

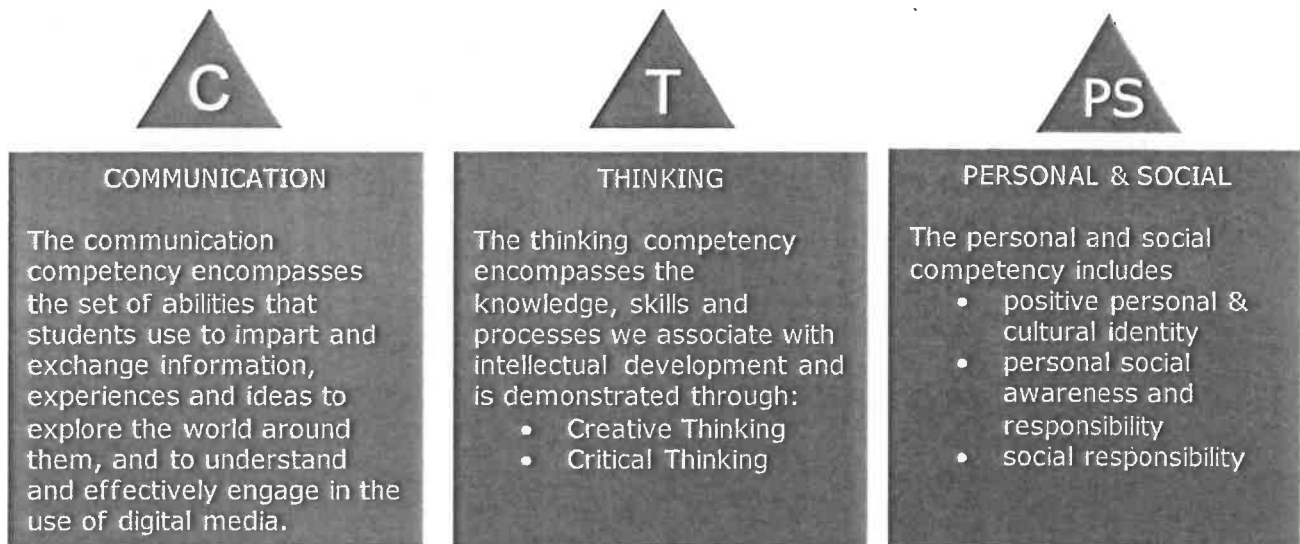
Applied Design, Skills & Technologies- Food Studies 11&12

Teacher: Ms. Mehta

Email: mehta_h@surreyschools.ca

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.

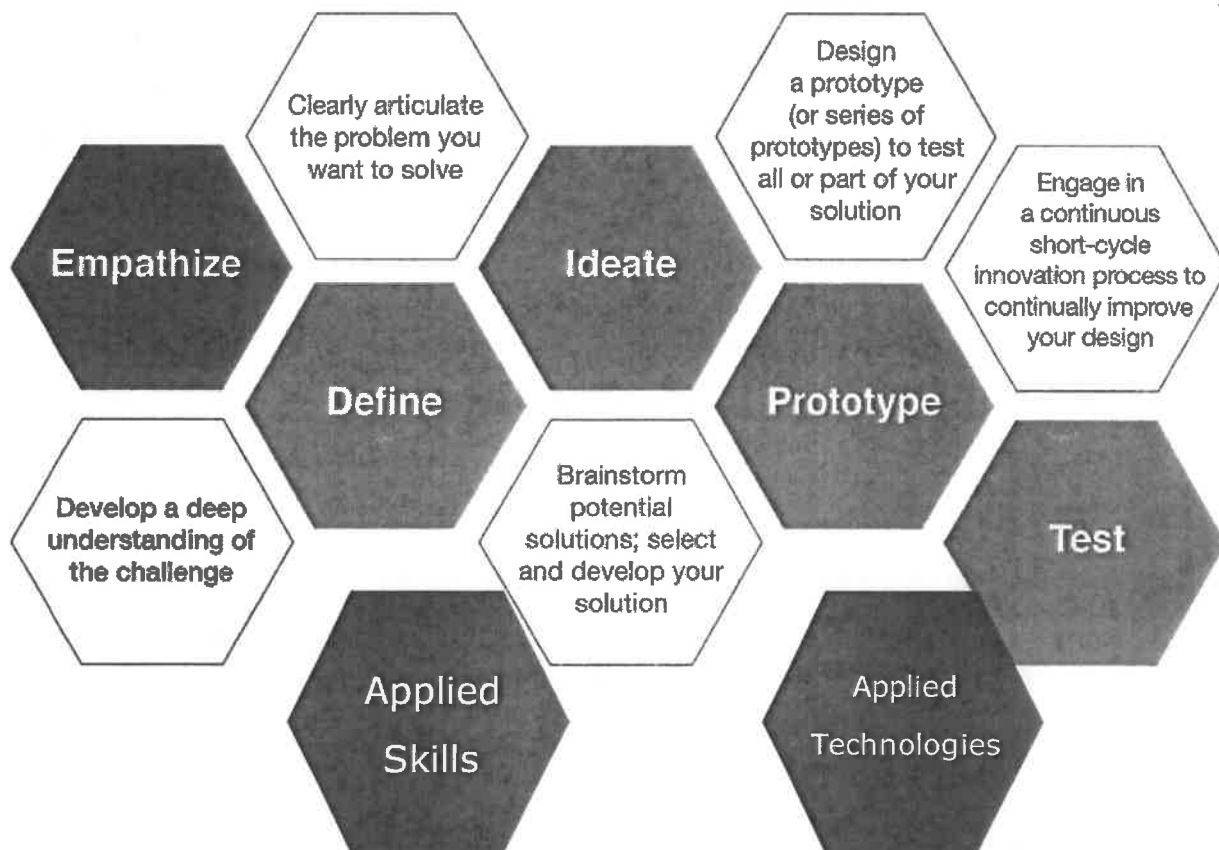


BIG IDEAS: What students will *understand*.



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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:

Introduction

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

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.
- Multi dish techniques
- Stove top cooking
- Oven techniques

Projects

- Cake Decorating
- My culture and spice savoury and spice
- PR Plaza
- Iron Chef

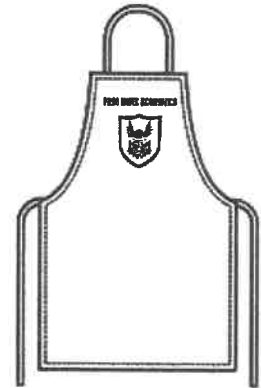
Special Occasion Foods

- Festivals
- Celebrations

Explore Careers in Hospitality Industry.

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

1. Pen, Pencil, Highlighter, Eraser, Ruler, & Pencil Crayons



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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 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:
 - Labs.....30%
 - Assignments.....10%
 - Mid-Term lab/ project.....15%
 - Projects..... 35%
 - Catering..... 10%





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

