Food Studies (HBA)
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

NEED HELP CHOOSING YOUR PROGRAM?
See uoft.me/choosing

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
CAREER YOUR FUTURE PLAN FOR GLOBALLY

BECOME AN ENGAGED CITIZEN (LOCALLY & GLOBALLY)

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.

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).

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.

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)

- 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.

YEAR 2 (4 - 8.5 Credits)

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

YEAR 3 (9 - 13.5 Credits)

- 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.

YEAR 4 or FINAL YEAR (14 - 20 Credits)

- 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.

YEAR 1 (0 - 3.5 Credits)

- 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.

YEAR 2 (4 - 8.5 Credits)

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

YEAR 3 (9 - 13.5 Credits)

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

YEAR 4 or FINAL YEAR (14 - 20 Credits)

- 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.

YEAR 1 (0 - 3.5 Credits)

- 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.

YEAR 2 (4 - 8.5 Credits)

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

YEAR 3 (9 - 13.5 Credits)

- 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.

YEAR 4 or FINAL YEAR (14 - 20 Credits)

- 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.
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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

DISCLAIMER: Please refer to the calendar for the most current and accurate information on programs and degrees: utsc.calendar.utoronto.ca