



Food Studies 12

Ms. Lum (2025 - 2026)

CONTACT INFO

Room: D218

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MS TEAMS: Alison Lum

COURSE OVERVIEW

In Food Studies 12, students build advanced culinary skills while deepening their understanding of nutrition, meal planning, food safety, and cultural and social factors that influence food choices. They explore topics such as food systems, ethical and environmental considerations, food marketing, and regulations. Through hands-on experiences, students apply curricular competencies including planning and carrying out food-related projects, practicing safe and effective techniques, analyzing personal and global food choices, and reflecting on outcomes to improve their processes. The course emphasizes creative thinking, critical analysis, and responsible decision-making in food design and preparation

REQUIRED MATERIALS

- 3 Ring Binder
- 7 Dividers
- Writing Utensils
- Hair Elastics (if needed)
- Page Protector
- Closed-Toed Shoes

ASSESSMENTS

50% ASSIGNMENTS Understanding, Defining, Ideating & Safety	50% LABS Prototyping, Testing, Making, Sharing
<ul style="list-style-type: none">• Safety Test• Projects• Assignments/ Worksheets• Lab reflections	<ul style="list-style-type: none">• Read and follow recipe instructions accurately• Clean-up, safety, sanitation• Work cooperatively in groups• Creativity in food presentation

BIG IDEAS

The Big Ideas are the key concepts, principles, and theories that are used to organize knowledge within an area of learning. By the end of the course, students will explore and understand the following Big Ideas throughout the Food Studies course:

Services and products can be designed through consultation and collaboration.	Personal design interests require the evaluation and refinement of skills.	Tools and technologies can be adapted for specific purposes.
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CONTENT - *Learning standards set by the BC Ministry of Education*

Students are expected to be able to do the following:

- Meal and recipe design opportunities
- Components of recipe development and modification, including: ingredients, functions, proportions, temperatures, preparation methods
- Issues involved with food security, including causes and impacts of food recalls
- Factors involved in the creation of international and regional food guides
- First Peoples food guides
- Ethics of cultural appropriation
- Food labelling roles and responsibilities of Canadian government agencies and food companies
- Food promotion and marketing strategies and their impact on specific groups of people

CURRICULAR COMPETENCIES - *Learning standards set by the BC Ministry of Education*

Students are expected to be able to do the following:

Understanding context - Observe and research the context of a meal and/or recipe preparation task or process

Defining - Identify potential users or consumers for a chosen meal or recipe design opportunity

Ideating - Generate creative ideas with considerations of external factors that may impact the overall design

Prototyping - Identify sources of inspiration and develop a plan for creating meals

Testing - Address and execute potential changes to the plan (prototype) and troubleshoot

Making - Use the appropriate tools and resources to create the desired food product

Sharing - Reflect on design thinking and processes to evaluate one's own ability to work effectively, and gather continual feedback from peers

For the extended descriptions of the Foods 11/12 curriculum, please visit:

<https://curriculum.gov.bc.ca/curriculum/adst/11/food-studies>

<https://curriculum.gov.bc.ca/curriculum/adst/12/food-studies>

CLASSROOM EXPECTATIONS

Attendance & Absences

- Students are expected to regularly attend class, while being punctual and prepared.
- Students who are away from class must contact Ms. Lum by email or MS TEAMS, and attend tutorial to catch up on any missed work. Failure to comply will result in a "0" on the missed assignment.
- **MISSED LABS:** Alternative arrangements must be made with Ms. Lum. Please get in touch if you've missed a lab to discuss how you should proceed.
 - **NOTE:** Parents/Guardians may be contacted if punctuality and attendance becomes an issue that impacts the student's participation in class.

Completing Work

- All assignments are to be completed and submitted on time and in full as per the assignment's guidelines. If assignments are not submitted on-time, the student is expected complete the assignment for homework and/or attend tutorial till the assignment is complete and submitted.
- Students that have questions regarding assignments may attend tutorial for additional support.
- Students who participate in extra-curricular activities are expected to complete their work by the assigned deadlines. Extra time will not be given to accommodate extra-curricular schedules.

NOTE: Failure to completed assigned work or participate in class activities may result in emails home and/or discussions with the administration.

Preparation

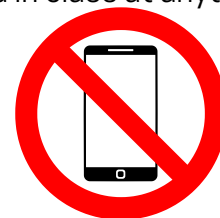
Students are expected to be prepared to learn everyday in class, which includes:

- Giving your best effort in all assignments, in-class contributions, & self-reflections.
- Having a writing utensil available.
- Using your time effectively and respectfully to complete your work and meet assignment due dates.
- Behaving politely and in a respectful manner, in line with the Windsor Code of Conduct.
- Taking care of yourself both physically and mentally (i.e. getting enough sleep, using the washroom before class, drinking enough water and eating enough food to nourish yourself, etc.). Please get in touch with Ms. Lum in-person or via email or MS TEAMS if you ever need to chat.

NOTE REGARDING SAFETY: This course requires--with no exception, that all students are expected to follow safety rules when using all equipment in the classroom. Failure to act responsibly and safely will result in communication with parents/guardians and administration.

Cell Phones & Other Electronic Devices

Cell phones, music players, headphones, and ALL other electronics are NOT permitted in class at anytime, unless specifically mentioned by Ms. Lum.



EVALUATION - Students are evaluated on an ongoing cumulative basis

"IE" (insufficient evidence) Policy

The "IE" symbol is used to alert students and parents/guardians that the student is not demonstrating minimally acceptable performance in relation to expected learning outcomes. Students will be informed of an "IE" by either an Interim Report or an "IE" on a Report Card.

When students and parents/guardians are informed of an "IE", the teacher will specify a plan of action that the student must undertake to achieve the necessary learning outcomes. It is the responsibility of the student to complete the necessary learning by the specified date or the "IE" will be converted to an "F".

ACADEMIC INTEGRITY

Students are expected to submit work that is their own and to cite any resources (ChatGPT/AI) used in research. **"Plagiarism"** means to take someone else's words or ideas and pass it off as one's own original thoughts. Plagiarized work does not count towards demonstrating evidence of learning and will necessitate further discussion with students, parents/guardians, and admin, and alternate arrangements to demonstrate learning.

STUDENT CONTRACT

Please print and sign your name below to indicate that you have read and agreed to expectations indicated in this handout:

I hereby declare that I am aware of and agree to follow ALL rules and procedures in the Foods classroom. I understand that if I have any concerns, I can speak to Ms. Lum (or via e-mail or MS TEAMS). Further, if I miss any classes, I will contact Ms. Lum right away to make up the missed work. I will also work cooperatively with others, and try my best during all class assignments and labs. I will always follow the SAFETY rules put in place to ensure my and my classmates' safety. Lastly, if I demonstrate that I cannot be safe AND respectful in the classroom, I am aware that I will not be able to participate in cooking labs.

Student Name: _____ Signature: _____

Dear Parent/Guardian,

This letter is to inform you of the general rules that your child will be required to follow in the Foods room. These rules are in place to ensure that the greatest amount of learning takes place, and all students are safe. The supplemental fee (\$65) for the course is used to provide a variety of ingredients (such as meat) and allow me to shop for about 30-35 labs over the semester. If you have any questions, please feel free to contact me via e-mail: alum@sd44.ca

Parent/Guardian Name: _____ Signature: _____

