Course Description

This course is designed for students who are interested in understanding the principles of nutrition and in maintaining a healthy lifestyle. 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