	Superior understanding. Superior examples and/or reflection provided.	Very good understanding. Good examples and/or reflection provided.	Adequate understanding and support.	Limited understanding. Generalized support.	At least partial misunderstanding of topic and/or missing good support.	Does not show understanding or does not include information that relates to the topic