**Course Outline**

This course will cover the basic principles of food preparation, meal planning and nutrition.

**Topics covered**

1. Introduction – metric measuring, measuring techniques, basic kitchen safety, unit and lab organization
2. Knife safety and skills, Kitchen equipment
3. Food Safety and Sanitation
4. Basic Cooking Principles and reading a recipe
5. Health meal choices – Canada food guide, breakfast, snacks, serving sizes
6. Table setting and table manners (if time permit)
7. Grocery store visit – to local Save-On-Foods (if time permits)

**Evaluation**

The grade you earn will be based on the following:

1. Theory (Assignments and Tests) 50%

2. Lab 40%

3. Reflections/Journal 10%

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100%

**Important Note**

Cooking will only be allowed if your theory mark is above 65%

If it is below you will be asked to come into Tutorial to get extra help or time to complete your missed assignments