

COURSE NUMBER	300
COURSE TITLE:	Food Fundamentals
COURSE LENGTH:	Semester, One Credit
PREREQUISITE:	None
GRADE LEVEL:	9, 10, 11, 12

COURSE DESCRIPTION: This is a beginning food and nutrition course which includes the development of basic food preparation procedures as they apply in the cookery of milk, cheese, eggs, meat, fish, poultry, fruits, vegetables, starch products, and baking principles, plus criteria for evaluating product quality. It will include a basic understanding of nutrition and related topics to help students evaluate and expand their options in a world of limited budgets, fast paced lifestyles, easy access to fast food and help them become an aware consumer. It will also include personal development: setting and reaching goals, thinking skills, management and decision making skills, environmental awareness, cooperation and teamwork skills, and an application of reading, writing, and math skills. Entry level preparation skills will be emphasized.

COURSE RATIONALE:

Why study food and nutrition? After all, you've been eating food all your life. As for preparing food, you can easily open a can or put a frozen meal in the microwave. What more do you need to know? It's true that you can get by without knowing much about food, but with just a little more skill and knowledge, you will have a greater variety of choices. Nutrition knowledge can help you look and feel your best. Other skills like planning and organizing your work, making decisions and thinking critically and asking questions can apply throughout your life. You have to start with the basics in learning a new skill and this course will give that to you.

METHOD OF INSTRUCTION: Textbooks, lecture, demonstration, videos, group activities, cooking labs, projects, and applying new skills at home.

ASSESSMENT: Grades will be based on chapter and unit tests, quizzes, demonstrations, daily work, classroom participation, and laboratory activities.

CRITICAL OBJECTIVES:

1. Analyze nutritional needs and select foods for good health throughout life.
2. Follow direction and procedures according to a standard recipe.
3. Correctly identify and use types of cooking and clean-up equipment.
4. Demonstrate basic knowledge in food preparation.
5. Apply principles of sanitation, recycling, and safety when working with food and equipment.
6. Evaluate quality standards in foods.
7. Plan, prepare, and evaluate food products and a meal.
8. Practice and implement thinking skills such as decision making, problem solving, analyzing, evaluating, etc.
9. Apply math principles to FCS related problems such as measuring, estimating, and fractions.
10. Demonstrate leadership competencies.