



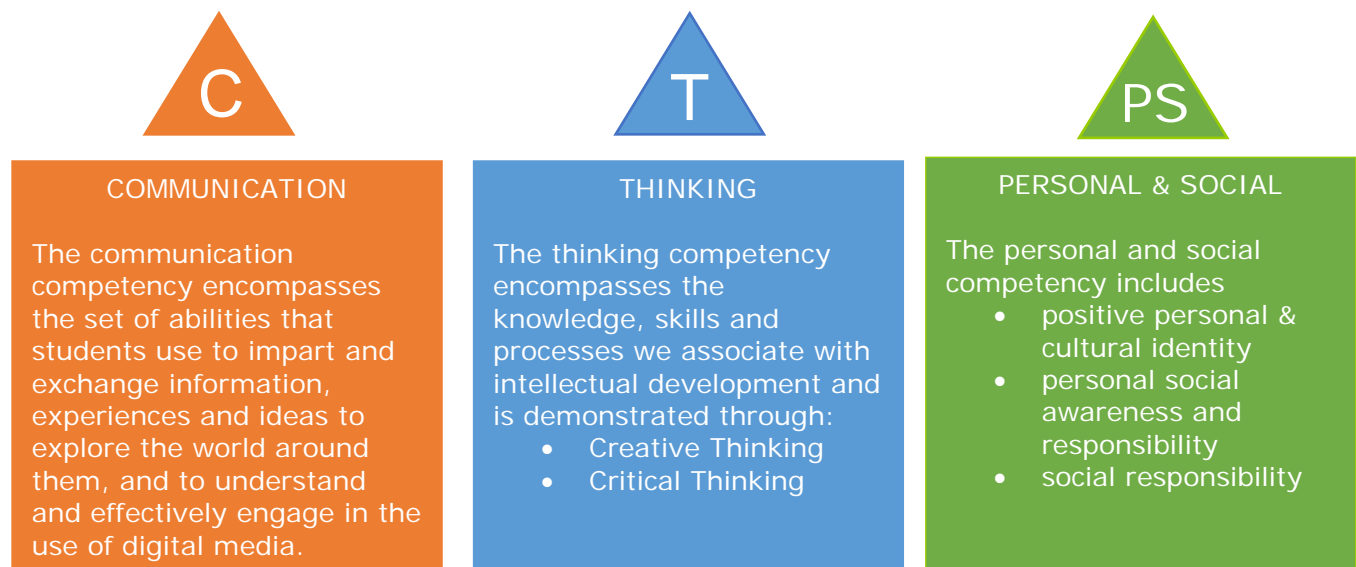
Teacher: Ms. Kelly Coghill

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(Wong's Videos: IG – WhipItDelicious Youtube: Whip It Delicious)

This course has been designed to simulate a catering business that will enable students to further develop their culinary knowledge and skills and transferrable workplace skills to create and produce food dishes and baked products that meets our clients' requests. There will be opportunities for students to create their own recipes and meal plans that are not only healthy, but flavourful, stylish, economical and convenient that meets one's lifestyle.

**CORE COMPETENCIES:** In order to engage in deep learning and life-long learning, students need to develop intellectual, personal, and social and emotional proficiencies.



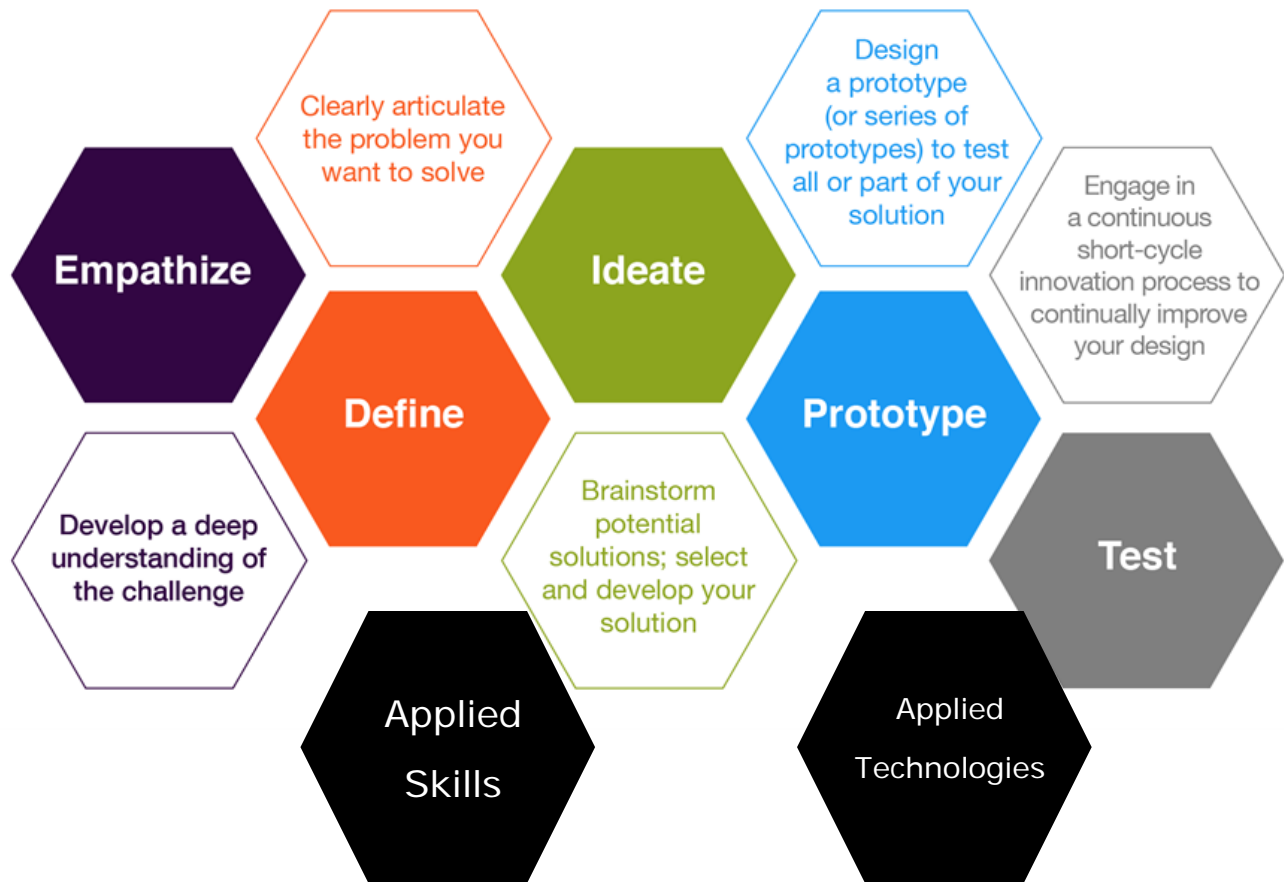
**BIG IDEAS:** What students will *understand*.



**CURRICULAR COMPETENCIES:** What students will be able



## Applied Design, Skills & Technologies



### CURRICULAR CONTENT: What students will *know*.

- ◆ Meal & recipe design opportunities: Simple to Complex
- ◆ Components of recipe/multi-course meal development and preparation
- ◆ Food security/justice in the local and global community
- ◆ Legislation, regulations, and agencies that influence food safety and food production
- ◆ Factors involved in regional and/or national food policies
- ◆ Perspectives in indigenous food sovereignty
- ◆ Ethics of cultural appropriation
- ◆ Nutrition and health claims and how they change over time
- ◆ Nature & development of food philosophies by individuals or groups
- ◆ Future career options in food service & production
- ◆ Interpersonal consultation skills

# Applied Design, Skills & Technologies

## SUGGESTED TOPICS:



### Introduction

- Classroom expectations and lab routines
- Kitchen Sanitation
- Food Safety
- Kitchen Basics
- Knife Skills

### Catering

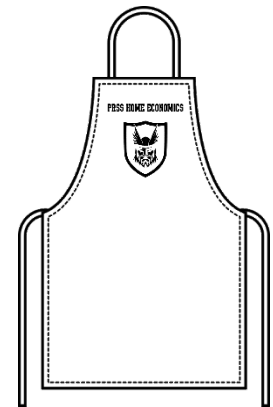
- Meal Planning, Preparation & Service
- Food Presentation
- Etiquette
- Specific Dietary Needs

### Global Issues Surrounding Food

- Food Accessibility
- Food Sustainability

### Special Occasion Foods

- Festivals
- Celebrations



### COURSE SUPPLIES: To be brought to every class...

1. Pen, Pencil, Highlighter, Eraser, Ruler, & Pencil Crayons
2. 3 Ring Binder with Lined Loose Leaf Paper or Steno
3. Plastic Page Protector for recipes
4. Full Bib Top Apron (**Rent for \$2.00**) for the duration of the course & to be paid at the **BEGINNING** of the course)

### ASSESSMENT:

- All assignments respective to the lesson/unit must be completed in order to participate in labs to ensure student success.
  - Student performance for Food Studies 11/12 will be based on the following allocation of marks:
    - Catering ..... 15%
    - Projects.....20%
    - Mid-Term Lab Exam ..... 30%
    - Final Lab Exam ..... 35%
- \*allocation percentages subject to change

