|  |  |  |
| --- | --- | --- |
|  |  |  |
|  |  | WGSS 2012 - 2013 Rm. 225 |
| Course Outline:  Foods and Nutrition 8 |  | *Ms. Gunning* **E-Mail:** *lgunning@sd35.bc.ca* **Website:** *lgunning.weebly.com* |
|  |  |  |

|  |  |  |
| --- | --- | --- |
| **Objectives:**  1. Learn safety, cleanliness, equipment and measuring techniques as related to food preparation. 2. Learn about nutrition and well-being. 3. Learn to work with a partner and work cooperatively in a group.  **Attendance:** Attendance is really important for all classes at WGSS! If you are away for a lab, which means you missed an opportunity to cook, you will be expected to make up the lab at home and fill out the appropriate paperwork. **Rules & Etiquette:**  1. Respect the classroom, equipment and people. 2. No electronic devices. I reserve the right to remove them if I see them. 3. Come to class on time. If you are late knock once and wait patiently for the door to be answered. 4. No food allowed, unless we made it! Water are acceptable.  **Assessment:** Your mark will be based on the following breakdown:  **Theory 50%**  **Labs 50%** |  | **Materials**  * Duo tang or small binger * Pen/Pencil for every class * Apron |

*There is no love sincerer than the love of food. ~ George Bernard Shaw*