

Applied Design, Skills & Technologies – Food Studies 10

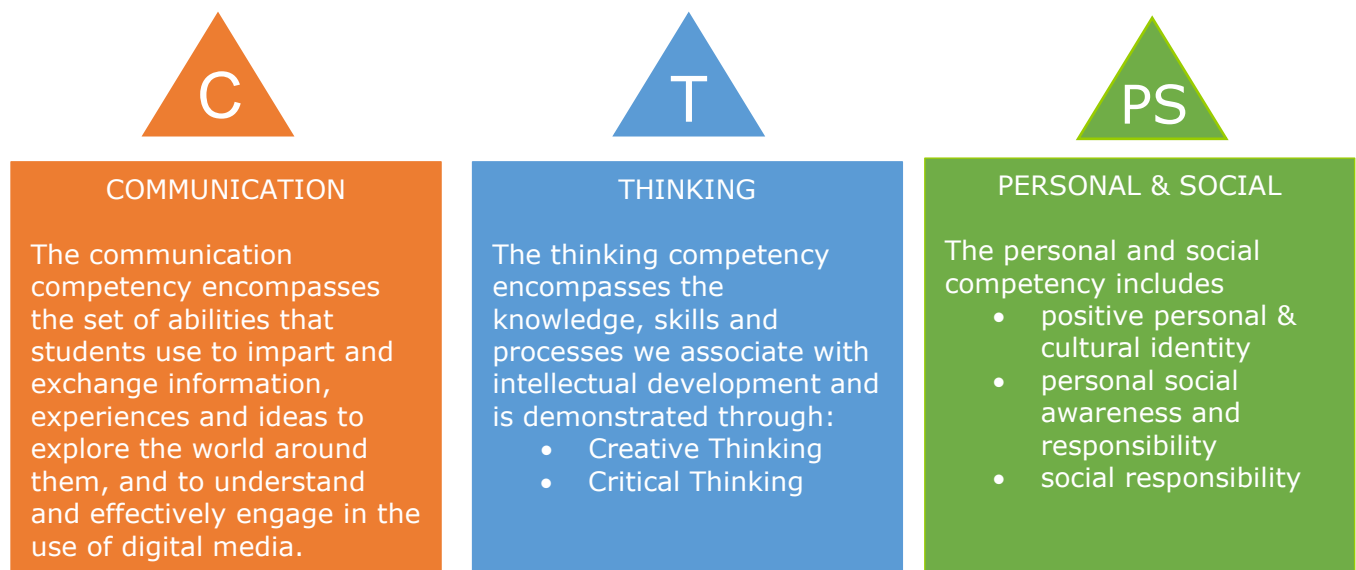
Teacher: Ms. Mehta

Email: mehta_h@surreyschools.ca

Instagram: [mehta_hsd36](https://www.instagram.com/mehta_hsd36)

Understand and enjoy the foods of today and become a true gourmet! Develop competency and creativity in food preparation and presentation. Try new food dishes and enlarge your food preparation and presentation repertoire. Explore First Peoples food protocols. Apply food safety, food trends, factors that affect food choices to design, create and market your food products too!

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

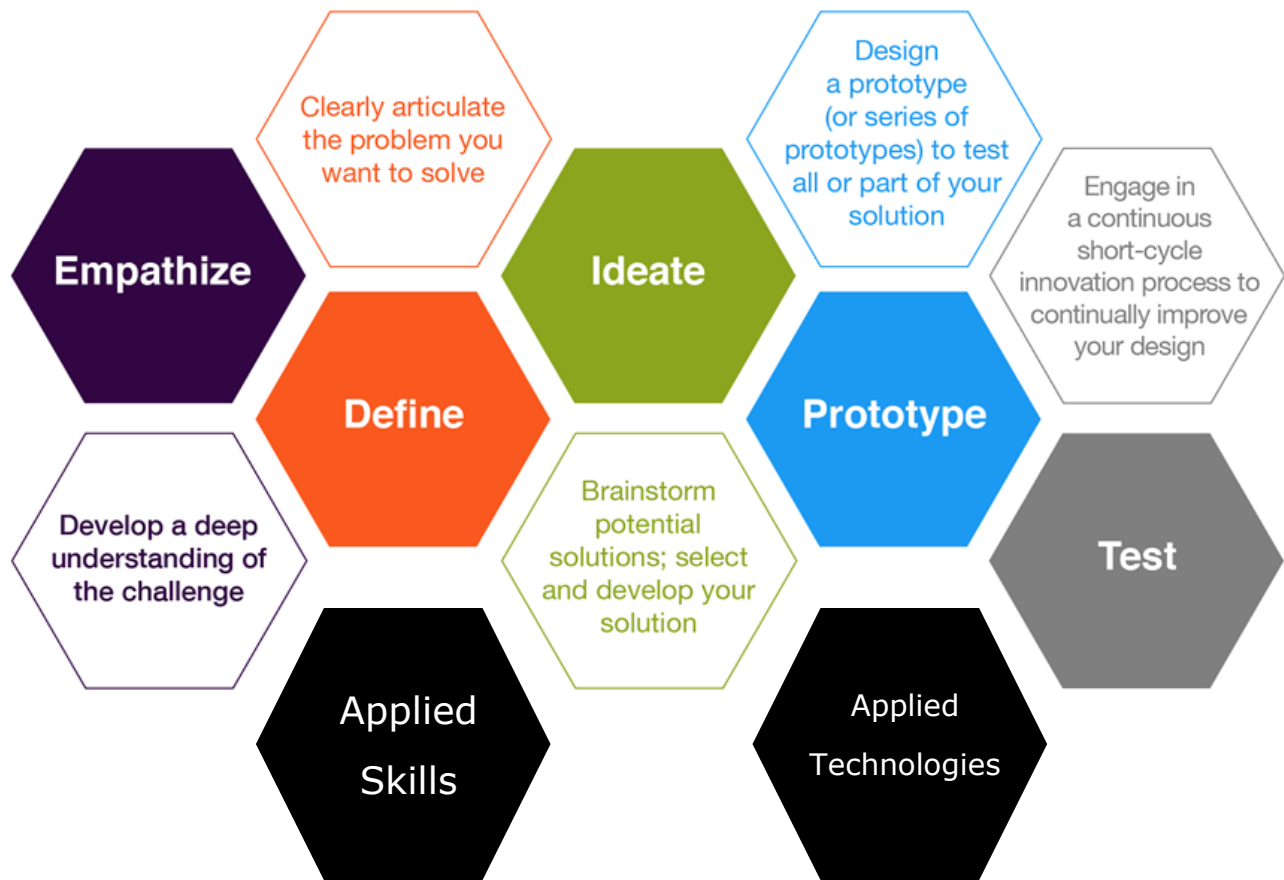


BIG IDEAS: What students will *understand*.



Applied Design, Skills & Technologies – Food Studies 10

CURRICULAR COMPETENCIES: What students will be able to **do**.



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

- meal design opportunities
- elements of meal preparation, including principles of **meal planning** and **eating practices**
- causes and consequences of food contamination outbreaks
- First Peoples food **protocols**, including land stewardship, harvesting/gathering, food preparation and/or preservation, ways of celebrating, and cultural ownership
- ethics of **cultural appropriation**
- relationship between eating practices and mental and physical well-being
- food trends, including nutrition, marketing, and **food systems**
- simple and complex global food systems and how they affect food choices, including environmental, ethical, economic, and health impacts

Applied Design, Skills & Technologies – Food Studies 10

SUGGESTED TOPICS:

Introduction

- Classroom expectations and lab routines
- Safety and sanitation in the lab
- Equipment location and use
- Measurement conversions and techniques
- Cultural Etiquettes around the world
- Canada's food guide
- Street foods around the world



Food Techniques and Preparations

- Breads- Quick breads & Yeast breads
- Noodles & Pastas
- Rice
- Pies, tarts, galettes
- Phyllo Pastries
- Meat & Alternatives

Sometimes Foods

- Special Occasions
- Desserts

Project

- Night market
- Food Truck
- Cupcake wars

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 (**Bring your own/Purchase for \$5.00/Rent for \$2.00) for the duration of the course & to be paid at the beginning of the course)**



ASSESSMENT:

- All demos and assignments respective to the lesson/unit must be completed in order to participate in labs to ensure student success.

Applied Design, Skills & Technologies – Food Studies 10

- Lab will be assessed based on (cleaning & sanitation, kitchen procedures and safety, evidence of skill development, effective planning, time management, ability to work with others)
- Recipe Reflections
- Project planning

Knowledge and Understanding:

- Class assignments
- Projects
- Test & class participation,
-
- Student performance will be based on the following allocation of marks:
 - Practical Work (labs).....40%
 - Food Truck20%
 - Assignments..... 10%
 - Projects15%
 - Unit 1 -.....15%(Kitchen, food safety, measurements, knife skills, lab duties and procedures)





Applied Design, Skills & Technologies

PANORAMA RIDGE SECONDARY LAB EVALUATION RUBRIC

Criteria	Emerging	Developing	Proficient
Food Safety	<ul style="list-style-type: none"> Needs to meet 2 or more criteria from the “Proficient” column 	<ul style="list-style-type: none"> Needs to meet 1 criterion from the “Proficient” column 	<ul style="list-style-type: none"> Hair remains tied up (Shoulder Length & +) during lab Hands washed after every possible contamination Apron remains on from the BEGINNING until the END of the lab Uses hot soapy water & hot water to wash & rinse dinnerware/ cookware/bakeware/etc. All dinnerware/cookware/ bakeware/etc. are dried thoroughly Work area is thoroughly cleansed & sanitized Minimizes & avoids cross-contamination
Kitchen Safety	<ul style="list-style-type: none"> Needs to meet 2 or more criteria from the “Proficient” column 	<ul style="list-style-type: none"> Needs to meet 1 criterion from the “Proficient” column 	<p>Before lab starts:</p> <ul style="list-style-type: none"> Ensures all equipment are in safe working condition <p>Once lab begins:</p> <ul style="list-style-type: none"> Ensures all equipment are used in a safe manner Ensures work area is always safe Able to apply basic First Aid for Cuts & Burns
Time Management	<ul style="list-style-type: none"> Needs to meet 2 or more criteria from the “Proficient” column OR Time allowed for Unit Check is after the bell (at the end of class) 	<ul style="list-style-type: none"> Needs to meet 1 criterion from the “Proficient” column 	<ul style="list-style-type: none"> Arrives early when needed Before lab starts: Hair/Apron/Hands/Recipe Begins lab on time Once lab begins: One trip to the supply table Dovetails tasks Allows for 10 mins before the end of lab for Unit Check
Independence	<ul style="list-style-type: none"> Needs to meet 2 or more criteria from the “Proficient” column 	<ul style="list-style-type: none"> Needs to meet 1 criterion from the “Proficient” column 	<ul style="list-style-type: none"> Always shows self-motivation Ability to take one’s own initiative all the time Always shows ability to problem solve Always shows flexibility
Team Work	<ul style="list-style-type: none"> Needs to meet 2 or more criteria from the “Proficient” column 	<ul style="list-style-type: none"> Needs to meet 1 criterion from the “Proficient” column 	<ul style="list-style-type: none"> Always works cooperatively with others Always assists others without prompting Always establishes positive work environment Always communicates effectively
Food Preparation Techniques	<ul style="list-style-type: none"> Needs to meet 2 or more criteria from the “Proficient” column 	<ul style="list-style-type: none"> Sometimes uses the correct tool and/or equipment Needs to meet 1 criterion from the “Proficient” column 	<ul style="list-style-type: none"> Able to read & comprehend recipe or reads recipe prior to asking for clarification Always uses the correct tool and/or equipment Always uses the correct food preparation technique
Product	<ul style="list-style-type: none"> Needs to meet 2 or more criteria from the “Proficient” column 	<ul style="list-style-type: none"> Needs to meet 1 criterion from the “Proficient” column 	<ul style="list-style-type: none"> Meets product standards as outlined in class