



# Foods & Nutrition 12

## Course Outline

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

Unit	Topic
1	Course Foundation
2	Kitchen Sanitation
3	Begin with Baking
4	Healthy Eating Habits
5	A Changing World
6	Food Guide
7	Meal Planning

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

Item	Weight
Activation	10
Lab Work	40
Assignments	40
Quizzes	10

### **Prerequisites**

Although Foods 11 would provide an easier jump into this course, there are no required prerequisites.

### **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.