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| **Overall Expectations** | | **Specific Expectations** |
| A3. Identify and describe common ingredients used in food preparation  B1. Prepare and present food products in a variety of ways | | A3.1 Identify the main ingredients used in food preparation and describe their characteristics  A3.3 Classify foods and ingredients by their type, nutritional value, and recommended daily intake, as noted in *Eating Well with Canada’s Food Guide* (2007)  B2.1 Apply food handling procedures and techniques appropriately and correctly  B1.2 Use measurement tools and equipment to accurately measure the volume and mass of food products in metric, US customary, or British imperial units as appropriate  B1.4 Present food products in different types of service |
| **Concepts** | | |
| **Terminology** | | **Theory** |
| * Ingredients * Measure | * Nutritional value * Canada’s Food Guide | * Kitchen safety * Tools * Meal preparation technique |
| **Material to prepare** | | |
| * Images or packaging representing different types of processed cheese * Box of macaroni and cheese * Block of white cheese * Glass of milk * Computer for research * Material to make the created dishes | | |
| **Context**   * Make a display of various packaging and images of processed cheese * Ask the students: * Who has ever eaten this type of cheese * Who has at least one of these types of cheese at home | | |
| **Activity**   * Myth or reality presentation * The colour of cheese * Why is processed cheese yellow while a block of cheese is white? * The composition of processed cheese * Are these types of cheese made with real cheese? * Macaroni and cheese * Does this type of meal have any nutritional value? | | |
| **Pushing Further**   * Why are these types of cheese so popular? * What is the use of this type of cheese compared to a block of cheese? * Design a recipe to make a complete meal according to Canada’s Food Guide from a box of macaroni and cheese. | | |
| **Assessment**   * Formative: lab work - lab report | | |
| **Resources**   * **Myth or reality presentation**   Internet   * [D’où viennent les couleurs des fromages?](https://www.emilien-fromages.com/parlons-fromage/les-couleurs-des-fromages) * *[*[*https://www.emilien-fromages.com/parlons-fromage/les-couleurs-des-fromages*](https://www.emilien-fromages.com/parlons-fromage/les-couleurs-des-fromages)*]* * The anatomy of processed cheese * *[*[*https://www.ricardocuisine.com/en/articles/food-chemistry/423-the-anatomy-of-processed-cheese*](https://www.ricardocuisine.com/en/articles/food-chemistry/423-the-anatomy-of-processed-cheese)*]* * [Non, il n’y a pas de plastique dans les fromages de Kraft](https://journalmetro.com/opinions/inspecteur-viral/733197/non-il-ny-a-pas-de-plastique-dans-le-fromage-kraft-et-voici-pourquoi-il-ne-fond-pas/) * [<https://journalmetro.com/opinions/inspecteur-viral/733197/non-il-ny-a-pas-de-plastique-dans-le-fromage-kraft-et-voici-pourquoi-il-ne-fond-pas/>] * [Radio-Canada, Le Cheez Whiz](https://ici.radio-canada.ca/actualite/lepicerie/docArchives/2003/05/13/saviez-vous.html) * *[*[*https://ici.radio-canada.ca/actualite/lepicerie/docArchives/2003/05/13/saviez-vous.html*](https://ici.radio-canada.ca/actualite/lepicerie/docArchives/2003/05/13/saviez-vous.html)*]* * [Le Cheez Whiz sous la loupe](https://lesoufflet.weebly.com/le-cheez-whiz-sous-la-loupe.html) * *[*[*https://lesoufflet.weebly.com/le-cheez-whiz-sous-la-loupe.html*](https://lesoufflet.weebly.com/le-cheez-whiz-sous-la-loupe.html)*]* * [Alimentaire mon Cher Watson](http://ladietetiste.com/mythes-realites-le-cheez-whiz-les-tranches-singles-et-le-kraft-dinner-ne-contiennent-pas-de-fromage/) * *[*[*http://ladietetiste.com/mythes-realites-le-cheez-whiz-les-tranches-singles-et-le-kraft-dinner-ne-contiennent-pas-de-fromage/*](http://ladietetiste.com/mythes-realites-le-cheez-whiz-les-tranches-singles-et-le-kraft-dinner-ne-contiennent-pas-de-fromage/)*]* | | |