What is a food scientist?

Unit 1 Big Idea:
Although we all eat each day, typically we give little thought to what it takes to get our food to our plate. In this unit, students begin their exploration of food and gain an understanding of the complexity of our food system and the role science plays in that system.

By the end of Unit 1:
Student will be excited about becoming food scientists and be ready to learn about the system that gets food from farm to table.

What is the system that gets food from farm to table?

Unit 2 Big Idea:
Our farm-to-table system is made up of interacting parts that create the “whole.” Transporting, processing, and packaging are subsystems of the larger food system. We can use different modes of transportation and different materials for food packaging.

By the end of Unit 2:
Students will be able to describe the food system as a complex system made of interacting parts and subsystems.

What happens to food as it moves from farm to table?

Unit 3 Big Idea:
Foods are changed as they move through our food system. Foods are preserved through drying, canning, freezing, and other techniques. Foods can change form, such as grinding wheat to flour, and can be mixed together to make new food products.

By the end of Unit 3:
Students will be able to discuss food processing and contrast processing that is necessary with processing that is excessive.

What are the environmental effects of our farm-to-table system?

Unit 4 Big Idea:
Currently our highly technological food system produces a wide array of foods and food products. Yet, this system is highly dependent on fossil fuels, which negatively affects the natural environment we depend on to survive.

By the end of Unit 4:
Students will have increased appreciation for considering the environmental consequences of our food choices.

How can we reduce the food-related waste that we produce?

Unit 5 Big Idea:
Our current food system creates excessive waste from packaging and food scraps. We can reduce this waste by choosing minimally packaged products. We also can reuse and recycle food packaging and compost food scraps to reduce our waste.

By the end of Unit 5:
Students will be able to assess their personal, family, and community waste production and reduce waste.

How can we use the science we learned to make ecologically sound food-system choices?

Unit 6 Big Idea:
Each day, we all make food decisions. With our choices, we decide what type of food system we support. We can choose to eat foods grown in our region and foods that are minimally processed and packaged to sustain our food system into the future.

By the end of Unit 6:
Student will be able to apply what they learned about our farm-to-table system to their own food choices.