



# William A. Fraser Middle School



Principal: Mr. Dean Johnston  
Vice Principal: Mr. Scott Peters

Office Staff: Mrs. Robyn Bussiere  
Mrs. Sarah Boulanger

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Welcome to Home Arts Grade 8

Welcome to the wonderful world of Home Arts. I am very excited to be cooking with your child this term. Your child will be participating in Home Arts as part of WA Fraser's Exploration Courses. The course will run for approximately 10 weeks.

In Home Arts 8 the focus will be on Food Study. For Home Arts class your child will need a writing utensil.

Food Study will focus on healthier food items that can be made at home. Our school is committed to teaching and providing healthier food choices for our students. I strongly believe we are what we eat and we all want to be healthy, successful learners. I encourage the students to cook the recipes at home or experiment with new ones. The more practice, the more efficient they get in the kitchen. Students will also explore the relationship between food and science in a number of fun "science based" food labs.

Competencies that will be explored during the course:

- identify sources of food contamination and demonstrate appropriate preventative measures
- demonstrate a knowledge of precautionary measures and emergency responses associated with food preparation
- demonstrate safe use of equipment needed to prepare food items
- demonstrate the ability to follow simple recipes and using them to prepare simple, **healthy snacks and dishes**
- use recipes use a variety of cooking methods to prepare food
- describe the importance of nutrition and other factors that contribute to health
- explore the relationship between food and science through various experiments
- care for and store equipment appropriately
- demonstrate co-operation in partner and group work
- manage time and resources in classroom

Course Evaluation Composition :

Cooking Labs = 75%

Foods Theory = 25% (quizzes, tests, projects)

For students who would like to do 'extra' work at home I am including an Extended Expectations Home Assignment. This should be returned at the end of the term. I love hearing about what the students make at home.

Please call or email if you have any questions. For recipes and other related information check out my website at <https://wafrazerhomearts.weebly.com>

Mrs. Joanne Snow

[Joanne.Snow@abbyschools.ca](mailto:Joanne.Snow@abbyschools.ca)

"To eat is a necessity, but to eat intelligently is an art."

La Rochefoucauld