



Home Economics Grade 9 St. Henry's Food Studies (FS)				
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. <b>I achieve the outcome.</b>	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.
<b>HEC9.1</b> <b>I can apply independent and cooperative skills in the preparation of nutritious food.</b>	<b>With frequent reminders/encouragement,</b> I can work cooperatively within my group to achieve the intended task.	I can <b>sometimes work cooperatively</b> within my group to achieve the intended task, <b>with a few reminders and/or encouragement.</b>	I can <b>almost always work cooperatively</b> within my group to achieve the intended task.	I can <b>demonstrate positive leadership skills</b> within my group to achieve the intended task.
	<b>With help,</b> I can read and follow the information provided in a recipe.	I can read and follow the information provided in a recipe, <b>some of the time.</b>	I can <b>read and follow the information provided in a recipe independently, almost all of the time.</b>	I can use the information presented in a recipe to <b>modify the recipe for various circumstances.</b>
Comments				



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<b>HEC9.2</b> <b>I can apply technical skills in the preparation of nutritious foods.</b>	<b>With help,</b> I can use the appropriate tool for the appropriate task to achieve accurate measurements.	<b>With prompting,</b> I can use the appropriate tool for the appropriate task to achieve accurate measurements.	I can <b>use the appropriate measurement tools to achieve accurate measurements independently.</b>	I can <b>use a variety</b> of measurement tools accurately to accomplish a task or to modify a measurement.
	<b>With help,</b> I can use the appropriate kitchen tool for the task.	<b>With prompting,</b> I can use the appropriate kitchen tool for the task.	I can use <b>the appropriate kitchen tool for the task independently.</b>	I can use the <b>most efficient</b> kitchen tool for the task.
	I can demonstrate my knowledge of <b>a few of the culinary techniques.</b>	I can demonstrate my knowledge <b>of some</b> culinary techniques <b>independently.</b>	I can <b>independently</b> demonstrate my knowledge <b>of most of the culinary techniques that were explicitly taught in class.</b>	I can demonstrate my knowledge of the culinary techniques <b>as well as some that were not explicitly taught OR apply the techniques in new contexts.</b>
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<b>HEC9.3</b> <b>I can understand and practice safety in the preparation and storage of food.</b>	<b>I need frequent reminders</b> to demonstrate knowledge about the hygienic handling and serving of food.	I <b>occasionally</b> can demonstrate knowledge about the hygienic handling and serving of food.	I can demonstrate knowledge about the <b>hygienic handling AND serving of food (e.g. cross contamination).</b>	I can demonstrate knowledge about the hygienic handling and serving of food, and <b>explain why the practices are important.</b>
	<b>With frequent reminders,</b> I can demonstrate safe work habits to help prevent accidents in the kitchen.	I can demonstrate safe work habits to help prevent accidents in the kitchen, <b>most of the time.</b>	I can independently <b>demonstrate safe work habits</b> to help prevent accidents in the kitchen.	I can demonstrate safe work habits to help prevent accidents in the kitchen as <b>well as support others in doing this.</b>
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<b>HEC9.4</b> <b>I can apply my knowledge about nutrition to food preparation.</b>	<b>With help,</b> I can choose an appropriate recipe based on my knowledge of nutrition <b>OR</b> food preparation.	I can <b>explain my choice</b> of an appropriate recipe based on my knowledge of nutrition <b>OR</b> food preparation.	I can <b>explain my choice</b> of an appropriate recipe based on my knowledge of nutrition <b>AND</b> food preparation.	I can explain my choice of an appropriate recipe based on my knowledge of nutrition <b>AND</b> food preparation, <b>AND</b> a skill that was not explicitly taught in class.
	<b>With frequent reminders,</b> I can carry out the preparation of a healthy meal, based on my practical knowledge.	<b>With minimal prompting,</b> I can carry out the preparation of a healthy meal, based on my practical knowledge.	I can <b>carry out the preparation of a healthy meal independently,</b> based on my practical knowledge.	I can <b>carry out the preparation of a healthy meal independently,</b> based on my practical knowledge, and explain what makes the meal healthy.
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<b>HEC9.5</b> <b>I can demonstrate knowledge of a range of specific techniques involved in food preparation.</b>	I can demonstrate knowledge of <b>a few</b> specific cooking techniques, respecting <b>several of the co-constructed criteria.</b>	I can demonstrate knowledge of <b>a several</b> specific cooking techniques, respecting <b>almost all of the co-constructed criteria.</b>	I can demonstrate knowledge of <b>a range</b> specific cooking techniques, respecting <b>almost all of the co-constructed criteria.</b>	I can demonstrate knowledge of <b>a wide range</b> specific cooking techniques, respecting <b>all of the co-constructed criteria.</b>
Comments				