

# Correlation between Food for Life, Second Edition and British Columbia's Home Economics:

Foods and Nutrition 8 to 10, Integrated Resource Package 2007

**Prescribed Learning Outcomes: Grade 8** 

Prescribed Learning Outcomes: Grade 8			
FOOD PREPARATION	Units	Chapters	Pages
FOUNDATIONS			
Safety and Sanitation			
A1: Identify sources of food	3: Kitchen Basics	9: Food Safety	206-214
contamination and demonstrate			
appropriate preventative measures,	3: Kitchen Basics	10: Kitchen Safety	238-240
including			
- washing hands			
- sanitizing work surfaces			
- cross-contamination prevention			
- proper dishwashing			
- clean-up procedures			
A2: Demonstrate a knowledge of	3: Kitchen Basics	10: Kitchen Safety	230-237,
precautionary measures and			242,
emergency response associated with			244-247,
food preparation, including			248-249
- handling hot foods safely (e.g., to			
prevent steam scalds, burns from			
hot oil)			
- responding appropriately to			
emergencies (e.g., fires, burns, cuts)			
A-3: Demonstrate safe use of	3: Kitchen Basics	10: Kitchen Safety	231-334,
equipment needed to prepare food			235-237
items			
Kitchen Basics			
A4: Demonstrate the ability to	3: Kitchen Basics	11: Kitchen	250-268,
follow a recipe, including		Appliances,	271
- selecting appropriate equipment		Equipment, and	
- using appropriate measuring		Tools	
techniques			
- time management	3: Kitchen Basics	12: Kitchen	274-276,
- understanding of terminology		Literacy and	278-279,
		Numeracy	283-284,
			291-292
	4: Providing	14: Meal Planning	337-338,
	Healthy Food	and Preparation	342

FOOD PREPARATION	Units	Chapters	Pages
FOUNDATIONS A5: Care for and store equipment	3: Kitchen Basics	11: Kitchen	250-268,
appropriately	3. Kitchen Dasies	Appliances,	270-208,
		Equipment, and	270 271
		Tools	
A6: Demonstrate co-operation in	4: Providing	14: Meal Planning	339-340
partner and group work	Healthy Food	and Preparation	
Function of Ingredients	3: Kitchen Basics	12: Kitchen	280-281,
A7: Identify basic functions of		Literacy and	285-286,
common ingredients used in food		Numeracy	288
preparation	4: Providing	13: Becoming a	324-325
	Healthy Food	Wise Consumer	324 323
FOOD PREPARATION TECHNIQUES	Units	Chapters	Pages
Food Products	1: Influences on	1: Understanding	15
B1: Use recipes to prepare simple,	Food Choices and	Personal Food	
healthy snacks and dishes	Food Patterns	Choices	
	1 7 0	0 F 1 F 1'.'	40
	1: Influences on	3: Food Traditions	49
	Food Choices and Food Patterns	and Etiquette	
	1'00u Fatterns		
	2: Making Healthy	4: How the Body	89
	Food Choices	Uses Food	
	2: Making Healthy	5: A Guide to	105
	Food Choices	Healthy Food Choices	
		Choices	
	2: Making Healthy	6: Good Nutrition	146
	Food Choices	throughout the	110
		Life Span	
		_	
	2: Making Healthy	8: Body Image and	195
	Food Choices	Lifestyle Choices	
	3: Kitchen Basics	11: Kitchen	266-267
	5. Kitchell Basics	Appliances,	200-207
		Equipment, and	
		Tools	
	3: Kitchen Basics	12: Kitchen	277,
		Literacy and	288, 290
		Numeracy	

FOOD PREPARATION TECHNIQUES	Units	Chapters	Pages
Methods of Cooking	1: Influences on	1: Understanding	15
B2: Use a variety of cooking	Food Choices and	Personal Food	
methods to prepare foods	Food Patterns	Choices	
	1: Influences on	3: Food Traditions	49
	Food Choices and	and Etiquette	47
	Food Patterns		
	2: Making Healthy	5: A Guide to	105
	Food Choices	Healthy Food Choices	
		Choices	
	2: Making Healthy	6: Good Nutrition	146
	Food Choices	throughout the	
		Life Span	
	3: Kitchen Basics	11: Kitchen	266-267
	3. Ritchell Busies	Appliances,	200 207
		Equipment, and	
		Tools	
	3: Kitchen Basics	12: Kitchen	277,
	3. Kitchen Basics	Literacy and	285-286
		Numeracy	202 200
		·	
	4: Providing	14: Meal Planning	339
	Healthy Food	and Preparation	
	5: Early Canadian,	15: Canadian Food	360
	Regional, and	Heritage	200
	Global Foods		
		16 4 34	204 202
	5: Early Canadian, Regional, and	16: A Mosaic of Cuisines	384, 392
	Global Foods	Cuisines	
NUTRITION AND HEALTHY EATING	Units	Chapters	Pages
C1: Describe the importance of	2: Making Healthy	4: How the Body	62-87, 88
nutrition and other factors that contribute to health	Food Choices	Uses Food	93-117
contribute to hearth	2: Making Healthy	5: A Guide to	/3-11/
	Food Choices	Healthy Food	
		Choices	102 201
	2: Making Healthy	8: Body Image and	182-201
	Food Choices	Lifestyle Choices	

NUTRITION AND HEALTHY EATING	Units	Chapters	Pages
C2: Use Eating Well with Canada's	2: Making Healthy	5: A Guide to	93-98,
Food Guide to plan simple, nutritious	Food Choices	Healthy Food	100-101,
dishes and snacks		Choices	104-111,
			119-125
C3: Use product labels to identify	2: Making Healthy	2: Making Healthy	192
and compare the nutritional value of a variety of food products	Food Choices	Food Choices	
	2: Making Healthy	5: A Guide to	111
	Food Choices	Healthy Food	
		Choices	
	4: Providing	13: Becoming a	312-324
	Healthy Food	Wise Consumer	
SOCIAL, ECONOMIC, AND	Units	Chapters	Pages
CULTURAL INFLUENCES			
D1: Describe factors that influence	1: Influences on	1: Understanding	6-21
personal food choices	Food Choices and	Personal Food	
r	Food Patterns	Choices	
	1: Influences on	2: Influences on	24-37
	Food Choices and	Food Patterns and	2.37
	Food Patterns	Customs	
	1 ood 1 atterns	Customs	
	2: Making Healthy	8: Body Image and	182-207
	Food Choices	Lifestyle Choices	102 207
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	4: Providing	14: Meal Planning	330-334
	Healthy Food	and Preparation	
	,	· · · · · · · · · · · · · · · · · · ·	
	5: Early Canadian,	15: Canadian Food	354-375
	Regional, and	Heritage	
	Global Foods		
	5: Early Canadian,	16: A Mosaic of	378-405
	Regional, and	Cuisines	
	Global Foods		
D2: Identify and apply classroom	1: Influences on	3: Food Traditions	53, 57
table etiquette	Food Choices and	and Etiquette	
_	Food Patterns	_	

## **Prescribed Learning Outcomes: Grade 9**

FOUNDATIONS Safety and Sanitation  A1: Identify sources of food-borne illnesses (e.g., salmonella, botulism, E. coli 0157:H7, staphylococcus) and demonstrate appropriate preventative measures, including - washing hands - sanitizing work surfaces - cross-contamination prevention - proper dishwashing - temperature control - clean-up procedures  A2: Demonstrate a knowledge of precautionary measures and emergency response associated with food preparation, including - handling hot foods safely (e.g., to prevent steam scalds, burns from hot oil) - responding appropriately to emergencies (e.g., fires, burns, cuts)  A3: Demonstrate tae del to prepare food items  Kitchen Basics  Kitchen Basics  Si Kitchen Basics  10: Kitchen Safety   230-237, 242-249-244-247, 248-249   242-249-249-248-249   244-247, 248-249   244-247, 248-249   244-247, 248-249   248-24	Prescribed Learning Outcomes: Grade 9			
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- temperature control - clean-up procedures  A2: Demonstrate a knowledge of precautionary measures and emergency response associated with food preparation, including - handling hot foods safely (e.g., to prevent steam scalds, burns from hot oil) - responding appropriately to emergencies (e.g., fires, burns, cuts)  A3: Demonstrate safe use of equipment needed to prepare food items  **Kitchen Basics**  **A4: Demonstrate the ability to follow a recipe, including - selecting appropriate equipment - using appropriate measuring techniques - time management - understanding of terminology  **A5: Care for and store equipment appropriately  **A5: Care for and store equipment appropriately  **A6: Demonstrate organization and co-*  **A6: Demonstrate organization and co-*  **A7: Care for and store equipment and Tools  **A6: Demonstrate organization and co-*  **A8: Care for and store equipment and Tools  **A6: Demonstrate organization and co-*  **A7: Care for and store equipment appropriately  **A6: Demonstrate organization and co-*  **A8: Care for and store equipment appropriately  **A6: Demonstrate organization and co-*  **A7: Care for and store equipment appropriately  **A8: Care for and store equipment appropriately  **A6: Demonstrate organization and co-*  **A9: Care for and store equipment appropriately  **A6: Demonstrate organization and co-*  **A9: Care for and store equipment appropriately  **A9: Care for and store equipment ap	_			
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A3: Demonstrate safe use of equipment needed to prepare food items  **Ritchen Basics**  **Ritchen Basics**  **Ritchen Basics**  **Ritchen Basics**  **Ritchen Basics**  **Ritchen Basics**  **A4: Demonstrate the ability to follow a recipe, including - selecting appropriate equipment - using appropriate measuring techniques - time management - understanding of terminology  **A5: Care for and store equipment appropriately  **A5: Care for and store equipment appropriately  **A6: Demonstrate organization and co-**  **A6: Demonstrate safe use of all it Kitchen Basics and Numeracy and Numeracy and Preparation and co-**  **A6: Demonstrate organization and co-**  **A7: Care for and store equipment appropriately appropriately appropriately appropriately appropriately appropriately appropriate demonstrate organization and co-**  **A6: Demonstrate organization and co-**  **A7: Care for and store equipment appropriately approp				
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items  Kitchen Basics  A4: Demonstrate the ability to follow a recipe, including - selecting appropriate equipment - using appropriate measuring techniques - time management - understanding of terminology  A5: Care for and store equipment appropriately  A6: Demonstrate the ability to follow a 3: Kitchen Basics  3: Kitchen Basics  A1: Kitchen Appliances, Equipment, and Tools  12: Kitchen Literacy 274-276, and Numeracy 278-279, 283-284, 291-292  14: Meal Planning and Preparation 337-338, 342  A5: Care for and store equipment appropriately  A6: Demonstrate organization and co- 4: Providing Healthy A6: Providing Healthy A6: Providing Healthy A6: Demonstrate organization and co- 4: Providing Healthy A6: Demonstrate organization and co- A6: Demonstrate organization and co-		3: Kitchen Basics	10: Kitchen Safety	,
Kitchen BasicsA4: Demonstrate the ability to follow a recipe, including3: Kitchen Basics11: Kitchen Appliances, Equipment, and Tools- selecting appropriate equipment- using appropriate measuring techniques5: Kitchen Basics12: Kitchen Literacy and Numeracy274-276, and Numeracy- understanding of terminology3: Kitchen Basics14: Meal Planning and Preparation337-338, 342A5: Care for and store equipment appropriately3: Kitchen Basics11: Kitchen Appliances, Equipment, and ToolsA6: Demonstrate organization and co-4: Providing Healthy14: Meal PlanningA6: Demonstrate organization and co-4: Providing Healthy14: Meal Planning339-340				235-237
A4: Demonstrate the ability to follow a recipe, including - selecting appropriate equipment - using appropriate measuring techniques - time management - understanding of terminology  A5: Care for and store equipment appropriately  A6: Demonstrate organization and co-  A25: Care for land store equipment A6: Demonstrate organization and co-  A26: Care for land store equipment are silent appropriate the ability to follow a cape and store equipment are cape and store equipment and co-  A6: Demonstrate organization and co-  A7: Care for land store equipment appropriately  A6: Demonstrate organization and co-  A7: Care for land store equipment appropriately  A8: Kitchen Basics  A7: Kitchen Basics  A1: Kitchen Literacy and Numeracy  A74-276, 274-276, 278-279, 283-284, 291-292  A6: Providing Healthy Appliances, Equipment and Tools  A6: Demonstrate organization and co-  A7: Care for and store equipment appropriately  A7: Care for and S7: Care for and S7: Care for and S7: Care for an A7: Care for an A				
recipe, including - selecting appropriate equipment - using appropriate measuring techniques - time management - understanding of terminology  3: Kitchen Basics - time management - understanding of terminology  4: Providing Healthy Food  Appliances, Full From the first of the f				
- selecting appropriate equipment - using appropriate measuring techniques - time management - understanding of terminology  3: Kitchen Basics  12: Kitchen Literacy 274-276, 278-279, 283-284, 291-292  14: Meal Planning and Preparation 337-338, 342  A5: Care for and store equipment appropriately  A5: Care for and store equipment appropriately  A6: Demonstrate organization and co-  4: Providing Healthy Tools  Equipment, and Tools  11: Kitchen Appliances, Equipment, and Tools  4: Providing Healthy Tools  A6: Demonstrate organization and co- 4: Providing Healthy 14: Meal Planning 339-340	•	3: Kitchen Basics		
- using appropriate measuring techniques - time management - understanding of terminology  3: Kitchen Basics  12: Kitchen Literacy 274-276, 278-279, 283-284, 291-292  14: Meal Planning and Preparation 337-338, Food  A5: Care for and store equipment appropriately  A5: Care for and store equipment appropriately  A6: Demonstrate organization and co-  4: Providing Healthy Tools  A6: Demonstrate organization and co-  4: Providing Healthy 14: Meal Planning 339-340				2/1
techniques - time management - understanding of terminology  3: Kitchen Basics - 12: Kitchen Literacy and Numeracy - 274-276, 278-279, 283-284, 291-292 - 14: Meal Planning and Preparation - 337-338, Food - 35: Care for and store equipment appropriately  A5: Care for and store equipment appropriately  A6: Demonstrate organization and co 4: Providing Healthy - 12: Kitchen Literacy 274-276, 278-279, 283-284, 291-292 - 14: Meal Planning - 337-338, 342 - 31: Kitchen Basics - 11: Kitchen - Appliances, - Equipment, and - Tools - Tools - A6: Demonstrate organization and co 4: Providing Healthy - 14: Meal Planning - 339-340				
- time management - understanding of terminology  3: Kitchen Basics - understanding of terminology  3: Kitchen Basics - understanding of terminology  4: Providing Healthy Food - understanding of terminology  4: Providing Healthy Food - understanding of terminology  4: Providing Healthy Food - understanding of terminology  12: Kitchen Literacy 274-276, 278-279, 283-284, 291-292  14: Meal Planning 337-338, 342  3: Kitchen Basics - II: Kitchen Appliances, Equipment, and Tools  A6: Demonstrate organization and co 4: Providing Healthy - understanding of terminology  14: Meal Planning - understanding of terminology - 278-279, 283-284, 291-292 - 14: Meal Planning - 337-338, 342 - 35-268, - 45-279, 283-284, 291-292 - 14: Meal Planning - understanding of terminology - 278-279, 283-284, 291-292 - 14: Meal Planning - 337-338, 342 - 35-268, - 45-279, 283-284, 291-292 - 14: Meal Planning - 337-338, - 340 - 34-276, - 278-279, - 283-284, - 291-292 - 34-276, - 278-279, - 283-284, - 291-292 - 34-276, - 278-279, - 283-284, - 291-292 - 34-276, - 278-279, - 283-284, - 291-292 - 34-276, - 278-279, - 283-284, - 291-292 - 34-276, - 278-279, - 283-284, - 291-292 - 34-276, - 278-279, - 283-284, - 291-292 - 34-276, - 278-279, - 283-284, - 291-292 - 34-276, - 278-279, - 283-284, - 291-292 - 34-276, - 278-279, - 283-284, - 291-292 - 34-276, - 278-279, - 283-284, - 291-292 - 34-286, - 34-2			10015	
- understanding of terminology  - understanding of terminology  4: Providing Healthy Food  A5: Care for and store equipment appropriately  A6: Demonstrate organization and co-  4: Providing Healthy A: Providing Healthy	•	3: Kitchen Basics	12: Kitchen Literacy	274-276.
A5: Care for and store equipment appropriately  A6: Demonstrate organization and co-  283-284, 291-292  14: Meal Planning and Preparation 337-338, 342  11: Kitchen Appliances, Equipment, and Tools  A6: Demonstrate organization and co- 4: Providing Healthy  14: Meal Planning 337-338, 342  270-271  283-284, 291-292				
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4: Providing Healthy Food 337-338, 342  A5: Care for and store equipment appropriately 3: Kitchen Basics 11: Kitchen Appliances, Equipment, and Tools  A6: Demonstrate organization and co- 4: Providing Healthy 14: Meal Planning 339-340				291-292
A5: Care for and store equipment appropriately  A5: Care for and store equipment appropriately  A6: Demonstrate organization and co-  A5: Care for and store equipment and 3: Kitchen Basics appropriately  Appliances, Equipment, and Tools  A6: Demonstrate organization and co-  A6: Providing Healthy 14: Meal Planning 339-340			•	
A5: Care for and store equipment appropriately  3: Kitchen Basics Appliances, Equipment, and Tools  A6: Demonstrate organization and co-  4: Providing Healthy  11: Kitchen 250-268, 270-271 Equipment, and Tools  339-340			and Preparation	-
appropriately Appliances, Equipment, and Tools  A6: Demonstrate organization and co- 4: Providing Healthy 14: Meal Planning 339-340	A5 C 6		11 77', 1	
A6: Demonstrate organization and co- 4: Providing Healthy 14: Meal Planning 339-340		5: Kitchen Basics		
A6: Demonstrate organization and co- 4: Providing Healthy 14: Meal Planning 339-340	appropriately			2/0-2/1
A6: Demonstrate organization and co- 4: Providing Healthy 14: Meal Planning 339-340				
	A6: Demonstrate organization and co-	4: Providing Healthy		339-340
			_	337 3 10
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FOOD PREPARATION FOUNDATIONS	Units	Chapters	Pages
Function of Ingredients A7: Explain the functions of common ingredients used in food preparation	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	280-289
preparation	4: Providing Healthy Food	13: Becoming a Wise Consumer	324-325
	4: Providing Healthy Food	14: Meal Planning and Preparation	342
FOOD PREPARATION TECHNIQUES	Units	Chapters	Pages
Food Products B1: Apply cooking principles to prepare healthy dishes and simple meals	1: Influences on Food Choices and Food Patterns	1: Understanding Personal Food Choices	15
	1: Influences on Food Choices and Food Patterns	3: Food Traditions and Etiquette	49
	2: Making Healthy Food Choices	4: How the Body Uses Food	89
	2: Making Healthy Food Choices	5: A Guide to Healthy Food Choices	105
	2: Making Healthy Food Choices	6: Good Nutrition throughout the Life Span	146
	2: Making Healthy Food Choices	8: Body Image and Lifestyle Choices	195
	3: Kitchen Basics	11: Kitchen Appliances, Equipment, and Tools	266-267
	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	277, 288, 290

FOOD PREPARATION TECHNIQUES	Units	Chapters	Pages
Methods of Cooking	1: Influences on	1: Understanding	15
B2: Use a variety of cooking	Food Choices and	Personal Food	
methods to prepare food	Food Patterns	Choices	
	1. Influence on	2. East Traditions	40
	1: Influences on Food Choices and	3: Food Traditions and Etiquette	49
	Food Patterns	and Enquette	
	2: Making Healthy	5: A Guide to	105
	Food Choices	Healthy Food	
		Choices	
	2: Making Healthy	6: Good Nutrition	146
	Food Choices	throughout the	140
		Life Span	
		_	
	3: Kitchen Basics	11: Kitchen	266-267
		Appliances,	
		Equipment, and Tools	
		10015	
	3: Kitchen Basics	12: Kitchen	277,
		Literacy and	285-286
		Numeracy	
	4: Providing	14: Meal Planning	339
	Healthy Food	and Preparation	339
	Ticality 1 ood	and reparation	
	5: Early Canadian,	15: Canadian Food	360
	Regional, and	Heritage	
	Global Foods		
	5: Early Canadian,	16: A Mosaic of	384, 392
	Regional, and	Cuisines	304, 392
	Global Foods	Cuisines	
NUTRITION AND HEALTHY EATING	Units	Chapters	Pages
C1: Identify and explain the	2: Making Healthy	4: How the Body	62-84
functions of nutrients (including	Food Choices	Uses Food	
proteins, carbohydrates, fats,	2. Molsing Haaltha	5. A Chida ta	05.07
vitamins and minerals, fibre, and water) and how they relate to	2: Making Healthy Food Choices	5: A Guide to Healthy Food	95, 97, 104,
Eating Well with Canada's Food	1 OOG CHOICES	Choices	104,
Guide			107-113

NUTRITION AND HEALTHY EATING	Units	Chapters	Pages
C2: Use Eating Well with Canada's	2: Making Healthy	5: A Guide to	93-98,
Food Guide to plan meals and	Food Choices	Healthy Food	100-101,
snacks for a nutritionally balanced		Choices	104-111,
diet			119-125
C3: Examine the relationship	1: Influences on	1: Understanding	7-9, 13-
between individual eating practices	Food Choices and	Personal Food	18, 20-
and physical activity	Food Patterns	Choices	21
	1: Influences on Food Choices and Food Patterns	3: Food Traditions and Etiquette	40-55
	2: Making Healthy Food Choices	5: A Guide to Healthy Food Choices	116-117
	4: Providing Healthy Food	14: Meal Planning and Preparation	330-334
C4: Identify and compare the	2: Making Healthy	8: Body Image and	192
ingredients and nutritional value of	Food Choices	Lifestyle Choices	
various commercial food products			
SOCIAL, ECONOMIC, AND	Units	Chapters	Pages
CULTURAL INFLUENCES			
D1: Describe factors that influence	1: Influences on	1: Understanding	6-21
food choices	Food Choices and Food Patterns	Personal Food Choices	
	1: Influences on Food Choices and Food Patterns	2: Influences on Food Patterns and Customs	24-37
	2: Making Healthy Food Choices	8: Body Image and Lifestyle Choices	182-207
	4: Providing Healthy Food	14: Meal Planning and Preparation	330-334
	5: Early Canadian, Regional, and Global Foods	15: Canadian Food Heritage	354-375
	5: Early Canadian, Regional, and Global Foods	16: A Mosaic of Cuisines	378-405

SOCIAL, ECONOMIC, AND	Units	Chapters	Pages
CULTURAL INFLUENCES		•	Ü
D2: Compare a variety of eating customs and etiquette	1: Influences on Food Choices and Food Patterns	2: Influences on Food Patterns and Customs	35-37
	1: Influences on Food Choices and Food Patterns	3: Food Traditions and Etiquette	40-57
	4: Providing Healthy Food	14: Meal Planning and Preparation	344-345
	5: Early Canadian, Regional, and Global Foods	15: Canadian Food Heritage	354-375
	5: Early Canadian, Regional, and Global Foods	16: A Mosaic of Cuisines	378-405

CAREER OPPORTUNITIES	Units	Chapters	Pages
E1: Identify food-related occupations and careers	1: Influences on Food Choices and Food Patterns	1: Understanding Personal Food Choices	19
	1: Influences on Food Choices and Food Patterns	3: Food Traditions and Etiquette	51
	2: Making Healthy Food Choices	4: How the Body Uses Food	82
	2: Making Healthy Food Choices	5: A Guide to Healthy Food Choices	99
	2: Making Healthy Food Choices	6: Good Nutrition throughout the Lifespan	144
	2: Making Healthy Food Choices	7: Living with Special Considerations	157
	2: Making Healthy Food Choices	8: Body Image and Lifestyle Choices	199
	3: Kitchen Basics	9: Food Safety	219
	3: Kitchen Basics	11: Kitchen Appliances, Equipment, and Tools	269
	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	282
	4: Providing Healthy Food	13: Becoming a Wise Consumer	311
	4: Providing Healthy Food	14: Meal Planning and Preparation	341

CAREER OPPORTUNITIES	Units	Chapters	Pages
	5: Early	15: Canadian Food	362
	Canadian,	Heritage	
	Regional, and		
	Global Foods		
		16: A Mosaic of	399
	5: Early	Cuisines	
	Canadian,		
	Regional, and		
	Global Foods	17: Providing Food	431
		for Canadians	
	5: Early		
	Canadian,		
	Regional, and		
	Global Foods		

### **Prescribed Learning Outcomes: Grade 10**

1 rescribed Lear			_
FOOD PREPARATION	Units	Chapters	Pages
FOUNDATIONS			
Safety and Sanitation A1: Identify sources of food-borne illnesses (e.g., salmonella, botulism, E. coli 0157:H7, staphylococcus, hepatitis A) and apply appropriate preventative measures	3: Kitchen Basics	9: Food Safety	208-229
A2: Apply appropriate precautionary measures and emergency response associated with food preparation, including - handling equipment and hot foods safely (e.g., to prevent fires, electrical shocks, cuts, steam scalds, burns from hot oil, uneven microwave heating) - responding appropriately to emergencies (e.g., fires, burns, cuts)	3: Kitchen Basics	10: Kitchen Safety	230-237, 242, 244-247, 248-249
A3: Demonstrate the ability to accurately evaluate and follow a recipe using appropriate equipment and measuring techniques	3: Kitchen Basics	11: Kitchen Appliances, Equipment, and Tools	250-268, 271
	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	274-276, 278-279, 283-284, 291-292
	4: Providing Healthy Food	14: Meal Planning and Preparation	337-338, 342
A4: Identify various types of equipment used for food preparation	3: Kitchen Basics	11: Kitchen Appliances, Equipment, and Tools	252-266
A5: Demonstrate organization and co-operation in partner and group work, including integration of planning skills (e.g., task sequencing, time management)	4: Providing Healthy Food	14: Meal Planning and Preparation	335-340

FOOD PREPARATION FOUNDATIONS	Units	Chapters	Pages
Function of Ingredients A6: Compare like ingredients and how they affect nutrition, flavour, texture, taste, and quality of the	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	288, 290, 291
product	4: Providing Healthy Food	14: Meal Planning and Preparation	342
FOOD PREPARATION TECHNIQUES	Units	Chapters	Pages
Food Products B1: Apply cooking principles to prepare healthy dishes and meals, incorporating presentation	1: Influences on Food Choices and Food Patterns	1: Understanding Personal Food Choices	15
	1: Influences on Food Choices and Food Patterns	3: Food Traditions and Etiquette	49
	2: Making Healthy Food Choices	4: How the Body Uses Food	89
	2: Making Healthy Food Choices	5: A Guide to Healthy Food Choices	105
	2: Making Healthy Food Choices	6: Good Nutrition throughout the Life Span	146
	2: Making Healthy Food Choices	8: Body Image and Lifestyle Choices	195
	3: Kitchen Basics	11: Kitchen Appliances, Equipment, and Tools	266-267
	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	277, 288, 290

FOOD PREPARATION TECHNIQUES	Units	Chapters	Pages
Methods of Cooking	1: Influences on	1: Understanding	15
B2: Use a variety of cooking	Food Choices and	Personal Food	
methods to prepare food	Food Patterns	Choices	
	1: Influences on	3: Food Traditions	49
	Food Choices and	and Etiquette	'
	Food Patterns	1	
	2: Making Healthy	5: A Guide to	105
	Food Choices	Healthy Food Choices	
		Choices	
	2: Making Healthy	6: Good Nutrition	146
	Food Choices	throughout the	
		Life Span	
	3: Kitchen Basics	11: Kitchen	266-267
	5. Kitchell Basics	Appliances,	200-207
		Equipment, and	
		Tools	
	3: Kitchen Basics	12: Kitchen	277,
		Literacy and Numeracy	285-286
		Numeracy	
	4: Providing	14: Meal Planning	339
	Healthy Food	and Preparation	
	5: Early Canadian,	15: Canadian Food	360
	Regional, and Global Foods	Heritage	
	Giovai roous		
	5: Early Canadian,	16: A Mosaic of	384, 392
	Regional, and	Cuisines	
Newpower	Global Foods	CI 4	D
NUTRITION AND HEALTHY EATING  C1: Demonstrate on understanding	Units 2: Making Healthy	Chapters 4: How the Body	<b>Pages</b> 62-81
C1: Demonstrate an understanding of the following nutrients and their	2: Making Healthy Food Choices	Uses Food	02-01
relationship to healthy living:	1 304 01101005	23031000	
- a variety of protein choices	2: Making Healthy	5: A Guide to	95, 97,
- simple and complex carbohydrates	Food Choices	Healthy Food	104,
- saturated, unsaturated, and trans		Choices	106,
fats			107-112
- micronutrients, including vitamins			
and minerals			

NUTRITION AND HEALTHY EATING	Units	Chapters	Pages
C2: Create nutritious meals for a	2: Making Healthy	5: A Guide to	115-116,
variety of dietary and budget	Food Choices	Healthy Food	118-120
considerations using Eating Well		Choices	
with Canada's Food Guide			
	2: Making Healthy	6: Good Nutrition	130,
	Food Choices	throughout the	132-133,
		Life Span	134,
			135-136,
			138-139,
			139-141,
			144-145,
			148-149
	2: Making Healthy	7: Living with	152-181
	Food Choices	Special Special	132 101
		Considerations	
	4: Providing	14: Meal Planning	331-337,
	Healthy Food	and Preparation	342
C3: Analyze the relationship	2: Making Healthy	6: Good Nutrition	134-135,
between daily food intake and	Food Choices	throughout the	137,
physical activity		Life Span	146-147,
	0.16.11	6 6 131	149
C4: Compare recipes to identify the	2: Making Healthy	6: Good Nutrition	138-139,
healthier choice	Food Choices	throughout the Life Span	141-143
		Life Span	
	2: Making Healthy	7: Living with	153,
	Food Choices	Special	156,
		Considerations	159-161,
			163,
			165,
			171,
			174, 179
	2 W'. 1 D '	10 17:4 1	202 200
	3: Kitchen Basics	12: Kitchen	283, 290
		Literacy and Numeracy	
		indifferacy	

Units	Chapters	Pages
2: Making Healthy Food Choices	8: Body Image and Lifestyle Choices	192
3: Kitchen Basics	12: Kitchen Literacy and Numeracy	292
4: Providing Healthy Food	13: Becoming a Wise Consumer	327
Units	Chapters	Pages
4: Providing Healthy Food	13: Becoming a Wise Consumer	301-303, 308-309, 315-316
5: Early Canadian, Regional, and Global Foods	17: Providing Food for Canadians	413-432
1: Influences on Food Choices and Food Patterns	3: Food Traditions and Etiquette	42-43, 44-45, 46-53, 54-55, 56
3: Kitchen Basics	12: Kitchen Literacy and Numeracy	287
5: Early Canadian, Regional, and Global Foods	15: Canadian Food Heritage	354-375
5: Early Canadian, Regional, and Global Foods	16: A Mosaic of Cuisines	378-405
	2: Making Healthy Food Choices 3: Kitchen Basics  4: Providing Healthy Food  Units  4: Providing Healthy Food  5: Early Canadian, Regional, and Global Foods 1: Influences on Food Choices and Food Patterns  3: Kitchen Basics  5: Early Canadian, Regional, and Global Foods  5: Early Canadian, Regional, and Global Foods  5: Early Canadian, Regional, and	2: Making Healthy Food Choices  3: Kitchen Basics  12: Kitchen Literacy and Numeracy  4: Providing Healthy Food  Units  Chapters  4: Providing Healthy Food  The Providing Healthy Food  13: Becoming a Wise Consumer  13: Becoming a Wise Consumer  15: Early Canadian, Regional, and Global Foods  1: Influences on Food Choices and Food Patterns  3: Kitchen Basics  12: Kitchen Literacy and Numeracy  17: Providing Food for Canadians  3: Food Traditions and Etiquette  12: Kitchen Literacy and Numeracy  15: Early Canadian, Regional, and Global Foods  5: Early Canadian, Regional, and Global Foods  5: Early Canadian, Regional, and Global Foods  16: A Mosaic of Cuisines

CAREER OPPORTUNITIES	Units	Chapters	Pages
E1: Describe food-related occupations and careers	1: Influences on Food Choices and Food Patterns	1: Understanding Personal Food Choices	19
	1: Influences on Food Choices and Food Patterns	3: Food Traditions and Etiquette	51
	2: Making Healthy Food Choices	4: How the Body Uses Food	82
	2: Making Healthy Food Choices	5: A Guide to Healthy Food Choices	99
	2: Making Healthy Food Choices	6: Good Nutrition throughout the Lifespan	144
	2: Making Healthy Food Choices	7: Living with Special Considerations	157
	2: Making Healthy Food Choices	8: Body Image and Lifestyle Choices	199
	3: Kitchen Basics	9: Food Safety	219
	3: Kitchen Basics	11: Kitchen Appliances, Equipment, and Tools	269
	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	282
	4: Providing Healthy Food	13: Becoming a Wise Consumer	311
	4: Providing Healthy Food	14: Meal Planning and Preparation	341

CAREER OPPORTUNITIES	Units	Chapters	Pages
	5: Early Canadian, Regional, and Global Foods	15: Canadian Food Heritage	362
	5: Early Canadian, Regional, and Global Foods	16: A Mosaic of Cuisines	399
	5: Early Canadian, Regional, and Global Foods	17: Providing Food for Canadians	431