

# FOOD STUDIES 10

Mr. R. Becker || becker\_r@surreyschools.ca || @HomeEcBeck



DON'T  
STOP  
UNTIL  
YOU'RE  
PROUD

*Welcome to Food Studies 10! I am looking forward to sharing my passion for food with you this semester, and helping you as you better learn how to cook, and why we cook, and to better understand how food connects us and defines us. While it is my sincere hope that you leave this course more capable in the kitchen, and more passionate about food, it is even more important that you learn how to be a stronger communicator, creative thinker and critical thinker, with a better understanding of yourself and the world.*

*Food is the ingredient that binds us together.*

**CORE COMPETENCIES** are the umbrella that covers all the learning we do in this course. These are the attributes that will help you as learners in all stages and areas of life. In this course we will focus on:

**COMMUNICATION** focuses on: making intentional choices about how to communicate ideas, learning, understanding and opinions; using appropriate mediums for the task-at-hand; considering your audience; using technology effectively; active listening; receiving and using constructive feedback; acknowledging different perspectives; supporting others; asking good questions; reflecting on your learning.

**CREATIVE THINKING** focuses on: developing new ideas; having fun working with new ideas; using new ideas as a form of self-expression; reinterpreting an existing idea; using failure and setback to expand your thinking; taking risks with your thinking; persevering with ideas.

**PERSONAL & SOCIAL** focuses on: understanding the different aspects of your identity and the things that influence it; identifying strengths and weaknesses; taking ownership of behaviour; setting goals; sustaining a healthy lifestyle; managing stress; understanding the impact of your choices on the environment; working well with diverse groups of people; identifying the role, and benefit, of diversity.

**CRITICAL THINKING** focuses on: examining problems using evidence from many perspectives; using criteria to evaluate tasks or problems; considering opinions and ideas outside your beliefs and perspectives; being open-minded and patient; considering intended impact on an audience; seeking feedback, reflecting, and self-assessing my work.

*Nom. Nom. Nom. Nom. Nom. Nom. Nom. Nom. Nom. Nom.*



## BIG IDEAS

- Basic Skills & Techniques are the foundation for success in the kitchen
- Culinary success comes from learning to follow, alter and create recipes
- Where our food comes from and how we think about it is as important as how we make it.
- Design Cycle can be used to develop, practice, improve, and create new products

## CONTENT & SKILLS

- Kitchen & Food Safety; Knife Skills; Following, Adapting and Creating Recipes; Creating Cohesive Menus; Components of Food; Family Traditions; Budgeting; Nutrition; Sustainability
- Baking & Cooking, including: Soups & Stews; Salads & Dressings; Cakes; Yeast Doughs; Pastry; Eggs; Pasta; International Cuisines



*“When you have made as many mistakes as I have...*

## CLASS POLICIES

All class policies are created to benefit the learning environment and to ensure safety in the classroom.

1. Students must **BE RESPECTFUL** of the classroom space, teacher, and peers at all times. This means cleaning up fully, recycling/composting as appropriate, working kindly with all their peers, using kind language, and communicating appropriately with the teacher.
2. Please keep your **CELL PHONES** and **HEADPHONES** in your bag during class. If you need to use your cell phone to make notes or take photos, please ask first. Cell phones carry with them bacteria, and headphones prevent students from hearing instructions or warnings in the room, which creates an unsafe working environment. Cell phones that become a problem will be happily placed in cell phone jail during class time.
3. Please use the **BATHROOM** before or after class. Students may not leave during instructions or mid-lab. If students do wish to use the bathroom, they will need to leave their cell phone in exchange.
4. If students are **ABSENT**, their parents need to contact the school office. Missed labs and assignments will have to be made up at home. Missed critical challenges can only be made up on I-day at the end of the semester.
5. Please **BE ON TIME**. Being late impacts your learning. If you miss instructions, you will not be allowed to participate in the lab that day. Students who are habitually late will have to make up time in the form of classroom cleaning chores at lunch or after school.



*...then you can be as good as me.”*

*Wolfgang Puck*

## ASSESSMENT

- **REFLECTIONS & ASSIGNMENTS** (40%) - You will reflect on each lab, making sense of what you learned with respect to the goal of that particular lab. Reflections will be submitted digitally via FreshGrade. Some may require digital evidence from the lab in addition to reflecting on the questions. Throughout the semester there will be also series of small assignments for you to demonstrate your understanding of the content/skills of the course.
- **CRITICAL CHALLENGES** (40%) - Throughout the units you will be given various cooking/baking challenges that will require you to engage your core competencies and the design cycle in order to solve a problem. Each will be graded on a rubric, and measured as to your success at meeting the goals of the challenge.
- **SEMESTER END CHALLENGE** (20%) - At the end of the course you will have one final challenge that will require you to bring together what you have learned throughout the semester. Your final challenge has practical, reflective, and design challenge components.

**TELL ME  
WHAT  
YOU  
EAT**

*And I will tell you  
what you are.*

- ANTHELME BRILLAT-SAVARIN



**FRESHGRADE** will be used by teacher and student as a portal to dialogue, reflect and track their progress in the course. Parents will be able to view and comment on

student progress, should they wish. Email invitations to access this web tool will be send to students and parents early in the course.