

International Cuisine 11 BAA [Course Name and Grade Level] Framework

District Name: Kootenay Columbia

District Number: 20

Developed by: Cathy Dattolo

Date Developed: February 21, 2005

School Name: J. Lloyd Crowe Secondary

Principal's Name: Doug Hickey

Board/Authority Approval Date:

Board/Authority Signature:

Course Name: International Cuisine

Grade Level of Course: 11

Number of Course Credits: 4

Number of Hours of Instruction: 120

Prerequisite(s): Foods 10 preferred

Special Training, Facilities or Equipment Required: Training – Home Economics trained instructor.
Facilities & Equipment – Access to an equipped Foods Lab as well as written resources pertaining to cooking techniques, international cuisine, recipes and nutrition. Internet access may be needed for researching individual projects or recipes.

Course Synopsis: As a result of this course, students will be able to identify and describe the cultural and geographic origin of common recipe ingredients, appreciate the preparation and flavours of a variety of international cuisines, and be able to plan and prepare a variety of nutritious international food products and menus. This course would support students in exploring the Tourism, Hospitality and Foods Focus Area as well as the Health and Human Services Focus Area. It may also enable them to produce evidence for their Graduation Portfolio in relation to the following aspects : 6.3 of the Personal Health area; 4.3 & 4.4 of the Employability Skills area; 3.3 of the Education and Career Planning area.

Rationale: This course has been developed for students wishing to experience a different approach to food and cooking techniques through the use of international recipes and menus. This course allows students to develop independent life skills in meal planning, meal preparation and nutrition. With the ever-prominent topic of healthy-eating in today's society, the course provides a balanced approach to nutrition and fosters an open mind to other cultures and their food. Due to the effects of increased travel and tourism, students are exposed to the cuisines of the world and this course provides them with an opportunity to further explore this area.

Organizational Structure:

| Unit/Topic | Title | Time |
|--------------------|-------------------------------------|-----------|
| Unit 1 | Course Organization and Information | 6 hours |
| Unit 2 | Spices of the World | 14 hours |
| Unit 3 | International Cuisines of the World | 100 hours |
| Total Hours | | 120 hours |

Unit/Topic/Module Descriptions:

Unit 1: Course Organization and Information

(a) Safety

It is expected that the students will :

- understand and practise safety standards appropriate for the Foods Lab and food preparation

(b) Sanitation

It is expected that the students will :

- understand and follow safe food handling practices in order to avoid instances of cross-contamination and food-borne illnesses

(c) Equipment

It is expected that the students will :

- be able to operate and maintain food equipment and utensils according to demonstrated standards

(d) Metric Measuring Techniques

It is expected that the students will :

- be able to accurately measure ingredients according to the demonstrated metric techniques in order to ensure success of food products prepared

Unit 2: Spices of the World

It is expected that the students will :

- expand their knowledge of a variety of spices from around the world in regards to their origins and uses
- demonstrate their research skills by selecting and researching a specific spice and be able to present this information to the class both orally and visually
- prepare a food product using a selection of the studied spices

Unit 3: International Cuisines of the World

The study of national cuisines will be based upon the selection of up to 6 countries chosen by the teacher and up to 4 countries chosen by the students. Examples of possible countries selected could be: Italy, Hawaii, Thailand, Germany, Mexico, Australia, Greece, China, Japan

It is expected that the students will :

- acquire knowledge of the historical and geographical background of each country studied
- understand and explain the development of cuisine due to the prevailing factors such as climate, geography, history and agriculture
- demonstrate knowledge of the common food ingredients of each country and their origins

- be able to plan and prepare a variety of common food products and menus typical of the region being studied
- acquire knowledge of nutrition related to the dominant food groups found in the cuisine of the area

Instructional Component:

Each unit will include the following:

- theory lessons
- teacher demonstrations
- video presentations on each region
- hands-on activities (e.g. food labs and write-ups, sampling, experiments)
- each lab report generates the nutritional contributions of the food products prepared

Assessment Component:

Skills (Labs) - 50%

Assessment based upon some or all of 11 specified criteria provided to students on a Lab Sheet (e.g.: lab preparation, correct equipment used, correct techniques demonstrated, successful product, product presentation, table setting, clean-up)

A self-evaluation component is incorporated into each Lab Assessment. Self-evaluation judgements are related to food product criteria (standards) that are established for each preparation.

Knowledge and Understanding (Assignments and Tests) - 40%

Group Work - 10%

Learning Resources:

- Foods and Nutrition textbooks
- International cookbooks
- Videos
- Internet
- Guest Speakers

Additional Information: