
RMS FOOD STUDIES 7 & 8

2022/2023 School Year

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

Welcome to Food Studies exploratory class for the 2022/2023 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 7th year at Rutland Middle School; I have taught for 16 years at various other schools in School District #23.

Over the next 10-weeks students will be reviewing important concepts about kitchen safety, sanitation and gaining hands-on experience with weekly cooking labs. Cooking labs will happen in small groups of 4-5, allowing adequate time for proper cleaning and sanitizing.

We will occasionally 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

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

If yes, please specify what you are allergic to and what foods you generally use as a substitution, and any other important allergy information. _____

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

If yes, please specify what you cannot eat and what foods you generally use as a substitution, and any other important information. _____

When possible, accommodations will be made for students with allergies/dietary restrictions. *Accommodations may not always be possible; students are still expected to participate in cooking labs but are never required to eat what we make.*

If you have allergies and/or dietary restrictions, please return this signed form before the first cooking lab.

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 practice proper cell phone/electronic device etiquette.
- ❖ 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/Guardian Signature: _____

Date: _____