

**Argyle Secondary School**

**Food Studies 10**

**Course Outline**

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**Course Description:**

Food Studies 10 provides opportunities for students to explore and experiment with new foods, recipes and techniques. Students will utilize their ideas and interests to create personalized recipes that they will execute in class. The objective is for the students to work together to improve their cooking/baking skills, build their confidence in the kitchen, and gain a better understanding of food and its nutritional value. Students will be applying the design cycle in terms of how they both prepare and think critically about food.

**Big Ideas:**

- Consumer needs and preferences inform food production and preparation.
- Social, ethical, and sustainability considerations impact design.
- Complex tasks require different technologies and tools at different stages.

**Students will be expected to know the following:**

- meal design opportunities
- elements of meal preparation, including principals of meal planning and eating practices
- causes and consequences of food contamination and outbreaks
- First Peoples food protocols, including land stewardship, harvesting/gathering, food preparation and preservation, ways of celebrating, and cultural ownership
- ethics of cultural appropriation
- relationships between eating practices and mental and physical well-being
- food trends, including nutrition, marketing, and food systems
- simple and complex global food systems and how they affect food choices, including environmental, ethical, economic, and health impacts

**Assessment:**

- Grade 10 -50% - Doing & Making (examples: food labs, clean-up)
- Grade 10 -50% - Creative and Critical Thinking (examples: assignments, projects)
- Grade 9 – emerging / developing / proficient / extending

**Policies:**

- Unless provided teacher permission for their use, phones are to be silenced and put away.

For more details on *the curriculum*, visit the *Ministry of Education curriculum link*:

<https://curriculum.gov.bc.ca/curriculum/adst/10/food-studies>

