

FOODS COURSE SUMMARIES

INTRODUCTORY

FOD1010: FOOD BASICS

Students learn safe and sanitary food handling procedures, equipment care, comprehension of recipes and the importance of efficient work habits.

Prerequisite: None

FOD1020: CONTEMPORARY BAKING

Students develop and demonstrate an understanding of traditional and contemporary baking focusing on basic measuring techniques, preparation methods, role of ingredients and the proper use of equipment for baked goods.

Prerequisite: FOD1010: Food Basics

FOD1030: SNACKS & APPETIZERS

Students apply the importance of snacks and appetizers related to lifestyle, by making nutritious, as well as delicious, snacks and appetizers.

Prerequisite: FOD1010: Food Basics

FOD1040: MEAL PLANNING 1

Students develop an understanding of planning, preparation and evaluation of balanced healthy meals.

Prerequisite: FOD1010: Food Basics

FOD1050: FAST & CONVENIENCE FOODS

Students consider budget, time, quality of food and food alternatives by making wise choices in the buying, using and preparing of fast foods and convenience foods.

Prerequisite: FOD1010: Food Basics

FOD1060: CANADIAN HERITAGE FOODS

Students become aware of how food in Canada today reflects the country's history and origins by examining food patterns and customs, and by analyzing and preparing ethnic foods.

Prerequisite: FOD1010: Food Basics

FOD1070: FARM TO TABLE

Students explore the basic steps involved in planting, growing and harvesting a plant commodity or in raising, growing and finishing an animal commodity in Alberta, and identify how the finished product is incorporated into a recipe.

Prerequisite: FOD1010: Food Basics

FOD1080: FOOD & NUTRITION BASICS

Students learn about leader nutrients, what foods they are found in, how such foods affect performance and future health as they participate in healthy food preparation.

Prerequisite: FOD1010: Food Basics

FOD1910: FOD PROJECT A

Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

Prerequisite: None

INTERMEDIATE

FOD2030: FOOD DECISIONS & HEALTH

Students learn how to balance the energy equation by using strategies for food intake analysis and preparing appropriate foods that help fuel the body efficiently and effectively.

Prerequisite: FOD1010: Food Basics

FOD2040: CAKE & PASTRY

Students expand their knowledge and skills in the production of a variety of cake and pastry products.

Prerequisite: FOD1010: Food Basics

FOD2050: BREAD PRODUCTS

Students describe the role of ingredients and use specialized skills in working with bread products.

Prerequisite: FOD1010: Food Basics

FOD2060: MILK PRODUCTS & EGGS

Students develop skills using milk products and eggs by examining how to retain their nutritional value and quality through a variety of preparation and presentation methods.

Prerequisite: FOD1010: Food Basics

FOD2070: SOUPS & SAUCES

Students combine stocks with various thickening agents to produce hearty soups and sauces.

Prerequisite: FOD1010: Food Basics

FOD2090: CREATIVE COLD FOODS

Students learn to combine nutrition and creativity in the preparation of salads and sandwiches.

Prerequisite: FOD1010: Food Basics

FOD2100: BASIC MEAT COOKERY

Students learn the nutritional value of meat and differentiate among the various cuts of meat. Students apply this knowledge to the safe handling, storage, preparation and presentation of meat dishes.

Prerequisite: FOD1010: Food Basics

FOD2110: FISH & POULTRY

Students learn the nutritional value of fish and poultry, and the safe handling, storage, preparation and presentation of fish and poultry dishes.

Prerequisite: FOD1010: Food Basics

FOD2120: MEAL PLANNING 2

Students learn strategies for planning and creating satisfying meals that accommodate busy schedules or strained budgets.

Prerequisite: FOD1010: Food Basics

FOD2130: VEGETARIAN CUISINE

Students learn how to create healthy, wholesome vegetarian diets by preparing suitable foods in a variety of ways.

Prerequisite: FOD1010: Food Basics

FOD2140: RUSH-HOUR CUISINE

Students learn unique and quick ways to create nutritious and delicious dishes, using simple ingredients and prepared and convenience foods.

Prerequisite: FOD1010: Food Basics

FOD2150: SAFE FOOD HANDLING

Students learn about food-borne illnesses and the importance of food safety and sanitation training for anyone handling food in personal, as well as commercial, applications.

Prerequisite: FOD1010: Food Basics

FOD2160: FOOD VENTURE

Students develop entrepreneurial skills through the planning and creation of a food venture.

Prerequisite: FOD1010: Food Basics

FOD2170: INTERNATIONAL CUISINE

Students discover other cultures by exploring their cuisine, and develop a variety of techniques for international cooking and use of specialized tools.

Prerequisite: FOD1010: Food Basics

FOD2180: VEGETABLES & FRUITS

Students learn about the wide range of vegetables and fruits available, and how to retain their nutritional value and quality through a variety of preparation and presentation methods.

Prerequisite: FOD1010: Food Basics

FOD2190: GRAINS, LEGUMES, PULSES, NUTS & SEEDS

Students learn about the wide range of grains, legumes, pulses, nuts and seeds available, and how to retain the nutritional value and quality through a variety of preparation and presentation methods.

Prerequisite: FOD1010: Food Basics

FOD2910: FOD PROJECT B

Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

Prerequisite: None

FOD2920: FOD PROJECT C

Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

Prerequisite: None

FOD2950: FOD INTERMEDIATE PRACTICUM

Students apply prior learning and demonstrate the attitudes, skills and knowledge required by an external organization to achieve a credential/credentials or an articulation.

Prerequisite: None

ADVANCED

FOD3010: FOOD FOR LIFE STAGES

Students describe how food and nutrition needs change over various life stages, and demonstrate how to meet the challenges of each stage and the adapting of foods to satisfy all ages.

Prerequisite: FOD1010: Food Basics

FOD3020: NUTRITION & DIGESTION

Students learn about nutrition and how the body processes food by appraising current nutritional theories/issues and dietary needs.

Prerequisite: FOD1010: Food Basics

FOD3030: CREATIVE BAKING

Students learn about specialty cakes and pastry products by selecting and creating specialty cakes, pastries, desserts and a major baked project.

Prerequisite: FOD1010: Food Basics

FOD3040: YEAST PRODUCTS

Students further their skills in the handling of yeast dough through the preparation of a variety of yeast products.

Prerequisite: FOD1010: Food Basics

FOD3050: ADVANCED SOUPS & SAUCES

Students learn the techniques and ingredients of classic cuisine through the preparation of traditional soups and sauces and by adapting them for the trend toward lighter eating and nouveau cuisine.

Prerequisite: FOD1010: Food Basics

FOD3060: FOOD PRESENTATION

Students develop creativity and flair while learning the techniques of tempting and artistic food presentation.

Prerequisite: FOD1010: Food Basics

FOD3070: SHORT-ORDER COOKING

Students develop knowledge and skills in the principles and preparation underlying short-order cookery.

Prerequisite: CKA3900: Apprenticeship Safety **or**
FOD1010: Food Basics **or**
FOD3900: Food Safety

FOD3080: ADVANCED MEAT COOKERY

Students develop further awareness of the different types of meats available and of meat cookery through the preparation of a variety of meat dishes.

Prerequisite: FOD1010: Food Basics

FOD3090: BUTCHER SHOP

Students develop knowledge and skills related to meat cutting.

Prerequisite: CKA3900: Apprenticeship Safety **or**
FOD1010: Food Basics **or**
FOD3900: Food Safety

FOD3100: ENTERTAINING WITH FOOD

Students plan and prepare food for an event and develop organizational skills that may be used in the hospitality industry, at home or in entrepreneurial endeavors.

Prerequisite: FOD1010: Food Basics

FOD3110: FOOD PROCESSING

Students explore how technology affects our food supply by using a variety of methods to process fresh foods.

Prerequisite: FOD1010: Food Basics

FOD3120: FOOD EVOLUTION/INNOVATION

Students explore historical influences that have had an impact on food and factors that will influence food in the future, and will prepare a variety of foods that illustrate food evolution and innovation.

Prerequisite: FOD1010: Food Basics

FOD3130: THE FOOD ENTREPRENEUR

Students plan, test and market a food product or products.

Prerequisite: FOD1010: Food Basics

FOD3160: REGIONAL CUISINE

Students explore, in depth, the cuisine of a region in order to appreciate the richness of its history and culture. They discover its foods, learn about food customs, experience traditional cooking methods, and adapt local produce to create regional recipes.

Prerequisite: FOD1010: Food Basics

FOD3900: FOOD SAFETY

Students develop knowledge, skills and attitudes in the practice of food safety and sanitation as it pertains to the *Food Regulation* (Alberta Regulation 31/2006) of the *Public Health Act*.

Prerequisite: None

FOD3910: FOD PROJECT D

Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

Prerequisite: None

FOD3920: FOD PROJECT E

Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

Prerequisite: None

FOD3950: FOD ADVANCED PRACTICUM

Students apply prior learning and demonstrate the attitudes, skills and knowledge required by an external organization to achieve a credential/credentials or an articulation.

Prerequisite: None