*Coquitlam Learning Opportunity Centre*

**FOOD STUDIES 12**

**INSTRUCTOR:** Angus Chan   
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604-945-4211 (CLOC office)

**AVAILABILITY:** Tuesdays/Thursdays from 4:30pm−9:00pm

**INTRODUCTION**

Food Studies 12 is a self-paced, self-directed advanced food studies course designed for students who enjoy working with and learning about foods and the food industry.

All learning material is provided online, but you will be responsible for purchasing ingredients for 10 cooking labs. The cost will be dependent on the recipes that you choose for each lab. Access to the course website will be provided after registration.

**COURSE OUTLINE**

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| --- | --- |
| Unit 1 | Kitchen Safety & Sanitation |
| Unit 2 | Foundations for this Course |
| Unit 3 | Begin with Baking |
| Unit 4 | Healthy Eating Habits |
| Unit 5 | Food Guides |
| Unit 6 | A Changing World |
| Unit 7 | Meal Planning |

**EVALUATION**

Food Studies 12 is a fun course that is more than just cooking and taking photos. You will be expected to work independently and to manage your time productively. The assignments will require research and quizzes will require studying. You are expected to complete Unit 1 within one month after registration.

***The Unit 1 Quiz and Unit 2 Quiz must be completed in person, at CLOC.***

Assignments and labs are to be completed and submitted online.

**It is very important to be able to**:

\* download and open Word documents  
 \* take photos from your phone/camera and then insert the photos into the documents   
 \* save and upload files to a drop box

|  |  |  |
| --- | --- | --- |
| **Task** | **Value of Each** | **Weight** |
| Assignments | 7 at 5% | 35 |
| Labs | 10 at 4% | 40 |
| Quizzes | 4 | 25 |
|  |  | 100 |

**CURRICULAR COMPETENCIES** *Students are expected* ***to do*** *the following:*

*with* Applied Design -

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
* Identify criteria for success, constraints, and possible unintended negative consequences
* Evaluate the physical capacities and limitations of the workspace

Ideating

* Take creative risks in generating ideas and add to others’ ideas in ways that enhance them
* Screen ideas against criteria and constraints, and prioritize them for prototyping
* Critically evaluate how competing social, ethical, economic, and sustainability considerations impact choices of food products, techniques, and equipment

*Prototyping*

* Identify, critique, and use a variety of sources of inspiration and information
* Select and combine appropriate levels of form, scale, and detail for prototyping
* Experiment with a variety of tools, ingredients, and processes to create and refine food products
* Compare, select, and use techniques that facilitate a given task or process

Testing

* Identify and communicate with sources of feedback
* Develop appropriate tests of the prototype
* Evaluate and apply critiques to design and make changes

Making

* Identify appropriate tools, technologies, food sources, processes, cost implications, and time needed for production
* Create food product, incorporating feedback from self, others, and prototype testing
* Share progress while making to gather feedback

Sharing

* Decide how and with whom to share finished product
* Critically reflect on their design thinking and processes, and identify new design goals
* Assess their ability to work effectively both individually and collaboratively, including their ability to share and maintain an efficient co-operative workspace
* Identify and analyze new design possibilities, including how they or others might build on their concept

*with* Applied Skills -

* Apply safety procedures for themselves, co-workers, and consumers in both physical and digital environments
* Identify and assess skills needed for design interests, and develop specific plans to learn or refine them over time

*with* Applied Technologies –

* Explore existing, new, and emerging tools, technologies, and systems to evaluate suitability for their design interests
* Evaluate impacts, including unintended negative consequences, of choices made about technology use
* Analyze the role technologies play in societal change
* Examine how cultural beliefs, values, and ethical positions affect the development and use of technologies on a national and global level

**CONTENT** *Students are expected* ***to know*** *the following:*

* Complex meal and recipe design opportunities
* Components of multi-course meal development and preparation
* Food justice in the local and global community
* Legislation, regulations, and agencies that influence food safety and food production
* Factors involved in regional and/or national food policies
* Perspectives in Indigenous food sovereignty
* Ethics of cultural appropriation
* Nutrition and health claims and how they change over time
* Nature and development of food philosophies by individuals and groups
* Future career options in food service and production
* Interpersonal and consultation skills