

Maker Way Project Template “Inclusive Meal for All” Challenge

Overview

We are currently seeing people paying more attention to the food they eat, where it comes from and how their diet can affect them or the environment. People have different diets based on allergies, sensitivities, personal or cultural reasons. Restaurants have been accommodating these dietary needs more and more. How would you accommodate the dietary needs of the people surrounding you?

Design Rationale

It is becoming the norm for a classroom, family, or group of friends to have a variety of individual needs and restrictions within their diets. Preparing a meal for such a group restrictions can be challenging, yet rewarding. Being able to provide one meal to the entire group fosters an inclusive quality.

Problem Scenario

Develop a three-course meal (appetizer, main dish and dessert) that meets one of the following criteria:

1. Vegan and celiac
2. Celiac and dairy-free
3. The entire classroom’s dietary restrictions

We currently see more emphasis on healthy eating for various reasons (dietary, lifestyle choice, sustainability). Your task is to create a meal that is accessible to everyone.

Parameters

Parameters for this project will vary depending on the class. Please consider the following when organizing this project:

- How many people does this meal need to feed?
- Will students work in groups?
- How many days do they have to research and prepare?
- Will they create all three meals they planned or just one course?
- How often will a group create a meal (e.g. one group per week)?
- How should they prepare a shopping list?

Success Determinants

- Does it address the dietary needs set?
- Does the group address the reason for this diet?
- Does it meet a budget?
- Does the meal taste and look good?

Costs

- Food Cost – is there a maximum ingredient cost per group?
- Equipment Cost – access to Foods Lab? Potential grant: can be used for tools, plates, cutlery, and portable burner

Curricular Connections – Grade 7 cross-curricular example (project can be adapted for other grades)

ADST 7

Competency: Follow design cycle (Understanding Context, Defining, Ideating etc...)

Content: Basic food handling and simple preparation techniques and equipment
Factors in ingredient use, including balanced eating/nutrition, function, and dietary restrictions
Factors that influence food choices, including cost, availability, and family and cultural influence

Physical and Health Education 7

Competency: Investigate and analyze influences on eating habits

Content: Factors that influence personal eating choices

Career Education 7

Competency: Appreciate the value of new experiences, innovative thinking and risk-taking in broadening their career options

Content: Problem-solving and decision-making strategies
Cultural and social awareness

Social Studies 7

Competency: Explain different perspectives on past or present people, places, issues, or events, and compare the values, worldviews, and beliefs of human cultures and societies in different times and places

Content: origins, core beliefs, narratives, practices, and influences of religions, including at least one indigenous to the Americas

Mathematics 7

Competency: Engage in problem-solving experiences that are connected to place, story, cultural practices, and perspectives relevant to local First Peoples communities, the local community, and other cultures

Content: Relationships between decimals, fractions, ratios, and percents