

## **COURSE DESCRIPTIONS**

### **Course FOD1010: Food Basics**

Students learn to make wise food choices and to understand recipes, equipment, care in handling food, and the importance of safe and efficient work habits.

### **Course FOD1020: Baking Basics**

Students develop an understanding of basic baking ingredients, by combining them in a variety of ways to make cookies, cakes, muffins and biscuits.

### **Course FOD1030: Snacks & Appetizers**

Students apply the importance of snacking to the way we eat, by making nutritious, as well as delicious, snacks and appetizers.

### **Course FOD1040: Meal Planning 1**

Students begin to develop an understanding of eating and meal requirements through the creative planning, preparing and serving of food.

### **Course FOD1050: Fast & Convenience Foods**

Students consider budget, time, quality of food and food alternatives, by making wise choices in the buying, using and preparing of fast foods and convenience foods.

### **Course FOD1060: Canadian Heritage Foods**

Students become aware of how food in Canada today reflects the country's history and origins, by examining food patterns and customs, and by analyzing and preparing ethnic foods.

### **Course FOD2010: Food & Nutrition Basics**

Students learn which foods are crucial to wellness; how such foods affect current performance and future health; and discover how to choose and prepare nutritious, tasty foods.

### **Course FOD2020: Nutrition & the Athlete**

Students learn to prepare foods that help athletes to meet their training and performance nutritional needs.

### **Course FOD2030: Food Decisions & Health**

Students learn how to balance the energy equation, using strategies for food intake analysis, and by preparing appropriate foods that help the body be the best it can.

### **Course FOD2040: Cake & Pastry**

Students expand their knowledge and skills in the production of a variety of cakes and pastries.

### **Course FOD2050: Yeast Breads & Rolls**

Students describe the role of ingredients and use specialized skills in working with yeast.

### **Course FOD2060: Milk Products & Eggs**

Students develop skills with milk products and eggs, and compare the various products available, what they contribute to cooked foods and how they are best used.

### **Course FOD2070: Stocks, Soups & Sauces**

Students combine stocks with various thickening agents to produce basic stocks, hearty soups and foundation sauces.

### **Course FOD2080: Vegetables/Fruits/Grains**

Students learn about the wide range of vegetable, fruit and grain products available, and how to retain their nutritional value and quality through a variety of cooking methods.

### **Course FOD2090: Creative Cold Foods**

Students learn to combine nutrition and creativity in the preparation of salads and sandwiches.

### **Course FOD2100: Basic Meat Cookery**

Students learn to differentiate between cuts of meat, and apply this to tenderizing and cooking methods.

### **Course FOD2110: Fish & Poultry**

Students learn the nutritional value of fish and poultry and how to select, handle and prepare them.

### **Course FOD2120: Meal Planning 2**

Students learn strategies for planning and creating satisfying meals that accommodate busy schedules or strained budgets.

**Module FOD2130: Vegetarian Cuisine**

Students learn how to create healthy, wholesome vegetarian diets, by preparing suitable foods in a variety of ways.

**Module FOD2140: Rush Hour Cuisine**

Students learn unique and quick ways to create nutritious and delicious dishes, using simple ingredients and prepared and convenience foods.

**Module FOD2150: Food Safety & Sanitation**

Students learn about food-borne illnesses and the importance of food safety and sanitation training for anyone handling food in personal, as well as commercial, applications.

**Module FOD2160: Food Venture**

Students develop entrepreneurial skills through the planning and creation of a food venture.

**Module FOD2170: International Cuisine 1**

Students discover other cultures by exploring their cuisine. They learn a variety of international cooking techniques, and use specialized tools to prepare food for a typical day or for a cultural event.

**Module FOD3010: Food for the Life Cycle**

Students describe how life cycle needs change, and demonstrate how to meet the challenges of each stage, through preparation techniques and the adapting of foods to satisfy all ages.

**Module FOD3020: Nutrition & Digestion**

Students learn about nutrition and how the body processes food, by appraising current nutritional theories/issues and dietary needs.

**Module FOD3030: Creative Baking**

Students learn about specialty cakes and pastry products, by selecting and creating various specialty cakes, pastries, desserts and a major baked project, such as a gingerbread house or a wedding cake.

**Module FOD3040: Advanced Yeast Products**

Students further their skills in the handling of yeast doughs through the preparation of braided breads, fancy dinner rolls, doughnuts, croissants and danishes. Consistency in product quality is emphasized.

**Module FOD3050: Advanced Soups & Sauces**

Students learn the techniques and ingredients of classic cuisine through the preparation of traditional soups and sauces, and by adapting them for the trend toward lighter eating and nouvelle cuisine.

**Module FOD3060: Food Presentation**

Students develop creativity and flair while learning the techniques of tempting and artistic food presentation.

**Module FOD3070: Short Order Cooking**

Students develop foundation skills in the preparation and principles underlying short order cookery.

**Module FOD3080: Advanced Meat Cookery**

Students develop further awareness of the different types of meats available, and of meat cookery, through the preparation of a variety of meat dishes.

**Module FOD3090: Basic Meat Cutting**

Students gain skills in meat cutting that may be a stepping-stone to a career in the retail or wholesale meat cutting industry.

**Module FOD3100 Entertaining with Food**

Students plan and prepare food for an event, and develop organizational skills that may be used in the hospitality industry, at home or in entrepreneurial endeavours.

**Module FOD3110: Food Processing**

Students explore how technology affects our food supply, by using a variety of methods to process fresh foods.

**Module FOD3120: Food Evolution/Innovation**

Students explore how food has changed and what foods may be eaten in the future, prepare a wide variety of foods, and learn how they evolved.

**Module FOD3130: The Food Entrepreneur**

Students plan, test and market a food product or products.

**Module FOD3140: International Cuisine 2**

Students explore, in depth, the cuisine of another country in order to appreciate the richness of its history and culture. They discover its foods, experience traditional cooking methods, and learn about food customs.