



Foods Studies 12

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Introduction

Welcome to Food Studies 12!

In this course you will learn about many aspects of food and food preparation. You will look at tools of the kitchen, safety in the kitchen, nutrition, meal planning and more. Food justice, cultural appropriation and First Nations foods will be explored.

Students will progress through a number of assignments and cooking assignments to broaden their skills in the kitchen

Students are able to choose their own recipes. Please note that students must have a way to take pictures of their cooking assignments throughout the course.

Topics

Food and Kitchen Safety
Tools and Measurements
Food and the World
Multi-course Menus

Assessment

Grades will be calculated according to the following weightings.

Written assignments 40%
Cooking assignments 60%

Resources

Blackboard Learn 9 Website: <http://sd68.blackboard.com>

Jupiter Grades: Mark update and assignment feedback at <https://jupitergrades.com>

School Website: <https://island-connected.sd68.bc.ca>

Attendance

Please be aware that Island Connect K -12 does not have a general attendance requirement. However, it is in your best interest to make a habit of checking in with your teacher at least once a week – face to face, by email, or phone.

Assignments should be submitted **weekly** with continuous progress being made. Past learners have stated that such contact promotes engagement with the course materials and serves to motivate them to complete the work in a timely fashion.

Completion Timeline Expectations

Successful learners typically finish within four months of initial enrollment in this course. COMMIT to achieving your goals! Get a calendar out and plan how you and when you will complete each lesson in the first two units immediately. If you mess up, do your best to catch up, but change the timeline right away to reflect this change and, then, do your best to never let yourself fall behind again.