



**Mrs. Yasinski/Mrs. Horne**  
**780-467-8816**

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### **Foods 20 – Intermediate**

Foods 20 is an exciting course where you get to eat your assignments. You will develop more advanced cooking and baking skills that will help you develop great cooking techniques. Learn about the basics of cooking, measuring, kitchen equipment and safety in the kitchen. You will also develop an understanding between wellness and food choices one makes. You will review measuring and safety in the kitchen. You will prepare and enjoy a variety of delicious sweet and savory dishes.

**Prerequisite:** The Food Basics module is a prerequisite for each module in the foods program. You must have this module completed to take this course.

### **Modules for 20 are:**

1. Safe Food Handling - FOD2150
  - This module will review measuring and safety in the kitchen. Each module is worth 1 credit.
2. Meats- FOD2100 or Fish & Poultry-FOD2110
3. Soups & Sauces-FOD2070
4. Cake & Pastry- FOD2040
5. International Cuisine-FOD2170
6. Bread Products-FOD2050
7. Chef Challenge- FOD Project B- FOD1910 or Rush Hour Cuisine

### **Evaluation**

**Assessment is based on individual modules taken.**

Labs – 70%

Theory – 20%

CTS Employability Skills – 10%

**Summative Assessment:** Projects, Labs, safety and sanitation in the lab, employability skills, theory.

**Formative Assessment:** varies with each module.

**Required materials:** Please bring a binder, paper and pen to class.

### **Student Expectations**

Students are required to behave appropriately in the classroom. Show teacher and other students respect. There are specific safety guidelines that must be followed in the lab. Students who fail to do so are subject to being removed from the lab. Students will arrive to class on time, as well as attend all classes. No cell phones are allowed in the labs. Leave them at your desk or put away in a coat or purse. If you use the phone in the lab you are subject to being removed from the lab.

**Missed labs:** If you miss a lab you will receive a NHI in Powerschool until you see your teacher about an alternate assignment that can be done at home. The same applies for any theory work you miss. It is the student responsibility to complete all assignments or activities.

Any concerns or questions make sure you discuss this with your teacher.  
Email: [wendy.yasinski@eips.ca](mailto:wendy.yasinski@eips.ca)

# Foods is fun!!!!

## *Good Luck!*