



FOOD COURSES:

Foods Studies 10, 20, 30



OVERVIEW

This is a fun and informative course. You will learn about food from a personal, hands on perspective. These courses will help you develop skills with regards to safety, sanitation, nutrition, meal planning, cooking techniques and presentation. Learning to cook will enrich your personal life or may lead to career paths in foods and nutrition or just make you a better cook.

Foods Studies 10 (5 Credits) No Prerequisite

If you have never cooked before or just have a little experience this introductory course is for you! We will start from scratch and build a solid foundation, so that you are safe and comfortable working with food and equipment in the kitchen. You will develop a basic understanding of cooking vegetables, fruits, grain products and meats. Plan and present delicious food ideas!

- Food Basics
- Contemporary Baking
- Meal Planning 1
- Fast & Convenience Foods
- Vegetables & Fruits
- Canadian Heritage Foods
- FOD Project A

Foods Studies 20 (5 Credits)

Prerequisite: Foods Studies 10 including Food Basics

You will continue to explore nutrition and wellness, and dabble into cakes and pastries. In this intermediate course you will also discover the magic of yeast, and turn simple ingredients into mouthwatering works of art like buns, pretzels and breads. You will gain insight on Vegetarian Cooking and jump around the world to learn about International Cuisine.

- Fish & Poultry
- Bread Products
- Milk Products & Eggs
- Cake & Pastry
- International Cuisine
- FOD Project B

Foods Studies 30 (5 Credits)

Prerequisite: Successful completion of Foods Studies 10 & 20

Your culinary skills will be further refined, as you show off your creative flare in advanced food presentation techniques. You will have the opportunity to choose projects in the area of your palates interest as you create specialty cakes, unique breads, deserts and much more. You will explore the depths of cuisine from the country of your choice. This will help you to appreciate the richness of its history and culture.

- Creative Baking
- Yeast Products
- Regional Cuisine
- Food Presentation
- FOD Project D
- Advanced Soups & Sauces