

|  |  |  |
| --- | --- | --- |
| **Overall Expectations** | | **Specific Expectations** |
| B1. demonstrate an understanding of nutrients and their connection to physical health.  B2. demonstrate an understanding of Canada’s Food Guide and its role in promoting physical health;  C1. demonstrate an understanding of food- and nutrition-related issues at different stages in the lifespan. | | B3.1 explain the processes of and factors affecting the digestion, absorption, and metabolism of food  B3.2 analyze foods to identify their macronutrient content (i.e., the percentage of calories from various types of nutrients)  B1.3 analyze specific foods to determine their nutrient content, using available food and nutrition information  B2.1 explain why Canada’s Food Guide has changed over time  C1.2 explain how various influences throughout the lifespan (e.g., familial, social, emotional, cultural, religious, economic, ethical, psychological) can affect people’s food choices |
| **Concepts** | | |
| **Terminology** | | **Theory** |
| * Smell * Taste * Flavour | * Texture * Territory * Organoleptic properties | * Organoleptic principles * Role of macromolecules * Food guide |
| **Material to prepare** | | |
| * 6 to 8 different cheeses, with at least three different types or territories * Map of selected cheeses | | |
| **Context**   * *Presentation of raw materials to make cheese and the types of cheese [La Cité animation]* * *Reviewing organoleptic properties [Ppt presentation]* * *Raw matter composition [document]* | | |
| **Activité**   * Group cheeses by type or territory * Start the tasting with the fresh cheeses and finish with the hardest cheeses. * Analyze the quantitative and qualitative macronutrient content. * Are all cheeses equal when it comes to nutritional value? * Why are certain cheeses favoured? | | |
| **Exploring further**  – Discuss the place of cheese in the new food guide.  – Determine the ideal cheese consumption according to the food guide.  – Why is cheese so irresistible? | | |
| **Evaluation**   * Formative — feedback — discussion | | |
| **Resources**   * **Presentation: What is cheese?** * **Document: Cheese cards** * **Presentation: Organoleptic properties** * **Presentation: Tasting**   Internet   * Types of cheese animation [La Cité] * [*Comment lire une étiquette 30 secondes top-chrono*](https://sciencefourchette.com/science/lire-etiquette-nutritionnelle-30-secondes-top-chrono/)  *[*[*https://sciencefourchette.com/science/lire-etiquette-nutritionnelle-30-secondes-top-chrono/*](https://sciencefourchette.com/science/lire-etiquette-nutritionnelle-30-secondes-top-chrono/)*]* * [*Les trous du fromage suisse expliqués*](https://www.sciencesetavenir.fr/fondamental/une-percee-scientifique-explique-les-trous-du-fromage-suisse_23275) *[*[*https://www.sciencesetavenir.fr/fondamental/une-percee-scientifique-explique-les-trous-du-fromage-suisse\_23275*](https://www.sciencesetavenir.fr/fondamental/une-percee-scientifique-explique-les-trous-du-fromage-suisse_23275)*]* * [*Microbiote le goût du fromage*](https://ici.radio-canada.ca/tele/la-semaine-verte/site/segments/reportage/78606/fromage-microbiote)[<https://ici.radio-canada.ca/tele/la-semaine-verte/site/segments/reportage/78606/fromage-microbiote>] * [*Comment lire le tableau des valeurs nutritives*](https://www.soscuisine.com/blog/comment-lire-le-tableau-de-valeur-nutritive/?lang=fr) [<https://www.soscuisine.com/blog/comment-lire-le-tableau-de-valeur-nutritive/?lang=fr>] * [Caseolog](https://www.produits-laitiers.com/sinitier-a-la-caseologie-lart-de-deguster-le-fromage/)y *[*[*https://www.produits-laitiers.com/sinitier-a-la-caseologie-lart-de-deguster-le-fromage/*](https://www.produits-laitiers.com/sinitier-a-la-caseologie-lart-de-deguster-le-fromage/)*]* * [*La transformation laitière c’est mon industrie*](http://www.atlc-dpac.ca/quest-ce-que-la-transformation-laitiere/la-transformation-laitiere-cest-mon-industrie/)  *[*[*http://www.atlc-dpac.ca/quest-ce-que-la-transformation-laitiere/la-transformation-laitiere-cest-mon-industrie/*](http://www.atlc-dpac.ca/quest-ce-que-la-transformation-laitiere/la-transformation-laitiere-cest-mon-industrie/)*]* * [*Saputo*](https://www.saputo.com/fr-ca/notre-societe/historique) *[*[*https://www.saputo.com/fr-ca/notre-societe/historique*](https://www.saputo.com/fr-ca/notre-societe/historique)*]* * [Fromage CDA](https://fromagescda.com/en/3-products) *[*[*https://fromagescda.com/en/3-products*](https://fromagescda.com/en/3-products)*]* * Les mystères du goût *[*[*https://vimeo.com/238728498*](https://vimeo.com/238728498)*]* * [Roue des fromages ferme et mi-ferme](https://www.agroscope.admin.ch/agroscope/fr/home/themes/denrees-alimentaires/analyse-sensorielle/milchprodukte--kaese/aromarad-kaese-und-milchprodukte.html)  *[*[*https://www.agroscope.admin.ch/agroscope/fr/home/themes/denrees-alimentaires/analyse-sensorielle/milchprodukte--kaese/aromarad-kaese-und-milchprodukte.html*](https://www.agroscope.admin.ch/agroscope/fr/home/themes/denrees-alimentaires/analyse-sensorielle/milchprodukte--kaese/aromarad-kaese-und-milchprodukte.html)*]* * [ABC des saveur](https://abcsaveurs.weebly.com/cours-2-les-moleacutecules.html)s *[*[*https://abcsaveurs.weebly.com/cours-2-les-moleacutecules.html*](https://abcsaveurs.weebly.com/cours-2-les-moleacutecules.html)*]* * Canada’s Food Guide *[*[*https://food-guide.canada.ca/en/*](https://food-guide.canada.ca/en/)*]* * [Désintox](https://www.sciencesetavenir.fr/sante/cerveau-et-psy/desintox-non-le-fromage-n-est-pas-aussi-addictif-que-la-drogue_104348)  *[*[*https://www.sciencesetavenir.fr/sante/cerveau-et-psy/desintox-non-le-fromage-n-est-pas-aussi-addictif-que-la-drogue\_104348*](https://www.sciencesetavenir.fr/sante/cerveau-et-psy/desintox-non-le-fromage-n-est-pas-aussi-addictif-que-la-drogue_104348)*]* * [*Les fromages aussi addictifs que les drogues*?](https://www.passeportsante.net/fr/Actualites/Nouvelles/Fiche.aspx?doc=fromages-addiction-drogues)  *[*[*https://www.passeportsante.net/fr/Actualites/Nouvelles/Fiche.aspx?doc=fromages-addiction-drogues*](https://www.passeportsante.net/fr/Actualites/Nouvelles/Fiche.aspx?doc=fromages-addiction-drogues)*]* * [*Êtes-vous drogué aux fromages*?](https://sciencepost.fr/etes-vous-drogue-au-fromage/) *[*[*https://sciencepost.fr/etes-vous-drogue-au-fromage/*](https://sciencepost.fr/etes-vous-drogue-au-fromage/)*]* * [Cheese lovers](https://cheeselover.ca/index.php/shops/) – list of shops*[*[*https://cheeselover.ca/index.php/shops/*](https://cheeselover.ca/index.php/shops/)*]* | | |