

Sullivan Heights Foods 11/12

This course is designed to build on and extend knowledge, skills, techniques and attitudes in your previous food courses. You will explore a variety of cultures and create meals rich in nutrition and ethnic flavours. You will discover what the world has to offer while improving your food preparation skills.

BIG IDEAS

Services and products can be designed through consultation and collaboration	Personal design interests require the evaluation and refinement of skills	Tools and technologies can be adapted for specific purposes
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Students are expected to know the following:

Year 1	Year 2
<ul style="list-style-type: none"> • meal and recipe design opportunities • components of recipe development and modification, including <ul style="list-style-type: none"> • ingredients • functions • proportions • temperatures • preparation methods • issues involved with food security, including causes and impacts of food recalls • factors involved in the creation of international and regional food guides • First Peoples food guides • ethics of cultural appropriation • food labelling roles and responsibilities of Canadian government agencies and food companies • food promotion and marketing strategies and their impact on specific groups of people 	<ul style="list-style-type: none"> • complex meal and recipe design opportunities • components of multi-course meal development and preparation • food 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 and development of food philosophies by individuals and groups • future career options in food service and production • interpersonal and consultation skills