

FOOD STUDIES

BEAUTIFUL BAKING/COLOURFUL COOKING - INTRODUCTORY (5 credits)

This is Not Commercial Foods

Interested in making snacks, cakes, and easy meals? Join us as we plan, make and display our dishes! This class is for students who HAVE and HAVE NOT taken Foods in Junior High. Working in groups, we choose our recipes, choose our ingredients and make our dishes. Give yourself an opportunity to make new friends, learn a few new skills and have some nice food to eat for a semester! Possible topics covered are Food Basics, Contemporary Baking, Snacks and Appetizers, Meal Planning 1, Fast and Convenience Foods, Canadian Heritage Foods.

FOOD FOR FITNESS (5 credits)

Attention Athletes in Grade 11 or 12 for an Interesting Option

Nutrition is important in everyone's life. It is a major component of any fitness program. In this course students will cook with carbohydrates, protein, vitamins and minerals and learn about how the body grows and repairs itself. The courses will explore how nutrition affects overall health and energy levels. The new trends with power drinks and supplements will be explored allowing students to try various types of products and choose a favourite.

MIGHTY MEALS/DELICIOUS DESSERTS - INTERMEDIATE - (5 credits)

Note: Grade 11 or 12 students who wish to take Foods courses for the first time should register for this level. The prerequisite will be covered. This program is an excellent support to Sports Performance and Sports Medicine.

This program introduces students to the skills needed to create meals and desserts. The students find the cost of the ingredients and then learn to stay within a budget while maintaining a nutritious and delicious product. Students work in groups and as individuals while practicing their skills and then demonstrate the end products by sharing their food with the class. Topics covered are Cake and Pastry, Yeasts, Breads and Rolls, Soups, Stocks and Sauces, Vegetarian Cuisine, Food Venture, Creative Cold Foods.

CREATIVE BAKING/PLATE PIZZAZ! - ADVANCED (5 credits)

This program is a continuation of the intermediate level. We build on previous skills and create superior looking and tasting products that appeal to certain groups and themes. By collaboration we create tables that appeal to summer themes, winter themes, celebration times, and specific events like football or hockey nights. The quality of food created looks excellent, tastes better and makes the students proud of their skills. Topics covered are International Cuisine, Food for the Life Cycle, Food Presentation, Entertaining with Food, Food Processing, Food Evolution and Innovation.