

Course Outline - Foods 1 (5 Credits)

Foods 1 is an introductory course that gives both novice and more experienced cooks the opportunity to increase and develop their skills in the kitchen. Students will develop knowledge, skills and attitudes while preparing a variety of foods. This course is useful in both personal and career choices. Due to the nature of the course, where materials are being consumed, there is a fee of \$25 that must be paid to SGCHS Business Services. The layout of the course is done as a series of modules, which involve theoretical and practical components. Each module has specific learner expectations or outcomes that students are expected to achieve. To be successful in a module, the student must demonstrate competency in each of the outcomes.

Modules:

FOD1010 - Food Basics (Pre-requisite module)

FOD1020 - Contemporary Baking

FOD2060 - Milk Products and Eggs

FOD2180 - Fruits and Vegetables

FOD2100 - Basic Meat Cookery

FOD2130 - Vegetarian Cuisine (instead of Basic Meats)

FOD2190 - Grains, Legumes, Nuts and Seeds (extra module, if time permits)

The time frame per module is approximately 12-15 classes. At the end of each module, students will complete an analysis and exam. January 17 is the last day of classes for the term and no work will be accepted after that date.

Expectations:

It is expected that each student will be actively engaged in their learning. They need to be responsible for their own behavior and success in the course by:

- attending regularly
- coming prepared to class
- showing respect for others
- behaving appropriately
- completing all work

The use of personal electronic devices is encouraged - these are valuable learning tools when used appropriately for research, organization, notes, presentations and collaboration.

Assessment:

Students are assessed based on their work habits, products prepared, completion of theory and assignments, written product analysis and concept test. A detailed print-out is provided to students upon completion of each module. Each module represents a "course" that is expressed as a final grade. There is no common final exam at the conclusion of the term.