

Food Studies (HBA)

Specialist

Major

Minor

Department of Historical and Cultural Studies

Food Studies is an interdisciplinary field dedicated to understanding where our food comes from and how it shapes our bodies and identities. The program focuses on five basic themes: food systems, cultures, industries, health, and the environment while drawing from a number of disciplinary methodologies. Courses will span all of human history, from our foraging ancestors to the contemporary industrial food system, and around the world, examining diverse cultural traditions of farming, cooking, and eating. The study of food provides both theoretical understanding and practical knowledge for professional careers in health care, business, government service, non-governmental organizations, and educational and community programs.

Complementary Programs: History, Global Asia Studies, Geography, Anthropology, Environmental Science, Biology

Make the most of your time at UTSC!

We want to help you maximize your university experience, so we've pulled together information and suggestions to get you started, although there are many more! As you review the chart on the inside pages, note that many of the suggestions need not be restricted to the year they are listed. In fact, activities such as joining a student club, engaging with faculty and seeking opportunities to gain experience should occur in each year of your study.

Check out future career opportunities and skills acquired from completing this program:

Competencies & Skills

- Understand how food shapes personal and collective identities of race, class, gender, and nation
- Recognize patterns and interpret historical events
- Conduct community based research, gathering cultural data through observation and interviews
- Research, analyze, and develop understanding from various scholarly literature

Careers for Graduates

- Volunteer Coordinator, Community Agencies
- Program Coordinator, Community Agencies
- Community Outreach Coordinator, Food Centres
- Food writer/Blogger/ Journalist
- Media Community Advocate, Non-profit/Food Councils
- Policy Advisor
- Research Analyst

Further Education

- Integrated Studies in Land & Food Systems
- Food & Agribusiness Management
- International Development
- History
- Public Policy/Public Administration
- Law School
- Food & Media
- Social Service Worker



Connect with Alumni at events on **CLNx** and through **Partners in Leadership**, **10,000 Coffees**, **LinkedIn** and more!

For more information go to:
uoft.me/alumni-services

**NEED HELP CHOOSING
YOUR PROGRAM?**

See uoft.me/choosing

Food Studies (HBA) Minor Program Pathway

HOW TO USE THIS PROGRAM PATHWAY

Read through each year; investigate what appeals to you here and in other Program Pathways that apply to you. Note that this Pathway is only a suggestion. **For the most up to date information, please check the UTSC Calendar.**

YEAR 1 (0 - 3.5 Credits)

YEAR 2 (4 - 8.5 Credits)

YEAR 3 (9 - 13.5 Credits)

YEAR 4 or FINAL YEAR (14 - 20 Credits)

CHOOSE YOUR COURSES WISELY

- Explore different kinds of courses; this will also help with fulfilling breadth requirements and electives.
- Use Degree Explorer and the UTSC Calendar to plan your courses and program of interest: uoft.me/degree_planning.

- 0.5 credit as follows: FSTB01H3.
- Use Degree Explorer and meet with your Program Advisor to ensure you are on track with your degree.

- An additional 3.0 credits including at least 1.5 credits at the C- or D-level from FST courses or courses listed in the Food Studies Courses Table on the UTSC Calendar website.
- Use Degree Explorer to ensure you are on track with your degree.

- 0.5 credit at the D-level in courses taught in the Culinaria Kitchen Lab (See Food Studies Course list on the UTSC Calendar website).
- Ensure you have fulfilled your breadth requirements.
- Use Degree Explorer to ensure you are on track to graduate.
- Register your "Intent to Graduate" on ACORN by the deadline.

DEVELOP YOUR ACADEMIC & RESEARCH SKILLS

- Schedule an appointment with your Program Librarian for in-depth research assistance with your assignments.
- Get writing and academic English support at the CTL Writing Centre.

- Further develop your general academic skills by attending workshops offered by the Academic Advising & Career Centre (AA&CC) and Centre for Teaching & Learning (CTL).

- Consider competing for the UTSC Library Undergraduate Research Prize or Poster Forum.

- Apply for an Academic Travel Fund through Department of Student Life (DSL) to research, present at a conference, or engage with the international academic community.

APPLY THEORY TO PRACTICE

- Attend the UTSC Faculty Mix & Mingle Fair to connect with professors and learn more about their specialties.
- Start building your Co-Curricular Record (CCR) and search for Experiential Learning opportunities on the Career & Co-Curricular Learning Network (CLNx).

- Get involved in relevant opportunities; apply to Work Study, or other part-time and summer jobs on CLNx.
- Read the Department of Historical and Cultural Studies newsletter to find out about volunteer and work opportunities.

- Build on your skills and knowledge through relevant events offered through your department, student groups, DSL and the AA&CC.

- Attend the Summer & Full-time Job Fair in January to meet with potential employers looking to hire students for summer and full-time positions relevant to your field.

BECOME AN ENGAGED CITIZEN (LOCALLY & GLOBALLY)

- Get involved with the Historical and Cultural Studies Student Association (HCSSA); also explore other relevant student clubs and activities on campus.
- Attend a What's Cooking session or Intercultural Food Discussion to engage in the politics of food and the relationship between food, identity, culture and community.

- Check CLNx to search for Work Study or volunteer positions on campus to gain experience and to get involved.
- Attend events hosted by the Culinaria Research Centre.
- Attend events and volunteer with Edible Campus.

- Run for an elected position in the Historical and Cultural Studies Student Association (HCSSA).
- Look into volunteering or working overseas to expand your network through International Student Centre's (ISC) Global Learning programs.

- Participate in the AA&CC's Partners in Leadership program to learn and network with an alumni mentor about transitioning to work or further education.

PLAN FOR YOUR FUTURE CAREER

- Volunteer with organizations to explore your interests; check listings on CLNx.
- Attend the UTSC Get Experience Fair in September and register with SCSU's Volunteer Network Program to explore opportunities.

- Gain experience by applying for a summer, part-time or Work Study position via CLNx.
- Connect with professors and advisors early so you are on track with your post-graduation plans.
- Explore careers through the AA&CC's Job Shadowing and In The Field programs.

- Plan a career path with a staff member at the AA&CC.
- Check CLNx for networking events and employer information sessions to attend.
- Attend the Graduate & Professional School Fair in September.

- Attend the AA&CC's Get Hired job search conference in April/May.
- Attend a Jobs for Grads orientation for a job search "crash course" and for access to full-time job listings.
- Discuss your grad school plans with your professors and AA&CC staff and get your Personal Statement reviewed in the AA&CC.

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SERVICES AT UTSC THAT SUPPORT YOU:

To learn about resources and departments that can support you, download the UTSC Student Experience app or visit uoft.me/StARTNow

Diversity & Inclusion

The University of Toronto Scarborough commits to intentionally foster a welcoming and supportive environment for students, faculty, and staff where diversity is valued, and every member of the community feels a sense of belonging on campus.

utsc.utoronto.ca/edo/

Academic Integrity

The university community supports an environment of academic integrity; these are values that include honesty, trust, fairness, respect and responsibility. Learn about the university's academic rules and how to avoid accidental plagiarism by attending an Academic Integrity Matters (AIM) workshop.

academicintegrity.utoronto.ca/

Healthy Campus

UTSC provides supportive environments, resources and services to empower students to maintain their overall physical and mental health and foster their academic success.

uoft.me/healthycampus/

Co-Curricular Record

The co-curricular record is an official institutional document that recognizes your involvement outside the classroom as a significant part of your U of T experience.

clnx.utoronto.ca/ccr

DID YOU KNOW...

Our Food Studies program is the first of its kind in Canada that features a teaching kitchen and a campus farm.



FUTURE STUDENTS

For admission requirements to UTSC, check out the U of T Scarborough Viewbook or contact:

Admissions & Student Recruitment

University of Toronto Scarborough
Room HL104, Main Floor, Highland Hall
416-287-7529

admissions@utsc.utoronto.ca

CURRENT STUDENTS

Departmental Contact

Urooj Khan, u.khan@utoronto.ca,
416-287-7184

Food Studies Librarian

Whitney Kemble,
whitney.kemble@utoronto.ca, 416-287-7499

Academic Advising & Career Centre

Room AC213 | 416-287-7561

Department of Student Life

Room SL157 | 416-208-4760

Historical & Cultural Studies Student Association, (HCSSA)

<https://hcssa.weebly.com/>

Glossary of acronyms:

AA&CC - Academic Advising & Career Centre

CCR - Co-Curricular Record

CLNx - Career & Co-Curricular Learning Network

CTL - Centre for Teaching & Learning

DSL - Department of Student Life

HCSSA - Historical & Cultural Studies Student Association

ISC - International Student Centre

SCSU - Scarborough Campus Students Union