

MRS. LUTHIN'S HOME ECONOMICS CLASS

FOOD STUDIES

2021/2022 School Year

Dear Student, Parent(s) and Guardian(s),

Welcome to Food Studies exploratory class for the 2021/2022 school year. I wanted to take this time to introduce myself as your child's home economics teacher. My name is Chantal Luthin (last name rhymes with 'poutine') and this is my 6th year at Rutland Middle School; I have taught for 15 years at various other schools in School District #23.

Due to the ongoing COVID-19 pandemic, we will be following the current guidelines outlined by Interior Health and School District #23. Safety precautions in the Food Studies class include, but are not limited to, handwashing upon entering the room, mask wearing, sanitizing tables and chairs at the end of each class, etc.

Over the next 10-weeks students will be learning about kitchen safety, sanitation and gaining hands-on experience with food prep and cooking. We will be cooking in groups, allowing adequate time for proper cleaning and sanitizing. We will also be watching documentaries and TV shows related to Food Studies topics, some of which will be rated PG (parental guidance). If you **do not** wish for your child to participate when we are watching PG rated shows, please contact me via phone or email. Students not participating in this portion of the course will be provided with alternate learning opportunities in a different learning space from the foods classroom.

A full course outline and **copies of recipes** can be found at mrsluthin.weebly.com. Throughout the 10-week exploratory term I will be posting weekly updates on the work done in class. My website is only one form of communication, I will still be available via phone or email.

If you have any questions or comments throughout the term, please do not hesitate to contact me. I am looking forward to working with your child this year!

Sincerely,

Mrs. Chantal Luthin

Website: mrsluthin.weebly.com

Email: chantal.luthin@sd23.bc.ca

Voicemail: 250-870-5000 ext. 7866



Rutland Middle
School

715 Rutland Road

250-870-5109

COURSE OBJECTIVE ACKNOWLEDGEMENT

I, _____ (student name) have read the course outline with a parent or guardian (the course outline can be found at mrs.luthin.weebly.com) and am aware of the expectations for the Food Studies course.

Do you have a **food allergy**? YES NO

If yes, please specify (what can you not eat, substitutions, etc.): _____

Do you have a **dietary restriction**? YES NO

If yes, please specify (what can you not eat, substitutions, etc.): _____

***When possible, accommodations will be made for students with allergies/dietary restrictions when this form has been signed by a parent/guardian and returned to Mrs. Luthin.**

I am aware of the requirements to successfully participate in this course:

- ❖ I must listen and be respectful during class.
- ❖ I must dress appropriately for cooking (long hair tied back, no loose clothing, etc.).
- ❖ I must put away my CELL phone or ELECTRONIC device as soon as I enter the foods classroom.
- ❖ I will always practice proper safety and sanitation.
- ❖ I will never leave my kitchen dirty for the next class to clean up.



Student Full Name: _____ Block: _____

Parent Signature: _____

Date: _____