

CTF Human Services 'Food Studies' Course Outline



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Course Description:

A selection of modules in cooking will be available throughout the term:

Food Basics, an introduction to the kitchen with an emphasis on safety and the use of small appliances. Written work is a component of this course as well as hands on opportunities.

The following modules will be offered **Snacks and Appetizers**, a look at the importance of snacking to our daily nutrition. **Breakfast** – the most important meal of the day, **Cheese-** focus on meals with cheese, **Cookies and Squares-** bake various items, **Main Course** Create meals that would be main courses.

Driving Question: How can I prepare snacks, breakfast foods, desserts, and main courses in the kitchen while keeping in mind; safety and budget?

Activities

- Learning your way around the kitchen and knowing how to use the different equipment.
- Learning to become independent as you enter your young adult stage of life.
- Learning the vocabulary and skills needed to prepare healthy food for yourself and others.
- Learning the safety rules and procedures in a kitchen, you will practice recipes in your labs.
- Nutritional knowledge, skill, fun and confidence building are all a part of culinary arts.

Supplies

- Recipes and various foods will be supplied in the kitchen.

