

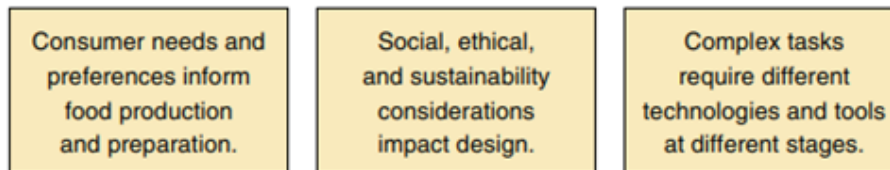
COURSE: ADST - Food Studies 10 (FOOD10)

INSTRUCTOR	RECOMMENDED PRE-REQUISITES	CREDITS
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OVERVIEW

The Big Ideas, Content, and Curricular Competencies for this course can be found here: [Food Studies 10](#)

BIG IDEAS



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:

1. Kitchen Safety and Sanitation- Students learn about food-borne illnesses and the importance of food safety and sanitation training for everyone handling food in personal, as well as commercial applications
2. Equipment and Measuring-To have success in preparing foods depends on understanding recipes & demonstrate safe and appropriate equipment use and care in handling food
3. Baked Goods- Delicious cookies, cakes, and muffins, begin with understanding the ingredients from which they are made. Skill combining these ingredients transforms them into the baker's pride
4. Fruits and Vegetables- Students learn about the wide range of vegetables and fruits and apply cooking principles to prepare healthy dishes.
5. Grains, Rice and Pasta- Students learn about the wide range of grain products available and how to retain their nutritional value and quality through a variety of cooking methods
6. Food Preservation- First Peoples Food will be a focus in discussing procedures and techniques for a variety of preserving methods such as canning and drying
7. Meat Cookery- Students will learn different cooking methods and safety measures when working with meat

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8. Nutrition and Healthy Choices- Students will learn how Canada's Eat well Plate can be adapted to today's busy lifestyles. Students will demonstrate an understanding of nutrients and their relationship to healthy living
9. Meal planning- Students will explore meal planning while you prepare breakfasts, lunches and dinners
10. Careers and Food Issues and Influences- Students will describe food-related occupations and careers, a variety of food marketing techniques and identify factors that affect food production and supply

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)



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