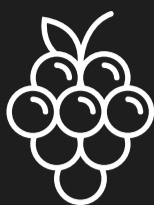




# Belmont



## HOME EC. FAQs

## FOOD STUDIES



9

12

### WHAT LEVELS ARE THERE?

FOOD STUDIES IS OFFERED TO:

Grade 9, grade 10, grade 11/12 and a specialized baking course for grades 10-12



### WHAT DO WE MAKE?

FOODS 9:

Baking, such as cookies, muffins, cupcakes, scones, cinnamon buns, pizza, and turnovers.

Simple meals such as scratch macaroni and cheese, chicken soup, and fried rice.

Using local ingredients and garden veggies such as potatoes to make oven fries.



### WHAT DO WE MAKE?

FOODS 10:

Baking such as cookies, cakes, pinwheels, dinner rolls, focaccia, and Baked Alaska.

Meals with multiple components such as homemade fettuccine with sauce and meatballs.

Using local ingredients and garden veggies such as potatoes to make perogies.

Self-directed meal development projects.



### WHAT DO WE MAKE?

FOODS 11/12

Complex Baking: layer cake, croissants, choux paste, bars, Challah, french bread.

Multi-course or component meal development such as eggs benedict,

stuffed pasta with focaccia, stuffed chicken with sides, fresh soup and Challah bread, miso soup-teriyaki & sushi.

Using local ingredients and garden veggies such as potatoes and leeks to make potato leek soup.

Self-directed projects, including making your own food truck.



### WHAT DO WE MAKE?

BAKING 10-12

Both savory and sweet baked goods such as lemon meringue pie, quiche, cream puffs, icing and filling a variety of cakes and cookies

Self-directed projects



### DO I COOK BY MYSELF?

COLLABORATION:

Class are mostly comprised of group work in groups of 2-4 depending on complexity level of the meal. Collaboration in Food Studies is key to student success.



### WHAT ELSE DO WE LEARN IN FOOD STUDIES CLASSES?

OTHER LEARNING IN THESE CLASSES INCLUDES:

Learning about food systems

Learning about food and ingredient functions

Learning about food safety

Learning skills related to food preparation and meal planning

Learning about cultural appropriation and ethics in food production and food systems

Learning about Indigenous food protocols and ways of knowing



### ARE THERE ANY PREREQUISITES?

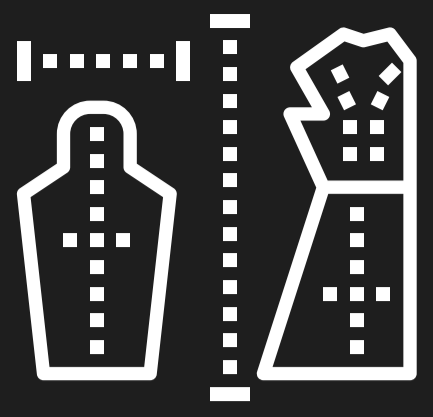
NO:

There are no pre-requisite classes. However, for Baking 12 we strongly recommend taking a Foods or Culinary course, or having approval from the teacher.



# Belmont

## HOME EC. FAQs TEXTILES AND FASHION STUDIES



9

12

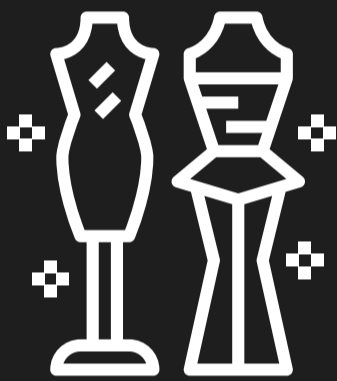
### WHAT LEVELS ARE THERE?

#### TEXTILES:

Textiles is offered to students in grades 9-12

#### FASHION STUDIES:

Fashion Studies is offered to students in grades 10-12



### WHAT IS THE DIFFERENCE BETWEEN TEXTILES AND FASHION STUDIES CLASSES?

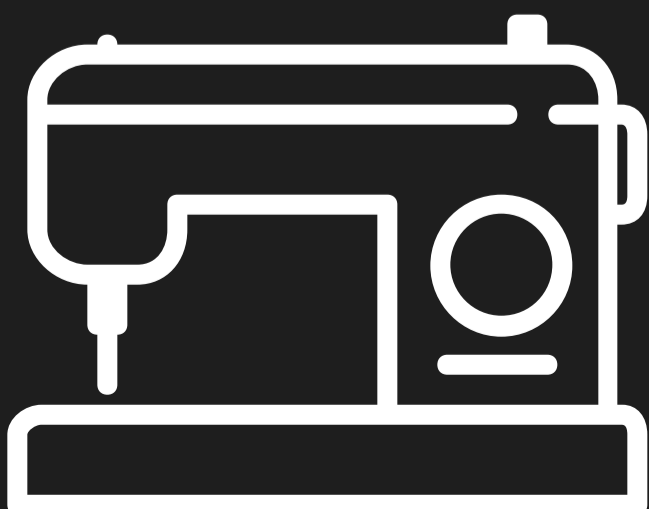
#### THE DIFFERENCE:

##### FASHION STUDIES:

Fashion studies is focused on clothing construction and the fashion industry (so we learn sewing skills related to clothing sewing, and learn about ethics and environmental issues related to the fashion industry, as well as elements of design and some fashion design skills.)

##### TEXTILES:

Textiles includes multiple types of textile construction and use - including basic sewing skills, crochet and knitting, weaving, quilting, etc... We also learn about the origins of the fibers we use, and ethical concerns around the various types of textiles.



### DO I NEED PREVIOUS SEWING EXPERIENCE TO TAKE THE CLASS?

#### NO:

Students who sign up to take Textiles or Fashion Studies will be taught all of the necessary skills to take part in the class - no previous experience necessary!



### CAN I TAKE MORE THAN ONE TEXTILES OR FASHION STUDIES CLASS?

#### YES:

Students can take textiles and fashion studies classes at Belmont in multiple years throughout their high school experience.

