

Philosophy

- Food plays a major role in our lives. Every important event in our life has had some memorable meal that was partnered with it. This back to a time in your life that was important to you. Was it a birthday, wedding, award ceremony? I bet you can tell me what you ate. Whether it was a good experience or bad. Life is all about food!
- This industry relies heavily on young people to meet staffing needs. Young people must be educated. They need to be knowledgeable and productive to ensure success and stability.
- Developing basic career-specific knowledge, skills and attitudes in the context of foods, students will have the ability to adapt to the challenges of change with increased flexibility and confidence. Our commercial foods class uses a student-centred process, combining thinking and experience with a realistic environment.
- As students progress through various courses, they become less dependent on the instructor and manage their own learning.

General Descriptions and Concepts

- 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.
- Students combine stocks with various thickening agents to produce basic stocks, hearty soups and foundation sauces.
- Students learn to combine nutrition and creativity in the preparation of salads and sandwiches.
- Concepts important in these strands are integrated throughout the courses. Emphasis varies on concepts. These concepts are: nature of food, nutrition/health, management, safety, sanitation and equipment, preparation of food & service, consumerism/food selection, multicultural aspect, food & ecology, career and exploration.

The following courses will be offered this term. To optimize learning, and ensure a safer working and learning environment, students may rotate through various stations in smaller groups simultaneously

Courses offered this term and tentative starting dates

FOD 1010 Food Basics	September 5
FOD 1020 Contemporary Baking	October 1
FOD 2070 Soups and Sauces*	October 29
FOD 1040 Menu Planning 1	November 26
FOD 2090 Creative Cold Foods	December 4

This takes into consideration all holidays, professional development days, etc.

- One credit is earned per course completed. A course is completed when: all work is completed to teacher satisfaction, concept test is written, practical lab assignments have been completed with the necessary paperwork and a course reflection is completed. The dates above are pending.
- If any of these requirements is not met by the Course End Date (as above), the student will not receive credit and must repeat* or forfeit the course.

Food Basics is a prerequisite and **MUST be successfully completed before taking 20 level courses*