


GRADE 9

FOODS AND NUTRITION






HOW WILL
GRADE 9 BE
DIFFERENT FROM
GRADE 7&8?



WELL...

- You will be spending twice as much time in class as you have in previous years. (Three 80 minute classes per cycle). Yes that means more cooking!
- In Grade 9 you will be involved in preparing some lunches sold through the Sunshine Inn. You will also be given a budget for these meals and will have to track profits and debits from this account.

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- We will be looking at Technology and how it impacts what, when and how we eat.
 - You will be more involved in what we make in the Foods Labs. You will be finding your own recipes to make in class.

AND...

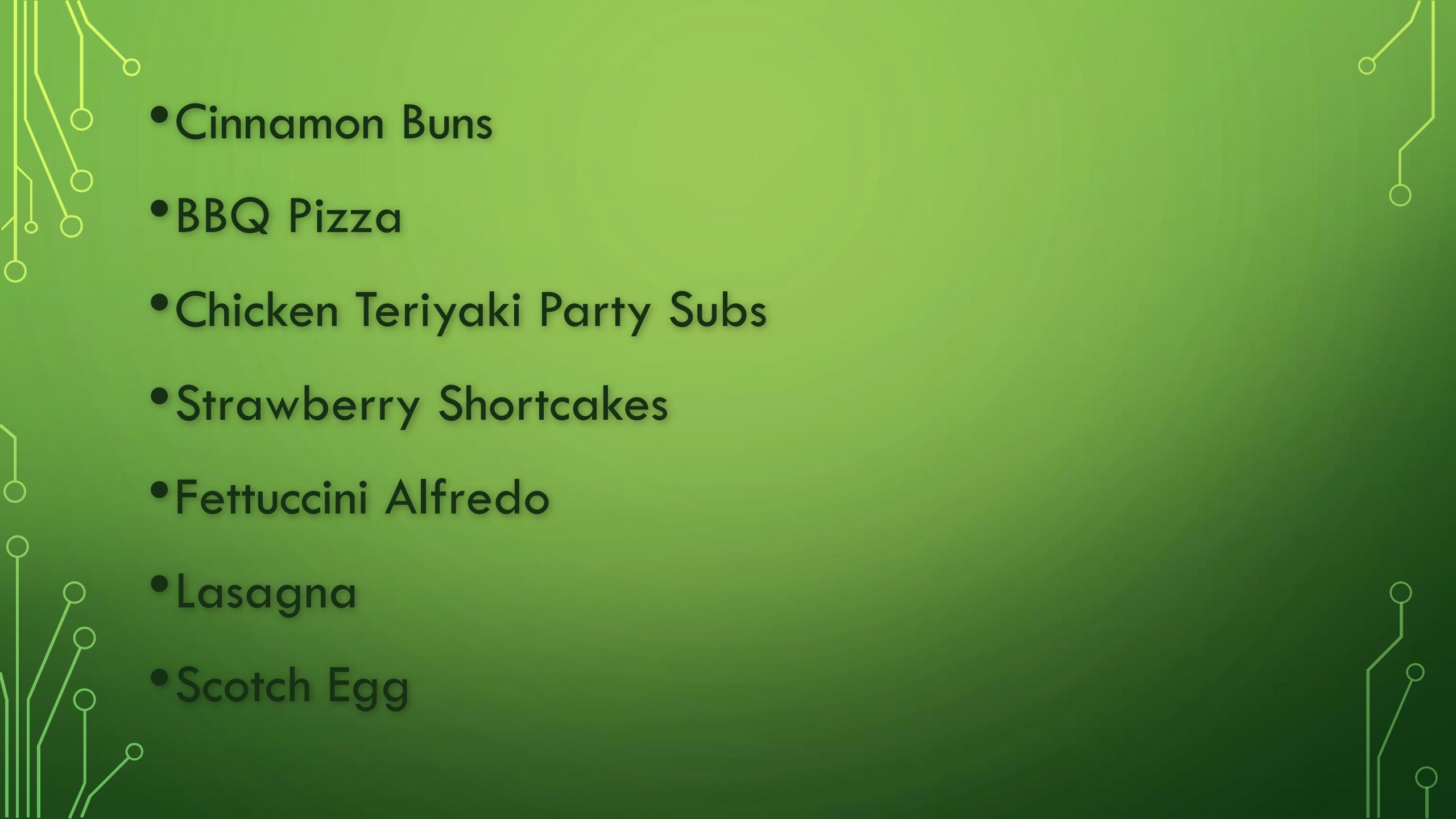


SOME OF THE MAIN TOPICS WE WILL COVER

- Food and Kitchen Safety
- Nutrients
- Healthy Eating/Canada's Food Guide
- Canadian and World foods and their history
- Meal Planning and Preparation

WHAT ARE WE GOING TO COOK?

- This year you will be cooking a number of different things. We will be starting with some easy stuff and working our way towards more difficult items.
- As I have already told you, you will have more say in what you make, but here are a list of things you will be given a recipe for:

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- The background is a dark green gradient. In the corners, there are decorative white circuit-like lines with small circles at the ends, resembling a PCB layout.
- Cinnamon Buns
 - BBQ Pizza
 - Chicken Teriyaki Party Subs
 - Strawberry Shortcakes
 - Fettuccini Alfredo
 - Lasagna
 - Scotch Egg