

Food Preparation Syllabus

Units that will be covered throughout the semester:

Kitchen Safety

- Rules
- Tools/Locations
- Time Management
- Job Titles & Duty Sheets

The Food Pyramid

- Basic Understanding
- Analyzing Meals
- Reading Labels
- Daily Recommendations
- Exercise

Vegetables

- Daily Servings
- Nutrients
- Color/Vitamins
- Ways to Serve

Fruits

- Daily Servings
- Nutrients
- Types of Fruits
- Ways to Serve

Grains

- Daily Servings
- Nutrients
- Types of Grains
- Adv. / Disadv.
- Parts of a Grain
- Gluten

Proteins

- Eggs
- Beans
- Daily Servings
- Types of Proteins
- Body Use of Protein
- Importance

International Cooking

- Choose a country (every 2 weeks)
- Learn country's geographic, culture, cooking styles, economics, and ethnic influences on cooking.

Grading Policy:

Students will be graded on a point system. Every paper, project/activity, or test/quiz that you do in class will be assigned a certain amount of points. Those points are equal to the following percentage of your overall grade:

Labs = 50%

Tests/Quizzes = 25%

Classwork = 15%

Participation = 10%

Labs:

Labs, or cooking time, make up half of your overall grade. It's crucial that you fully participate and follow rules and directions to earn maximum points.

Attendance Policy:

Completing all labs, as well as classwork and participation, is mandatory for passing this class; therefore attendance is necessary.