

COURSE: ADST - Food Studies 11 (FOOD11)

INSTRUCTOR

Carla Peters
cpeters@sd22.bc.ca

RECOMMENDED PRE-REQUISITES

n/a

CREDITS

4

OVERVIEW

The Big Ideas, Content, and Curricular Competencies for this course can be found here: [Food Studies 11](#)

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:

- Kitchen Safety and Sanitation
- Equipment, Measuring, and Budgeting
- What's in a cookie?
- Leavening Agents
- The Balanced Vegetarian
- Are you getting the nutrients you need?
- The future of food
- Careers in Foods
- International Foods

COURSE: ADST - Food Studies 11 (FOOD11)

ASSESSMENT

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

40% Lab Work

40% Assignments and Forums

20% Tests

REGISTRATION

Please note – vLearn is a District Online School and can only serve students in the SD22 Catchment Area. Grade 8/9 students need approval from their home school administrator to take courses with vLearn. Please use your SD22 email address to register (000000@sd22.bc.ca)



[Click HERE
to register](#)