

MODULE FOD2090: CREATIVE COLD FOODS

Level: Intermediate

Theme; Preparation and Presentation

Prerequisite: FOD1010 Food Basics

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

Module Parameters: Personal or commercial food preparation facility.

Curriculum and Assessment Standards

Module Learner Expectations	Assessment Criteria and Conditions	Suggested Emphasis
<p><i>The student will:</i></p> <ul style="list-style-type: none"> • describe salad, salad dressing and sandwich ingredients in terms of: <ul style="list-style-type: none"> – types – availability – handling – nutritional value and nutrition concerns • identify and compare the various roles that salads may play in a meal or menu 	<p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> • concept test consisting of questions on: <ul style="list-style-type: none"> – types and components of salads – availability, quality, cost, sensory qualities and types of salad ingredients – ingredients and types of salad dressings – handling and types of bread for sandwiches – safe handling, portioning and alternatives for sandwich fillings – types of sandwiches – management of time and resources in sandwich production – nutritional value and nutritional concerns for salads and sandwiches – presentation of salads and sandwiches. <p><i>Assessment Tool</i> Food for Today Testing Program (<i>Teacher Resource Binder or Testmaker</i>) Professional Cooking <i>Instructor’s Manual</i> Food Production Principles <i>Instructor’s Guide</i></p> <p><i>Standard</i> Correctly answer a minimum of 50% of questions</p>	<p>20</p>

MODULE FOD2090: CREATIVE COLD FOODS (continued)

Module Learner Expectations	Assessment Criteria and Conditions	Suggested Emphasis
<p><i>The student will:</i></p> <ul style="list-style-type: none"> demonstrate basic competencies. 	<p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> observations of individual effort and interpersonal interaction during the learning process. <p><i>Assessment Tool</i> <i>Basic Competencies Reference Guide and any assessment tools noted above</i></p>	<p>Integrated throughout</p>

Concept	Specific Learner Expectations	Notes
<p>Nature of Food</p>	<p><i>The student should:</i></p> <ul style="list-style-type: none"> identify the four parts of a typical salad compare various types of salads describe salad ingredients, considering: <ul style="list-style-type: none"> availability, quality and cost varying flavours, textures and colours imported and exotic produce herbs, fruits, floral blossoms, etc. describe salad dressings, including: <ul style="list-style-type: none"> various oils, vinegars and flavouring agents used in dressings permanent and temporary emulsions basic French dressing and derivatives mayonnaise and derivatives describe baked products used for sandwiches, considering: <ul style="list-style-type: none"> the use of various types of bread maintaining freshness using leftover and stale bread describe the importance of spreads in sandwich preparation describe sandwich fillings, including: <ul style="list-style-type: none"> freshness safe food handling portioning of solid and moist fillings protein alternatives vegetables 	<p>Base, body, garnish, dressing.</p> <p>Appetizer, accompaniment, main course, dessert.</p> <p>Season.</p> <p>Include ethnic breads.</p>

MODULE FOD2090: CREATIVE COLD FOODS (continued)

Concept	Specific Learner Expectations	Notes
Nature of Food (continued)	<p><i>The student should:</i></p> <ul style="list-style-type: none"> • describe the variety in types of sandwiches and preparation techniques, considering: <ul style="list-style-type: none"> – management of time and resources – multicultural influences. 	
Nutrition	<ul style="list-style-type: none"> • compare the nutritive value of various types of salad dressings, considering: <ul style="list-style-type: none"> – amount and type of fat used in dressings – quantity of dressing used in salads – palatability. 	<p>Discuss “light” dressings. Caesar, potato, pasta, Greek, garden, tossed, waldorf salads.</p>
Preparation	<ul style="list-style-type: none"> • demonstrate the correct handling, washing and storage of salad ingredients, including: <ul style="list-style-type: none"> – correct procedure for washing greens – “crisping up” wilted produce • prepare, using diverse ingredients, and evaluate a variety of salads including: <ul style="list-style-type: none"> – appetizer salads <ul style="list-style-type: none"> • caesar – accompaniment salads <ul style="list-style-type: none"> • potato • pasta • coleslaw – main course salads <ul style="list-style-type: none"> • chef – dessert salads <ul style="list-style-type: none"> • fruit • prepare basic French dressing and variations, using a variety of oils, vinegars and flavouring ingredients • demonstrate correct procedure in the production of mayonnaise and derivatives: <ul style="list-style-type: none"> – caesar dressing – thousand island • prepare a variety of sandwiches and fillings, using: <ul style="list-style-type: none"> – various breads and rolls – solid and moist fillings. 	<p>Salads:</p> <ul style="list-style-type: none"> • caesar • potato • pasta • chef • coleslaw • fruit • spinach • jellied • marinated <p>Mayonnaise:</p> <ul style="list-style-type: none"> • caesar • thousand island • blue cheese • ranch <p>Vinaigrette:</p> <ul style="list-style-type: none"> • Italian • Greek

MODULE FOD2090: CREATIVE COLD FOODS (continued)

Concept	Specific Learner Expectations	Notes
Safety, Sanitation and Equipment	<p><i>The student should:</i></p> <ul style="list-style-type: none"> • demonstrate safe and hygienic work habits when preparing cold foods • demonstrate safe hygienic work habits and the correct use of tools and equipment • identify and resolve safety concerns, both food and equipment, significant to Creative Cold Foods. 	<p>Commercial: Grater/slicer—mechanical, meat slicer, mixer, food processor.</p>
Presentation	<ul style="list-style-type: none"> • demonstrate the appropriate use of various tools in creating garnishes for use with cold foods • demonstrate creativity and flair in the assembly, presentation and garnishing of various salads and sandwiches focusing on: <ul style="list-style-type: none"> – creating eye appeal and appetizing colour, flavour and texture combinations – efficient use of time and resources. 	
Career Exploration/ Portfolio	<ul style="list-style-type: none"> • describe career options where skills developed in Creative Cold Foods are particularly important. 	<p>What coping skills, attitudes, knowledge have developed?</p> <p>How does this relate to the student's beliefs, interests and values?</p> <p>What competencies have been developed (technical skills, knowledge, attitudes).</p> <p>How are these important now?</p> <p>How will they be important in the future?</p>

