



Food Science Curriculum

Aims

In the subject of food science, students must acquire skills and knowledge about food, taste, health, cooking and meals and thus develop competences that enable them to choose and evaluate their own taste and food choices. The students acquire practical skills in cooking and are able to experiment with raw materials, recipes and dishes as well as their own taste and other aesthetic experiences. The students are able to make critically reflected food choices based on knowledge of food, season, origin, health value, production methods and sustainability.

The teaching of Food Science is closely related to the teaching activities in horticulture in the school garden, to which reference is made to the teaching plan in horticulture. Class levels with actual teaching in food science are in Classes 3 to 7. Otherwise, the subject is closely integrated into school life and is offered in many other contexts.

Topics and Objectives

Food and Health (FH):

The teaching gives the student the opportunity to:

- make informed food choices in relation to health.

Food Awareness (FA):

The teaching gives the student the opportunity to:

- make informed food choices in relation to quality, taste and sustainability.

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Cooking (C):

The teaching gives the student the opportunity to:

- use cooking techniques - implement ideas in cooking

Meal and Food Culture (MF):

The teaching gives the student the opportunity to:

- interpret meals with an understanding of values, culture and living conditions

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Development of the Subject		
Content and Focus	Topics	Objectives
<p>Class 1 to 3 Food knowledge and culture is an integral part of school life. Food, nutrition and health are central. Most activities take place in the eco garden, which is why reference is made to the teaching plan for horticulture. The zoology period in the Class 4 covers, among other things, animals, food choices and food chains.</p> <p>In connection with a farm visit, Class 3 harvests crops depending on the season and prepares a meal at home for everyone in the school. Pupils are instructed in hygiene, handling of raw materials, setting up, tidying up, serving, preparing, tidying up, washing up and cleaning the kitchen. In connection with the homework period, the class works with the various raw materials and their preparation, e.g. porridge, jams, etc., but also processing of the grain, breeding and care of livestock and cooperation on cultivating the land as well as the use and distribution of spices. You follow the food from farm to table. Simple meals are grown and harvested here, collected, stored, pickled</p>	<p>Food Awareness (FA), Cooking (C) and Meal and Food Culture (MF)</p>	<p>The teaching in FA gives the student the opportunity to: have knowledge of the cultivation and processing of well-known food products</p> <ul style="list-style-type: none"> ● have experience with collecting edible raw materials from nature ● investigate how different raw materials and food products taste ● know common cereals ● know vegetables ● know fruits ● know livestock ● know livestock products <p>The teaching in C gives the student the opportunity to:</p> <ul style="list-style-type: none"> ● use measurements and weights in the context of recipes and cooking ● practice good hygiene rules and know why they are important <p>The teaching in MF gives the student the opportunity to:</p>



<p>and prepared. The students harvest, grind and roll the grain into flour and semolina, bake, churn cream for butter, perhaps make spreadable cheeses with herbs, make spice oils, make jam, juice, soup - and serve and decorate.</p>		<ul style="list-style-type: none"> ● contribute to well-being in connection with meals ● set and decorate the table in an inviting way ● plan and carry out a seasonal party or other event with others
<p>Class 4 to 9 In connection with the Viking trip in Class 4, all the food is cooked over a fire and in the embers, as in the time of the Vikings. Firewood is collected, chopped up and a fire is lit.</p> <p>During the school year, the students in Classes 4 to 7 participate in a rotation system as kitchen assistants and prepare food for their own class and for the kindergarten.</p> <p>The purpose of the course is for students to acquire practical skills and knowledge in cooking. In addition, it is our goal that students learn to make healthy food choices and build healthy habits that they can take with them into life.</p> <p>Food Science is a subject that combines theoretical knowledge of food and meals, taste and sensory, ecology and sustainability as well as health and hygiene with the practical craft where students work on their kitchen skills in practice.</p>	<p>Food and Health (FH), Food Awareness (FA), Cooking (C) and Meal and Food Culture (MF)</p>	<p>The teaching in FH gives the student the opportunity to:</p> <ul style="list-style-type: none"> ● deal with nutrition-related diseases, abuse and addiction ● assess what is healthy and sustainable food production ● apply dietary recommendations <p>The teaching in FA gives the student the opportunity to:</p> <ul style="list-style-type: none"> ● know the basic principles within biodynamic, organic and traditional food production ● compare the use of energy in relation to different production methods ● assess the quality of food products within the global goods market ● discuss how different marketing methods can influence the choice of food products ● evaluate and choose food products based on ethical and sustainable criteria



<p>In addition to the actual cooking, the students also help to present and serve the food to their classmates as well as tidying up and cleaning afterwards.</p> <p>Students learn about the importance of serving organic and biodynamic food, as well as to buy local ingredients for the kitchen. Students are taught to produce with as little food waste as possible, e.g. using a whole plant with root, stem and seed.</p> <p>Overall topics for the Food Science education from Class 4 to 7 are:</p> <p>Class 4: Knowledge of raw materials (with a focus on ecology and season), methodology and hygiene.</p> <p>Class 5: Knowledge of raw materials (with a focus on ecology and season), methodology and hygiene, taste and rationality.</p> <p>Class 6: Planning, methodology, hygiene, taste and senses.</p> <p>Class 7: Planning, methodology, hygiene, fermentation work with bacteria, taste and sensory.</p> <p>In addition to the actual cooking, the students also help to present and serve the food to their classmates as well as tidying up and cleaning afterwards.</p> <p>Students learn about the importance of serving organic and biodynamic food, as well as to buy local</p>		<ul style="list-style-type: none">● assess what is healthy and sustainable food production● understand and relate to content declarations on purchased food products● deal with advertising and the media matter-of-factly● have knowledge of additives, preservatives and flavorings in food products <p>The teaching in C gives the student the opportunity to:</p> <ul style="list-style-type: none">● plan and cook a complex, multi-course meal● plan and cook food for the company of invited guests● plan and cook a meal in nature over a fire <p>The teaching in MC gives the student the opportunity to:</p> <ul style="list-style-type: none">● bring together aesthetic and practical experiences● try and put dishes together based on different cooking methods and food cultures● give examples of how food tools and food culture have changed over time● discuss challenges linked to the globalization of food cultures
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ingredients for the kitchen. Students are taught to produce with as little food waste as possible, e.g. using a whole plant with root, stem and seed.

In Class 7, health and nutrition are important topics that are taught in the Biology curriculum, but it is also a topic that is taken up in connection with Chemistry, Geography and History. In connection with Biology, the students cook food which underpins the sub-topics in the lesson. The students work in groups preparing different vegetables in the preschool's kitchen and in the outdoor kitchen in the Økohaven.

Food is also prepared in kitchens on camp trips in Classes 6 and 7 at Bornholm and on the sailing or cycling trips.

Class 9

On a one-week trip in the Class 9, we work with agriculture as the source of the food we live on, sustainable farming and agriculture as a profession, and the curriculum is closely linked with an ecology period in Biology. The students are on a one-week stay on an organic/biodynamic farm. They gain experience working in fields, greenhouses, hen houses and gain insight into sustainable agriculture and knowledge of, among other things, crop rotation, fertilizer and balance between the number of animals and plant areas.



<p>The students themselves are responsible for cooking on rotation teams with local ingredients. Before the trip, the students have a period of ecology, and both on the way and back in the classroom, the development of agriculture and cultivated plants, the history of the cultural landscape, the discovery of synthetic fertilizers, different views on agriculture and society, all based on man's positive place in nature, man as culture creator and ennobler.</p> <p>In relation to food knowledge, the trip gives the students the opportunity to know the basic principles of biodynamic, organic and traditional food production, as well as assess and choose food products based on ethical and sustainable criteria, and plan and prepare a complex, multi-course meal.</p>		
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