

Food & Nutrition



Career & Technical Education Class www.graniteschools.org/cte



Course Information

Location:	Check with your Career Center Coordinator
Offered to:	9-12 grades
Class Times:	1 period
Length:	Semester
Credits:	.50 credit

Course Description

This course is designed for students who are interested in understanding the principles of nutrition and in maintaining a healthy life style. Attention will be given to the selection and preparation of food, personal health and well being. This course is the explorer course at the beginning of both the Culinary Arts and the Food Science, Dietetics, and Nutrition pathways.

Topics include:

- Equipment
- Measuring and Preparation Techniques
- Safety and Sanitation
- Nutrition and dietary guidelines
- Egg, Milk & Cheese
 - Fruits and Vegetables
 - Quick Breads
 - Rice, Grains and Pasta
 - Meat, Fish and Poultry

