

ORCA PROGRAM

COURSE OUTLINE 2025



The Outdoor Recreation and Culinary Arts (ORCA) Program looks to blur the line between outdoor education and culinary arts.

The ORCA Program will Explore the following BIG IDEAS:

Spending time outdoors allows us to develop an understanding of the natural environment and ourselves.

Cuisine design interests require the evaluation and refinement of culinary principles and practices.

Participating safely in outdoor activities requires communication, teamwork, and collaboration.

Service and creativity inform the culinary arts.

Participation in outdoor activities allows for the development of skills in a complex and dynamic environment.

Tools and technologies can be adapted for specific purposes.

Learning Objectives - Students will explore these topics

- culinary best practices
- principles of cooking methodology
- artistic elements of the culinary arts
- operational procedures for kitchen tools and equipment
- safety in the teaching kitchen, including the nature of pathogens associated with foodborne illness and prevention strategies
- trip planning regarding nutrition, packing and storing of food
- outdoor activity and knowledge
- preparation for outdoor excursions
- first aid skills and responses to emergencies
- management of group dynamics and conflict in an outdoor environment
- the role of environmental awareness and stewardship in outdoor recreation and conservation
- First Peoples traditional practices and ecological knowledge related to activities in the local environment



Students are expected to....

- Be safe & trustworthy
- Be respectful to all who are involved with us
- Listen to & follow directions
- Help each other out
- Participate on a regular basis and attend class
- Take initiative with equipment, planning, cleaning, etc
- Turn in all expected assignments & documentation - complete and on time
- Know our schedule and be prepared for each event
- Follow school & district Code of Conduct agreement and cell phone policy

Assessment Breakdown

- **60% Participation:** Daily participation, self-assessment
- **40% Knowledge & Skills:** Projects, quizzes, reflections, assignments

Course Details

Classroom: Foods Room, Field/Forest
Teacher: Jake Hildebrand
Contact: jake.hildebrand@sd8.bc.ca
Google Classroom: rvbatfx
Course Fee: \$100 (additional trip fees may apply)

Scope and Sequence

Unit 1: Team and Community Building, Food Safety and Cooking Principles

- Activities: team and community building exercises, leadership development, Food Safe 1 course
- Assessments: Team-building activity, leadership assignment, and successful completion of Food Safe 1; Participation teacher and self-assessed

Unit 2: First Aid and Emergency Preparedness and Menu Design

- Activities: First aid training and winter ski day at Whitewater and/or Red Mountain; menu design: ideating and prototyping; refining and executing; fitness training for culminating excursion
- Assessments: Successful completion of Wilderness First Aid course (with certification) and hot-lunch menu design project; Participation teacher and self-assessed

Unit 3: Outdoor Survival Skills and Food Service Project

- Activities: Knot tying, shelter building, navigation and fire-building; food service project execution; fitness training for culminating excursion
- Assessments: Grade 11s: Knot tying assignment, fire-building challenge, Grade 12s navigation project; Hot lunch food service assignment execution; Participation teacher and self-assessed

Unit 4: Trip Planning and Outdoor Culinary Arts

- Activities: Trip planning (including risk-mitigation and emergency response); trial overnight hike at Evan's Creek; meal-plan development and food dehydration
- Assessments: Grade 11s: Knot tying assignment, fire-building challenge, Grade 12s navigation project; Hot lunch food service assignment execution; Participation teacher and self-assessed

Unit 5: Culminating Trip

- Activity: Students will reinforce learning from the semester on a Multi-day backpacking and hiking trip on the Juan de Fuca Trail.
- Assessments: Participation; Self-Reflection

