



Foods & Nutrition 11

Course Outline

Course Layout *The course is broken down as follows:*

Unit	Topic
1	Foundation for this Course
2	Kitchen Safety & Sanitation
3	Equipment to Budgets
4	What's in a Cookie?
5	Leavening Agents
6	The Balanced Vegetarian
7	Healthy Cooking
8	The Future of Food
9	Careers in Food
10	International Foods
11	Good Cooking

Grading *Your grade for this course will be calculated as follows:*

Item	Weight
Introduction	10
Lab Work	40
Assignments	35
Tests & Forums	15

Lab Work

Marks for labs are based on planning, organization, food preparation techniques, product, self-evaluation, and clean up. To adhere to FOODSAFE practices, aprons are mandatory and therefore students need to be wearing these when they cook.

Keys to Success:

1. Actively work through each lesson, trying examples and reflecting on material.
2. Use the Learning Guide as your tool for documenting your understanding. Lay it out neatly and well organized.
3. Make sure you understand all project requirements. If you can't figure it out - ASK!
4. Be sure to use the message system for regular communication with your instructor.