



# Foods Studies 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 <b>OR</b> Unit 7
7	Healthy Cooking <b>OR</b> Unit 6
8	The Future of Food <b>OR</b> Unit 9
9	International Foods <b>OR</b> Unit 8

**Grading** *Grades in this course will be calculated as follows:*

Item	Weight
Introduction	10
Lab Work	40
Assignments	35
Quizzes	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. Complete Foods Lab Report and Self-Evaluations fully to document your work & understanding. Be organized and neat.
3. Make sure you understand all project requirements. If you can't figure it out - ASK!
4. Be sure to use your Moodle message system for regular communication with your instructor.