

Food Studies 10 – Progress Chart

	Unit	Material Covered	W/S	C&A	Cooking	Timeline
	1	Food Habits and Traditions				1 Week
	2	Personal Food Choices				1 Week
	3	Kitchen Basics				1 Week
	4	Buying and Storing Food				1 Week
	5	Serving and Eating Food				1 Week
	6	Grain Products				1 Week
	7	Veggies and Fruit				1 Week
	8	Milk and Milk Products				1 Week
	9	Meat and Alternatives				1 Week
	10	Other Foods		X	X	1 Week
	11	Canadian Food Heritage		X		1 Week
	12	Cultural Foods				1 Week
	13	Global Food Issues		X	X	1 Week
	14	How the Body Uses Food			X	1 Week
	15	Making Healthy Food Choices		X	X	1 Week
	16	Health Risks and Food			X	1 Week
		Final = TBA				

Substantive Assignment 5% Worksheets 40%

Comprehension and Assimilation 25% Cooking 30%

** I realize it may be difficult to provide samples of your cooking to the teacher for assessment. The minimum requirement for the cooking assessments is for you to email me pictures of the cooking process and the finished product, and possibly have someone fill out a review form.

Food Studies 10

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Food Studies 10 is a 4-credit course that students can use as an elective toward graduation. The Big Ideas for the course are:

- 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.

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

For assistance with your course, to hand in or pick up work, or for any questions or concerns, please call or make an appointment via phone or email.

Substantive Activities:

- 1) Personal Tastes Paragraph
- 2) Prepare a Simple Recipe

Substantive Activities Curricular Connections:

- Create food products, working individually or collaboratively, and making changes as needed
- Identify and use appropriate tools, [technologies](#), materials, and processes for production
- Identify and assess their skills and skill levels

Course Activities:

This course combines hands-on cooking activities with textbook readings and small projects. It is designed to be completed in 16 weeks or less. Some units will take longer than others.

* See Progress Chart for a list of topics

Required Resources:

Food For Life (\$20 deposit required)

Access to a kitchen and cooking materials.