

"Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people eat together." ~ Guy Fieri

Food Studies
Grade 7
Mrs. Luthin

2023/2024

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Food Studies 7 Course Description

Food Studies 7 is part of the Applied Design, Skills, and Technologies provincial curriculum under the heading of Home Economics. This course builds on students' natural curiosity, inventiveness, and desire to create and work in practical ways.

Foods 7 is a 10-week course (1/4 of the year) but the school has 3 official reporting periods. The student will regularly self-assess their learning progress. Students will also be given the opportunity to provide feedback to the teacher regarding their group's progress.

Curriculum Content:

- basic food handling and simple preparation techniques and equipment
- factors in ingredient use, including balanced eating/nutrition, function, and dietary restrictions
- factors that influence food choices, including cost, availability, and family and cultural influences

Cooking Labs

A large part of the learning that takes place in the classroom will happen during the cooking labs. Students will be cooking in groups of 4 to 5, allowing adequate time for proper cleaning and sanitizing. Students will spend several weeks learning about proper safety and sanitation before working in the kitchens.

Complex tasks may require multiple tools and technologies.

Design can be responsive to identified needs.

Complex tasks require the acquisition of additional skills.

ADST Curriculum Big Ideas



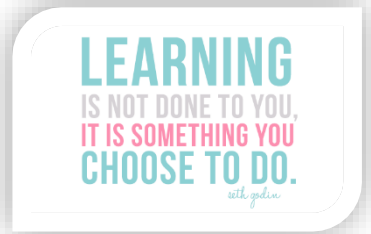
Welcome

Welcome to Food Studies at Rutland Middle School. This is my 8th year teaching at RMS and I am so excited for another great year with the Voodoo family!

BC Curriculum

You can find the complete grade 7 curriculum here, <https://curriculum.gov.bc.ca/>.

General Class Information



Expectations

- ❖ Attendance is essential for successful completion of this course.
- ❖ Do not bring backpacks or bags to class unless absolutely necessary. Personal items brought to class will be stored on shelves on the side of the room.
- ❖ Electronic devices (cell phones, gaming devices, etc.) are not allowed in class, unless otherwise specified by the teacher. **THIS IS A SAFETY & SANITATION ISSUE.**
- ❖ Students with allergies and/or dietary restrictions must return a completed course objective acknowledgment form (handed out with the course welcome letter) for accommodations to be made.

Missed Class(es)?

- ❖ Any missed work (including cooking labs) can be completed at home by the student.
- ❖ Missed cooking labs – if your absence is excused, you can make up the missed lab by preparing the recipe at home. Failure to complete missed labs may result in a lower final grade.
 - **Send me 3 pictures of YOU cooking, eating and cleaning up the missed lab.**

*** Weekly updates on class work will be posted on my website: mrsluthin.weebly.com

There may be times the website may not be updated on a regular basis, so it is always best to check with me if your child is going to be absent.

Evaluation

Student marks will be based on both practical (cooking labs) and written work.

- ❖ **Emerging** – Student is not yet or is beginning to demonstrate the expected learning.
- ❖ **Developing** – Student is demonstrating the expected learning with growing consistency.
- ❖ **Proficient** – Student consistently demonstrates the expected learning.
- ❖ **Extending** – Student consistently demonstrates the expected learning with increasing depth and complexity.



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Work Ethic

Work habit mark (G, S, N) includes, but is not limited to, classroom behaviour, participation, assignment completion, preparedness, and punctuality.

The best way to contact me is via email at
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