



## **FOODS 1010 / 1020 / 1030 / 2060 / 2180**

The goal of Cameron Crossing Foods Program is to introduce students to various methods and skills in cooking and food handling.

### **Learning Goal**

Students will learn healthy eating habits, safe food handling and skills required to prepare and serve food in a safe and sanitary environment. The Foods Program is delivered with a hands-on approach with learning occurring within the school kitchen. Each module will take approximately 25 hours to complete. Students must complete each module to receive credit for that module. Prerequisite Food Basics 1010 is a prerequisite for most modules in the course.

### **FOD1010 - Food Basics**

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

1. Describe and demonstrate factors relating to safety and sanitation
2. Research common methods of hazard assessment and control
3. Demonstrate food choices in relation to Eating Well with Canada's Food Guide
4. Demonstrate knowledge and skills in the planning, preparing and evaluating of basic food recipes
5. Demonstrate basic competencies

### **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.

1. Identify the role of baked goods in the Canadian diet

2. Identify and describe the factors involved in the preparation of baked products
3. Demonstrate correct preparation methods for the production of a variety of baked goods
4. Identify contemporary methods of baking that emphasize wellness in baked goods
5. Demonstrate knowledge and skills in the planning, preparing and evaluating of contemporary baked products

### **FOD1030 - Snacks and Appetizers**

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

1. Describe factors that affect snack choices
2. Describe snacks and appetizers in relation to the guidelines in Eating Well with Canada's Food Guide
3. Demonstrate knowledge and skills in the planning, preparing and evaluating of various snacks and appetizers

### **FOD2060 - Milk Products and Eggs**

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

1. Identify the importance of a variety of milk products and eggs available
2. Develop an understanding of a variety of eggs and egg products available
3. Describe the role of milk in various cooking applications
4. Describe the role of cheese in various cooking applications
5. Describe the role of eggs in various cooking applications
6. Demonstrate the principles of milk and egg cookery in the preparation, presentation and evaluation of milk and eggs products

### **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.

1. Describe how vegetables and fruits are classified
2. Appraise the nutritional value and quality of vegetables and fruits
3. Determine methods and effects of cooking vegetables and fruits
4. Demonstrate knowledge and skills in the planning, preparing and evaluating of fruits and vegetables