
FOODS

B. STRAND RATIONALE AND PHILOSOPHY

Food is one of our most basic personal needs. In addition, food plays a major role in our family, community and careers. In a constantly changing society, our food needs will be met in an increasing variety of ways.

Aside from its essential role in nutrition, food plays a very important role in the provincial and national economies. In Alberta, the agriculture and food industry, which provides quality food for people in the province and around the world, is a major force in the economy. One of every three jobs in Alberta is related to the agriculture and food industry.

An important part of the food industry in Canada is the food services industry, which employs over 600 000 people. This number is expected to rise to almost 800 000 by the year 2000. Occupations in this industry vary widely, as do educational or training requirements. The industry relies heavily on young people to meet its staffing needs. Nearly 50 per cent of individuals working in food and beverage preparation, and related occupations, are between 15 and 24 years of age. About 30 per cent of the adult population in Canada has spent at least some time working in the food services industry.

By developing basic, integrated and career-specific knowledge, skills and attitudes in the context of foods, students will have the ability to adapt to the challenges of change with increased flexibility and confidence. Foods, a strand in Career and Technology Studies, uses the student-

centred process approach, combining thinking processes and concrete experience with as realistic an environment as possible, whether that be in an individual, family or workplace context.

Within the philosophy of Career and Technology Studies, *students* in Foods will:

- develop an interest in the broad base of food in such a way that they are motivated to continue practising and learning about foods
- develop an awareness of the nutritional importance of food and its role in physical maintenance and wellness
- develop basic knowledge, skills and attitudes through the preparation of a variety of foods in order to lead richer and more fulfilled lives or to enter the food service industry with increased confidence and success
- practise safe and sanitary food handling, and realize the consequences of failing to do so
- foster an understanding and knowledge of the multicultural richness and varied social customs in the preparation and sharing of food
- develop management skills in the selecting, preparing and servicing of food, and assess the impact these decisions might have on the global community.

STRAND ORGANIZATION

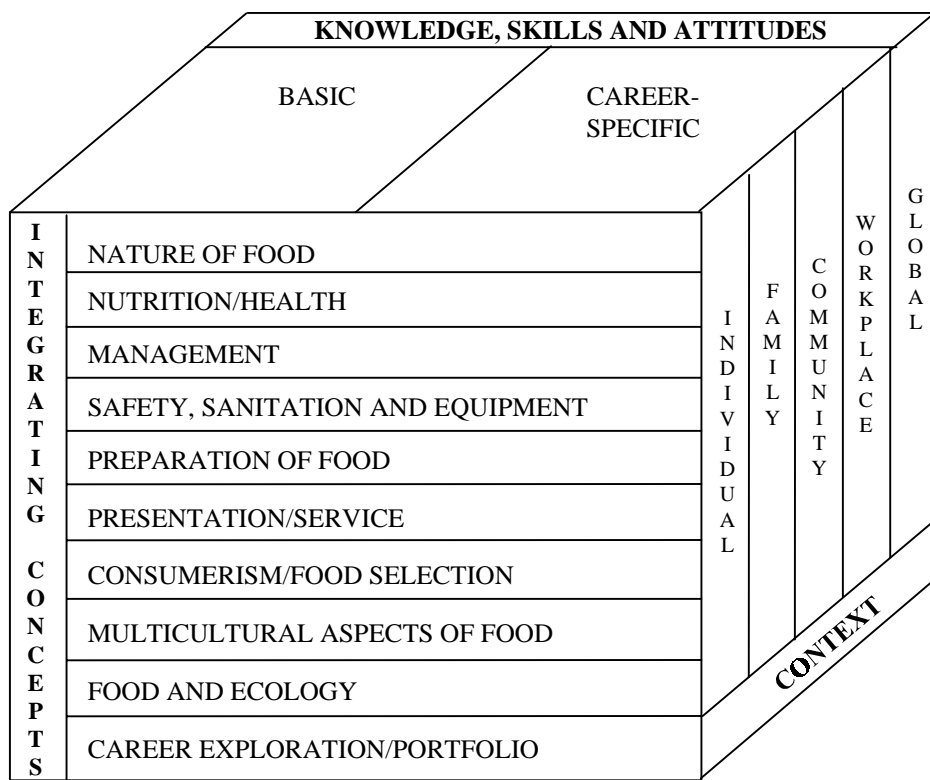
The Foods curriculum development model, below, illustrates the integration of program dimensions. The front face of the cube shows the concepts that are integrated throughout. The themes indicated in the scope and sequence chart provide a framework through which the learning of the knowledge, skills and attitudes may be facilitated. The meaningful, life skill context in which the knowledge, skills and attitudes are applied is shown on the side of the cube. The context provides the relevance according to diverse interests of learners.

THEMES

Foods has major themes on which the modules have been developed:

- nutrition
- preparation and presentation
- management
- social and cultural.

Each theme is based on commonalities within the topics emphasized by the module. Although these are convenient groupings, they should not be seen as exclusive, as the modules in all the themes complement each other. For example, all modules have “management” and “preparation” components to provide hands-on orientation. “Nutritional” considerations and “cultural” applications are integrated whenever appropriate.



CONCEPTS

Certain concepts important in the Foods strand are integrated throughout the modules. Emphasis varies on the module content and context. These concepts are:

- **Nature of Food:** Students learn how to select, prepare and serve foods. As well, they also understand “why” by learning about the physical and chemical characteristics, composition and structure of food, function of ingredients and principles involved during preparation.
- **Nutrition/Health:** The nutritional importance of food and its role in physical maintenance and wellness is important to all Foods students, with both personal and workplace relevance.
- **Management:** The management process of decision making, problem solving and analyzing is an integral part of all Foods modules. There are extensive opportunities for students to develop management skills in the selection, preparation and service of food.
- **Safety, Sanitation and Equipment:** Students practise safe and sanitary food handling and safe use of equipment in all Foods modules.
- **Preparation of Food/Presentation/Service:** The modules that are within the theme “Preparation and Presentation” emphasize these concepts. However, the modules within the themes “Nutrition, Management and Social/Cultural” also involve food preparation and presentation.
- **Consumerism/Food Selection:** Whenever appropriate, consumerism strategies are included: e.g., evaluating fast food outlets and convenience foods, interpreting laws and labelling relevant to consumers, and developing food selection criteria to assess and compare a variety of food products.
- **Multicultural Aspects of Food:** Three modules specifically target this concept. However, students also have the opportunity to study and experience multicultural foods in many other modules. For example, in Creative Baking, students prepare various specialty desserts representative of the world’s great cuisines.
- **Food and Ecology:** Concern for the environment has provided incentive for students to understand ecological issues concerning efficient use of resources in food production, development and use for home and for commercial situations.
- **Career Exploration/Portfolio:** Career exploration is integrated throughout the Foods strand with a focus on adaptability and labour market dimensions rather than on specific occupations. In a rapidly changing society, with labour market dynamics in a state of flux, it is important to give the students an opportunity to assess “what is important now” and “what will be important in the future.” A carefully prepared portfolio becomes an invaluable communication tool for students.

LEVELS

As students progress through various modules within the introductory, intermediate and advanced levels, they are provided opportunities to use the management process (decision making, problem solving and analyzing) in a variety of applied learning contexts.

As the students progress from the introductory level to advanced level, it is expected that they become less dependent on the teacher for direction and actively manage their own learning.

At all levels, modules may be combined into relevant courses. At the advanced level, specific modular groupings would facilitate a smooth transition into particular post-secondary or workplace opportunities.

SCOPE AND SEQUENCE

FOODS

INTRODUCTORY	INTERMEDIATE	ADVANCED	THEME
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> Food Basics [*] <i>FOD1010</i> </div>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Food & Nutrition Basics <i>FOD2010</i> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Nutrition & the Athlete <i>FOD2020</i> </div> <div style="border: 1px solid black; padding: 5px;"> Food Decisions & Health <i>FOD2030</i> </div>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> Food for the Life Cycle <i>FOD3010</i> </div> <div style="border: 1px solid black; padding: 5px;"> Nutrition & Digestion <i>FOD3020</i> </div>	Nutrition
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> Baking Basics <i>FOD1020</i> </div>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Cake & Pastry <i>FOD2040</i> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Yeast Breads & Rolls <i>FOD2050</i> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Milk Products & Eggs <i>FOD2060</i> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Stocks, Soups & Sauces <i>FOD2070</i> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Vegetables/Fruits/Grains <i>FOD2080</i> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Creative Cold Foods <i>FOD2090</i> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Basic Meat Cookery <i>FOD2100</i> </div> <div style="border: 1px solid black; padding: 5px;"> Fish & Poultry <i>FOD2110</i> </div>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> Creative Baking <i>FOD3030</i> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> Advanced Yeast Products <i>FOD3040</i> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> Advanced Soups & Sauces <i>FOD3050</i> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> Food Presentation <i>FOD3060</i> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> Short Order Cooking <i>FOD3070</i> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> Advanced Meat Cookery <i>FOD3080</i> </div> <div style="border: 1px solid black; padding: 5px;"> Basic Meat Cutting <i>FOD3090</i> </div>	Preparation and Presentation
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> Snacks & Appetizers <i>FOD1030</i> </div>			Management
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> Meal Planning 1 <i>FOD1040</i> </div>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Meal Planning 2 <i>FOD2120</i> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Vegetarian Cuisine <i>FOD2130</i> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Rush Hour Cuisine <i>FOD2140</i> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Food Safety & Sanitation <i>FOD2150</i> </div> <div style="border: 1px solid black; padding: 5px;"> Food Venture <i>FOD2160</i> </div>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> Entertaining with Food <i>FOD3100</i> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> Food Processing <i>FOD3110</i> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> Food Evolution/Innovation <i>FOD3120</i> </div> <div style="border: 1px solid black; padding: 5px;"> The Food Entrepreneur <i>FOD3130</i> </div>	Management
<div style="border: 1px solid black; padding: 5px;"> Canadian Heritage Foods <i>FOD1060</i> </div>	<div style="border: 1px solid black; padding: 5px;"> International Cuisine 1 <i>FOD2170</i> </div>	<div style="border: 1px solid black; padding: 5px;"> International Cuisine 2 <i>FOD3140</i> </div>	Social and Cultural

—— Prerequisite

- - - - Recommended sequence

^{*} Prerequisite to all modules in this strand.

MODULE DESCRIPTIONS

Module FOD1010: Food Basics

Students learn to make wise food choices and to understand recipes, equipment, care in handling food, and the importance of safe and efficient work habits.

Module FOD1020: Baking Basics

Students develop an understanding of basic baking ingredients, by combining them in a variety of ways to make cookies, cakes, muffins and biscuits.

Module FOD1030: Snacks & Appetizers

Students apply the importance of snacking to the way we eat, by making nutritious, as well as delicious, snacks and appetizers.

Module FOD1040: Meal Planning 1

Students begin to develop an understanding of eating and meal requirements through the creative planning, preparing and serving of food.

Module FOD1050: Fast & Convenience Foods

Students consider budget, time, quality of food and food alternatives, by making wise choices in the buying, using and preparing of fast foods and convenience foods.

Module FOD1060: Canadian Heritage Foods

Students become aware of how food in Canada today reflects the country's history and origins, by examining food patterns and customs, and by analyzing and preparing ethnic foods.

Module FOD2010: Food & Nutrition Basics

Students learn which foods are crucial to wellness; how such foods affect current performance and future health; and discover how to choose and prepare nutritious, tasty foods.

Module FOD2020: Nutrition & the Athlete

Students learn to prepare foods that help athletes to meet their training and performance nutritional needs.

Module FOD2030: Food Decisions & Health

Students learn how to balance the energy equation, using strategies for food intake analysis, and by preparing appropriate foods that help the body be the best it can.

Module FOD2040: Cake & Pastry

Students expand their knowledge and skills in the production of a variety of cakes and pastries.

Module FOD2050: Yeast Breads & Rolls

Students describe the role of ingredients and use specialized skills in working with yeast.

Module FOD2060: Milk Products & Eggs

Students develop skills with milk products and eggs, and compare the various products available, what they contribute to cooked foods and how they are best used.

Module FOD2070: Stocks, Soups & Sauces

Students combine stocks with various thickening agents to produce basic stocks, hearty soups and foundation sauces.

Module FOD2080: Vegetables/Fruits/Grains

Students learn about the wide range of vegetable, fruit and grain products available, and how to retain their nutritional value and quality through a variety of cooking methods.

Module FOD2090: Creative Cold Foods

Students learn to combine nutrition and creativity in the preparation of salads and sandwiches.

Module FOD2100: Basic Meat Cookery

Students learn to differentiate between cuts of meat, and apply this to tenderizing and cooking methods.

Module FOD2110: Fish & Poultry

Students learn the nutritional value of fish and poultry and how to select, handle and prepare them.

Module FOD2120: Meal Planning 2

Students learn strategies for planning and creating satisfying meals that accommodate busy schedules or strained budgets.

Module FOD2130: Vegetarian Cuisine

Students learn how to create healthy, wholesome vegetarian diets, by preparing suitable foods in a variety of ways.

Module FOD2140: Rush Hour Cuisine

Students learn unique and quick ways to create nutritious and delicious dishes, using simple ingredients and prepared and convenience foods.

Module FOD2150: Food Safety & Sanitation

Students learn about food-borne illnesses and the importance of food safety and sanitation training for anyone handling food in personal, as well as commercial, applications.

Module FOD2160: Food Venture

Students develop entrepreneurial skills through the planning and creation of a food venture.

Module FOD2170: International Cuisine 1

Students discover other cultures by exploring their cuisine. They learn a variety of international cooking techniques, and use specialized tools to prepare food for a typical day or for a cultural event.

Module FOD3010: Food for the Life Cycle

Students describe how life cycle needs change, and demonstrate how to meet the challenges of each stage, through preparation techniques and the adapting of foods to satisfy all ages.

Module FOD3020: Nutrition & Digestion

Students learn about nutrition and how the body processes food, by appraising current nutritional theories/issues and dietary needs.

Module FOD3030: Creative Baking

Students learn about specialty cakes and pastry products, by selecting and creating various specialty cakes, pastries, desserts and a major baked project, such as a gingerbread house or a wedding cake.

Module FOD3040: Advanced Yeast Products

Students further their skills in the handling of yeast doughs through the preparation of braided breads, fancy dinner rolls, doughnuts, croissants and danishes. Consistency in product quality is emphasized.

Module FOD3050: Advanced Soups & Sauces

Students learn the techniques and ingredients of classic cuisine through the preparation of traditional soups and sauces, and by adapting them for the trend toward lighter eating and nouvelle cuisine.

Module FOD3060: Food Presentation

Students develop creativity and flair while learning the techniques of tempting and artistic food presentation.

Module FOD3070: Short Order Cooking

Students develop foundation skills in the preparation and principles underlying short order cookery.

Module FOD3080: Advanced Meat Cookery

Students develop further awareness of the different types of meats available, and of meat cookery, through the preparation of a variety of meat dishes.

Module FOD3090: Basic Meat Cutting

Students gain skills in meat cutting that may be a stepping-stone to a career in the retail or wholesale meat cutting industry.

Module FOD3100 Entertaining with Food

Students plan and prepare food for an event, and develop organizational skills that may be used in the hospitality industry, at home or in entrepreneurial endeavours.

Module FOD3110: Food Processing

Students explore how technology affects our food supply, by using a variety of methods to process fresh foods.

Module FOD3120: Food Evolution/Innovation

Students explore how food has changed and what foods may be eaten in the future, prepare a wide variety of foods, and learn how they evolved.

Module FOD3130: The Food Entrepreneur

Students plan, test and market a food product or products.

Module FOD3140: International Cuisine 2

Students explore, in depth, the cuisine of another country in order to appreciate the richness of its history and culture. They discover its foods, experience traditional cooking methods, and learn about food customs.