



Food Studies 12

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Overview:

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.

The course is divided into four Modules. Students will progress through a number of assignments and cooking assignments to broaden their skills in the kitchen. There are cooking assignments interspersed throughout the lessons, but many of the cooking assignments are in Module 4.

Students are able to choose their own recipes. You do not need to cook in order, but you should read the lesson beforehand for each cooking assignment as they may be related.

Please note that students must have a way to take pictures of their cooking assignments throughout the course.

Student Expectations:

1. Each student is responsible for **maintaining contact** with their teacher on a weekly basis.
 2. Assignments should be submitted weekly with continuous progress being made.
 3. Remember to email if you have questions, but to be respectful and clear when you correspond with your teacher.
 4. Maintain safety in the kitchen while cooking.
 5. **Students must have a way to take pictures during this course.**
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Suggested Resources:

- Pinterest http://pinterest.com/all/?category=food_drink (Links to an external site.)
- How to Videos <http://videos.tasteofhome.com/> (Links to an external site.)
- Recipes <http://www.canadianliving.com/food/> (Links to an external site.)
- Recipe Search Engines: <http://www.foodieview.com/> (Links to an external site.) OR <http://www.supercook.com/> (Links to an external site.)

Reporting Procedure:

- Ongoing progress is available on Jupiter Ed
- At mid-course, there will be a progress report
- There will be a formal, summative report at the end of the course, once a student completes all of the coursework

Assessment

Your grade in this course is determined by the quality of work that you submit. Your grade is composed of written assignments and cooking projects. Grades are calculated according to the following weightings:

- Active Status Assignment 5%
- Written Assignments 40%
- Cooking Projects 55%

Mastery is encouraged. Students who wish to improve their work and resubmit are invited to discuss their options with their teacher. When the authenticity of student work is in question, the teacher reserves the right to base final grades on teacher supervised assignments and assessments.

Resources

Canvas <https://www.nlps.instructure.com/>

Prescribed Learning Outcomes: <https://curriculum.gov.bc.ca>

Jupiter Grades: <https://jupitered.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 interests to make a habit of checking in with your teacher at least once a week – face to face, by email, phone or by submitting work in Blackboard. 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 and when you will complete the first module of work. If you lose track of time and fall behind, do your best to catch up, but change the timeline right away to reflect this change and do your best to never let yourself fall behind again.