

Food Studies 10

Designed to help students achieve Saskatchewan curricular outcomes in an individualized learning system, Food Studies 10 introduces them to food and nutrition, combining knowledge with practical experience. This resource includes six workbook units with corresponding score keys, tests, and test keys. Each workbook unit contains several home labs to be completed with parental supervision. This allows small schools with no kitchen facilities to offer this course. No additional resources are required.

Upon completion of each workbook unit, the student should be able to:

Workbook A

- ❖ Explain the steps involved in food preparation.
- ❖ Discuss the guidelines for serving and eating food.
- ❖ Set a table properly.
- ❖ Evaluate the information provided in a recipe.
- ❖ Identify the measurement tools and other kitchen tools and equipment.
- ❖ Apply knowledge in following recipes for Puffed Wheat Squares and muffins and by converting metric measurements to imperial measurements.
- ❖ Outline the ways we can conserve and recycle.

Workbook B

- ❖ Explain the terms related to food-borne illnesses.
- ❖ Discuss food contamination and how it occurs.
- ❖ List some of the common bacteria that contaminate food.
- ❖ Explain how to prevent food poisoning.
- ❖ Discuss safe work practices in the kitchen and ways to prevent accidents.
- ❖ Create a fire escape plan for his/her home.
- ❖ Prepare Chocolate Chip Cookies and Baking Powder Biscuits using a recipe and making conversions from metric to imperial measurements.

Workbook C

- ❖ Practise some basic first aid for accidents in the kitchen.
- ❖ List the ingredients in common flour mixtures and explain their functions.
- ❖ Discuss the different types of flour available in the grocery stores and their nutritive value.
- ❖ Define leavening and leavening agents.
- ❖ Explain the purpose of gluten and its importance in flour mixtures.
- ❖ Prepare Banana Bread and pancakes, following a recipe and making conversions from imperial to metric measurements.

Workbook D

- ❖ Describe the different mixing techniques.
- ❖ Explain how flour mixtures are important for our health.
- ❖ Discuss the various grains, their nutritive value, and their uses.
- ❖ Understand the purpose of grains in our diet.
- ❖ Discuss the processing, purchasing, and cooking of different grain products.
- ❖ Experiment with various types of leavening agents.
- ❖ Prepare basic Rice Pilaf and Chicken Tetrazzini.
- ❖ Analyze the cost, nutritional value, and marketing techniques of grain products.

Workbook E

- ❖ Discuss the factors that determine our food choices.
- ❖ Explain the purpose of Canada's Food Guide and how to follow it.
- ❖ Identify the six nutrient groups and their major functions.

- ❖ Evaluate and adapt your eating habits and lifestyle for good health.
- ❖ Prepare a complete family breakfast, properly cooking eggs.
- ❖ Prepare a cream soup, adjusting the recipe according to family size.
- ❖ Prepare pizza and tacos.

Workbook F

- ❖ Understand the importance of the vegetable and fruit food group.
- ❖ Identify the different varieties of fruits and vegetables.
- ❖ Explain how to select, store, and prepare fruits and vegetables.
- ❖ Prepare a vegetable plate or a salad, and an Apple Crisp.
- ❖ Understand the nutritional value and the composition of milk and eggs.
- ❖ Identify the kinds of dairy products and the terms associated with milk and dairy products.
- ❖ Explain how to purchase and store milk products.
- ❖ Prepare Butterscotch pudding using a recipe and making adjustments for family size.
- ❖ Explain how to cook eggs and prepare an omelette.