## Food & Nutrition



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



## Course Information

Check with your Career Center Location:

Coordinator

Offered to: 9-12 grades Class Times: 1 period

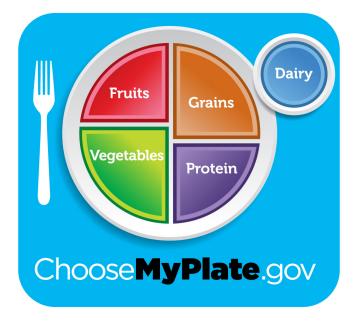
Length: Semester Credits: 50 credit

## 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



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