

Applied Design, Skills & Technologies- Food Studies 11&12

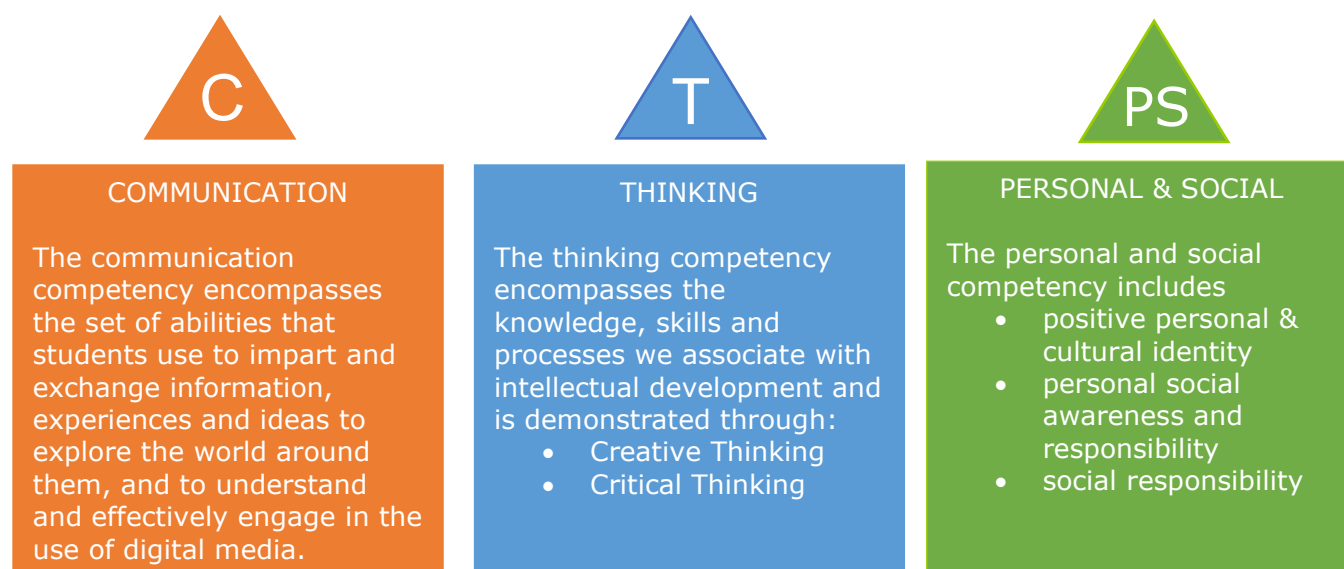
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This course has been designed to simulate a catering business that will enable students to further develop their culinary knowledge and skills and transferrable workplace skills to create and produce food dishes and baked products that meets our clients' 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.

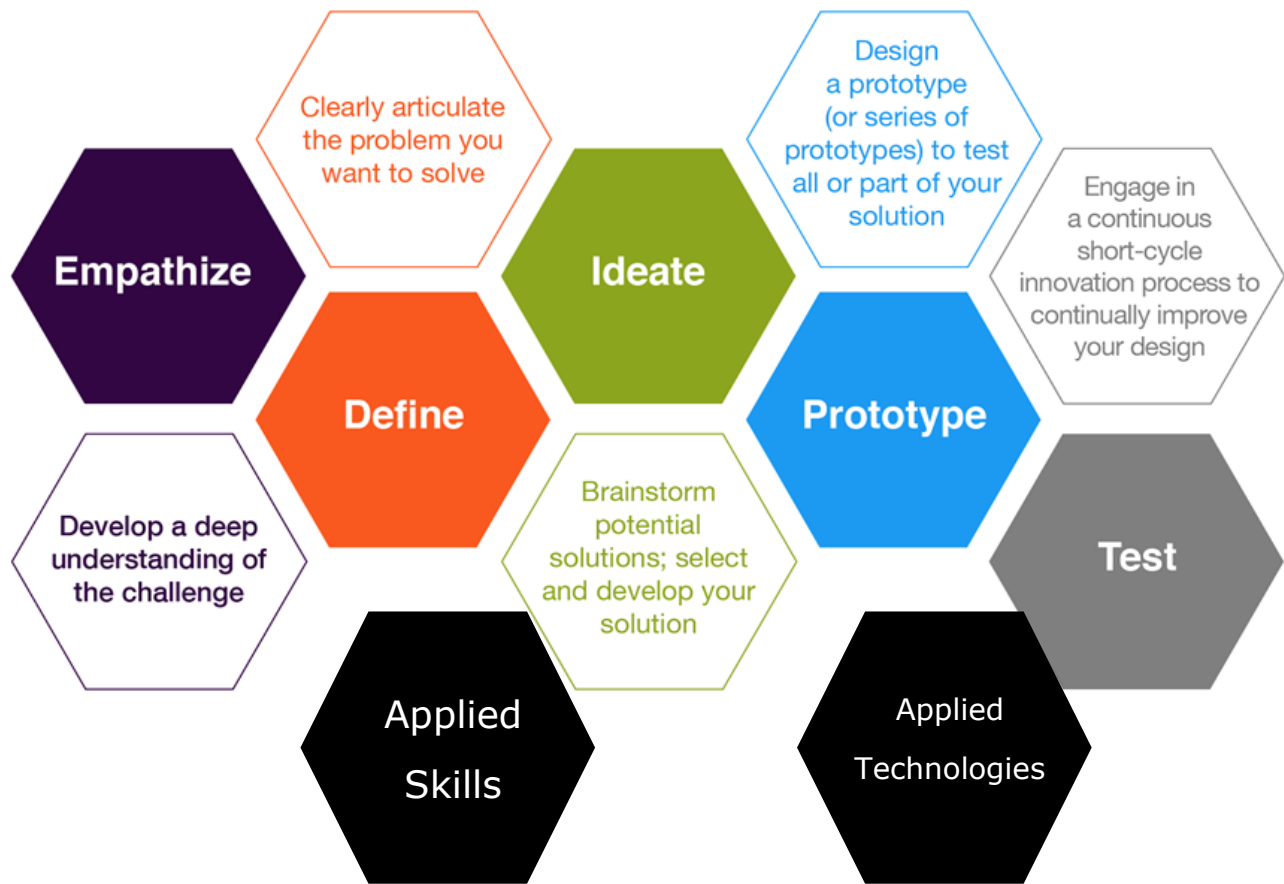


BIG IDEAS: What students will *understand*.



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



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

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SUGGESTED TOPICS: (These are only suggested topics. Labs and projects are changeable depending on accessibility to labs & groceries)

Introduction

- Classroom expectations and lab routines
- Kitchen Sanitation and Food Safety
- Kitchen Basics
- Knife Skills
- Measurements techniques, lab procedures & duties
- Research a recipe
- Use of Common tools & equipment

Canadian Food Inspection Agency

- Food Safety
- Acts & Regulations
- Food Labelling
- Food Additives & Enrichment
- Canada's Food Guide



Catering

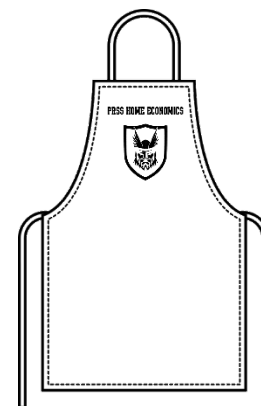
- Meal Planning, Preparation & Service
- Food Presentation
- Etiquette
- Specific Dietary Needs

Global Issues Surrounding Food

- Food Accessibility
- Food Sustainability

Food Preparation Techniques:

- Quick and Yeast breads
- Filled Pastry techniques.
- Fondant based multi layered cakes
- Multi dish techniques
- Stove top cooking
- Oven techniques
- Exploring & experimenting with herbs and spices



Projects

- Cake unit
- Frozen meals
- Design cycle
- Restaurant style cooking & Fusion Cuisines

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- Food festival- bringing different cultures together

Special Occasion Foods

- Festivals
- Celebrations

Explore Careers in Hospitality Industry.

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)**
5. Empty clean containers for leftovers from labs.

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:
 - Labs35%
 - Unit 1-Test15%
 - Projects..... 40%
 - Catering..... 10%

