

**Prescribed Learning Outcomes: Grade 12**

*It is expected that students will:*

**FOOD PREPARATION FOUNDATIONS**

***Safety and Sanitation***

- A1 analyse sources of food-borne illnesses (e.g., salmonella, botulism, E. coli 0157:H7, staphylococcus, hepatitis A, Norwalk virus, campylobacter, parasites) and apply appropriate preventative measures
- 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)
  - responding appropriately to emergencies (e.g., fires, burns, cuts)

***Kitchen Basics***

- A3 demonstrate the ability to accurately evaluate and follow recipes using a wide variety of food preparation techniques and equipment
- A4 evaluate new technologies available for food preparation
- A5 devise plans and implement effective strategies for task sequencing and time management in co-operation with partners and groups

***Function of Ingredients***

- A6 adapt ingredients and methods to create original recipes

**FOOD PREPARATION TECHNIQUES**

***Food Products***

- B1 select recipes and apply cooking principles to prepare healthy dishes and multi-course meals, incorporating presentation and budgetary considerations

***Methods of Cooking***

- B2 choose and demonstrate appropriate cooking methods for particular products

**NUTRITION AND HEALTHY EATING**

- C1 apply principles from *Eating Well with Canada's Food Guide* and other reliable sources to analyse menus and make recommendations for particular dietary needs
- C2 demonstrate an understanding of the importance of **energy balance**
- C3 analyse implications of healthy and unhealthy eating behaviour, including following food fads, disordered eating, and use of supplements
- C4 modify and test recipes to improve their nutritional value
- C5 critique the use of additives and enrichments, use of pesticides, and nutrition and health statements about foods

**SOCIAL, ECONOMIC, AND CULTURAL INFLUENCES**

- D1 analyse comparative costs of convenience, restaurant, and self-prepared foods
- D2 analyse global and environmental health issues related to the production and consumption of food
- D3 demonstrate an understanding of formal table etiquette

**CAREER OPPORTUNITIES**

- E1 analyse career opportunities and prerequisites related to food production, service, and marketing