

COURSE: ADST - Food Studies 12 (FOOD12)

INSTRUCTOR

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RECOMMENDED PRE-REQUISITES

n/a

CREDITS

4

OVERVIEW

The Big Ideas, Content, and Curricular Competencies for this course can be found here: [Food Studies 12](#)

BIG IDEAS

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.

The aim of the Foods curriculum is to provide opportunities for students to develop the knowledge, skills, and attitudes that have immediate and future applications in their personal and family lives, as well as in local and global environments. Students will explore principles of healthy eating, to plan and create nutritious foods for individuals, groups, and family members. It is to also increase knowledge of the nutritional, social, and economic factors that affect food selection and preparation. Students will also practice and think critically about principles and techniques related to acquisition, production, and consumption of foods.

The following modules are covered in the course:

- Foundation for Foods
- Kitchen Sanitation
- Begin with Baking
- A Changing World
- Healthy vs Unhealthy Eating Habits
- Food Accommodations
- Meal Planning

ASSESSMENT

The following outlines how your work will be graded for this course

40% Lab Work

40% Assignments and Forums

20% Tests

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REGISTRATION

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