



A Home Economics Grade 9 Food and Health (FH)				
Outcome	1 – Little Evidence With help, I understand parts of the simpler ideas and do a few of the simpler skills.	2 – Partial Evidence I understand the simpler ideas and can do the simpler skills. I am working on the more complex ideas and skills.	3 – Sufficient Evidence I understand the more complex ideas and can master the complex skills that are taught in class. I achieve the outcome.	4- Extensive Evidence I have a deep understanding of the complex ideas, and I can use the skills I have learned in situations that were not taught in class.
HECFP9.1 Refine a variety of kitchen skills in the preparation of nutritious foods independently and safely.	<ul style="list-style-type: none"> • With help, I can work with a variety of kitchen appliances and tools when working alone OR with others in a kitchen lab setting. 	<ul style="list-style-type: none"> • I demonstrate some advancement in the use of a variety of kitchen appliances and cooking tools, with occasional reminders, when working alone OR with others in a kitchen lab setting. 	<ul style="list-style-type: none"> • I demonstrate advancement in the independent use of a variety of kitchen appliances and cooking tools, alone AND with others in a kitchen lab setting. 	<ul style="list-style-type: none"> • I demonstrate significant advancement in the independent use of a variety of kitchen appliances and cooking tools alone and with others and I can guide others.
	<ul style="list-style-type: none"> • With help, I can follow food safety procedures when working alone or with others. 	<ul style="list-style-type: none"> • I can follow food safety procedures with occasional reminders when working alone or within a team setting. 	<ul style="list-style-type: none"> • I can follow food safety procedures alone and within a team setting. 	<ul style="list-style-type: none"> • I can follow food safety procedures alone and within a team setting and I assist and remind my team members.
	<ul style="list-style-type: none"> • With help, I can follow a recipe when working alone or with others. 	<ul style="list-style-type: none"> • I demonstrate some advancement in the ability to follow a recipe with occasional reminders when working alone or with others in a kitchen lab setting. 	<ul style="list-style-type: none"> • I can demonstrate advancement in the ability to follow a variation of basic recipes independently, alone and within a team setting. 	<ul style="list-style-type: none"> • I demonstrate significant advancement in the ability to follow a recipe independently, alone and within a team setting and I can guide others.
	<ul style="list-style-type: none"> • I can use a variety of kitchen measuring tools accurately some of the time with guidance. 	<ul style="list-style-type: none"> • I can use a variety of kitchen measuring tools accurately some of the time with reminders. 	<ul style="list-style-type: none"> • I can independently use a variety of kitchen measuring tools almost all of the time. 	<ul style="list-style-type: none"> • I can independently use a variety of kitchen measuring tools accurately all of the time.



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Comments				



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HECFP9.2 Apply food preparation techniques independently in the preparation of nutritious foods in relation to Canada’s Food Guide to Healthy Eating.	<ul style="list-style-type: none"> I can construct a meal plan that incorporates some of the four food groups of Canada’s Food Guide to Healthy Eating with help. 	<ul style="list-style-type: none"> I can construct a meal plan that incorporates most of the food groups of Canada’s Food Guide to Healthy Eating. 	<ul style="list-style-type: none"> I can construct a well-rounded meal plan that incorporates all four food groups of Canada’s Food Guide to Healthy Eating. 	<ul style="list-style-type: none"> I can construct a well-rounded meal plan that incorporates all four groups of Canada’s Food Guide to Healthy Eating as well as extras (e.g. fats, oils, water).
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HECFP9.3 Understand and use necessary food preparation vocabulary.	<ul style="list-style-type: none">I can use necessary food preparation vocabulary some of the time with guidance.	<ul style="list-style-type: none">I can use necessary food preparation vocabulary most of the time with reminders.	<ul style="list-style-type: none">I can independently use necessary food preparation vocabulary almost all of the time.	<ul style="list-style-type: none">I can independently use necessary food preparation vocabulary accurately all of the time.
Comments				