

**COURSE TITLE:** Foods I

**COURSE LENGTH:** One Semester

**PREREQUISITE:** None. You must pass with an A or B to enroll in Foods II. Student cannot retake to earn higher grades.

**GRADE LEVEL:** 9 – 12

**GENERAL DESCRIPTION:** This introductory course focuses on basic food preparation. Nutrition and the food pyramid, as well as units on the recipe, quick bread, yeast bread, cookies, fruit, vegetables and salads are also explored. This is an excellent course for all students, recognizing everyone will be responsible for purchasing and preparing their own food in the near future.

**MODE OF PRESENTATION:** All of the units in the program are covered by lecture, discussion, project and class labs as well as some home projects to enhance the learning in each area.

**GRADING PROCEDURE:** Grading is established on class standards, projects, lab work, home projects, and tests.

**STUDENT SKILLS, KNOWLEDGE TO BE GAINED:**

1. To develop a greater understanding of the makeup of food; the relationship between food and energy; and the importance of wise selection of food for the proper functioning of the body.
2. To understand what foods are suitable for meeting each body's nutritional needs.
3. To plan, prepare, and serve appealing meals that will fulfill nutritional needs.
4. To understand the proper use and care of all the tools of the kitchen.
5. To develop an understanding of the homemaker's buying problems, time and energy management problems, and work problems to meet the needs of the individual and the family.

**COURSE TITLE:** Foods II

**COURSE LENGTH:** One Semester

**PREREQUISITE:** Foods I with a grade of an A or B.

**GRADE LEVEL:** 10 – 12

**GENERAL DESCRIPTION:** Foods II will build upon the skills of Foods I and develop advanced skills in food preparation and nutrition. Lab participation will promote baking skills, protein cooking techniques, dietary needs, and careers. Foods II is an advanced foods course which reviews the basics of nutrition and covers the more advanced food preparation techniques, special diets, foreign foods, and special meals for entertaining. Lab experience will also develop teamwork, cooperation, communication, and negotiation.

**MODE OF PRESENTATION:** All of the units in the program are covered by lecture, discussion, project and class labs as well as some home projects to enhance the learning in each area.

**GRADING PROCEDURE:** Grading is established on class standards, projects, lab work, home projects, and tests.

**STUDENT SKILLS, KNOWLEDGE TO BE GAINED:**

1. To increase understanding of and put into practice food habits that are conducive to optimum mental, physical, and emotional health.
2. To understand the complexity of the factors of nutrition and their relationship to good nutritional status.
3. To understand the various methods of food preservation and how to use these foods in planning the food budget.
4. To develop an interest in a greater variety of foods.

5. To understand the principles involved in food preparation and put these principles into practice.
6. To plan, prepare, and serve attractive, satisfying, nutritious, and economical meals using food management of time, energy, and money.
7. To acquire the knowledge to plan and prepare meals typical of foreign countries.
8. Develop personal and social competencies in serving and eating food.
9. Apply the principles of food cookery to out-of-door food preparation.
10. Acquire skill in food selection, care, and preparation for maximum retention of food nutrients and flavor.
11. To plan and prepare nutritious snacks.
12. To understand the importance of comparative shopping to best meet the needs of the family as well as saving time, energy, and money.
13. To develop an awareness and understanding of government labeling on appliances.
14. To understand and be able to use a microwave oven to its greatest capacity.
15. To understand and practice the various uses of appliances found within the home.

**COURSE TITLE:** Hospitality Careers

**COURSE LENGTH:** One Semester

**PREREQUISITE:**

**GRADE LEVEL:** 10 – 12

**GENERAL DESCRIPTION:** The hospitality and tourism industry is one of the fastest growing industries in the world. This course introduces the hospitality and tourism industry, including hotel and restaurant management, cruise ships, spas, resorts, theme parks, and other areas. Students learn about key hospitality issues, the development and management of tourist locations, event planning, marketing, and environmental issues related to leisure and travel. The course also examines some current and future trends in the field. This course provides an overview of the current hospitality and tourism industry.

**MODE OF PRESENTATION:** All of the units in the program are covered by lecture, discussion, and many projects.

**GRADING PROCEDURE:** Grading is established on class standards, projects, lab work, home projects, and tests.

**COURSE TITLE:** Travel and Tourism

**COURSE LENGTH:** One Semester

**PREREQUISITE:**

**GRADE LEVEL:** 10 – 12

**GENERAL DESCRIPTION:** This course will introduce students to the travel, and tourism sectors of the hospitality industry. The course will incorporate management principles and procedures of the travel and tourism industry as well as destination geography, airlines, international travel, cruising, travel by rail, lodging, recreation, amusements, attractions, and resorts. Students will obtain knowledge of customer service principles and examine the impact of cultural, historical, social and technological developments on key segments of the industry.

**MODE OF PRESENTATION:** All of the units in the program are covered by lecture, discussion, and projects, many of which will be partnered with our community.

**GRADING PROCEDURE:** Grading is established on class standards, projects, lab work, home projects, and tests.

**COURSE TITLE:**       **Restaurant Management**

**COURSE LENGTH:**   One Year (Must complete first semester to join second semester)

**PREREQUISITE:**

**GRADE LEVEL:**       10 – 12

**GENERAL DESCRIPTION:** In Restaurant Management, you'll learn the responsibilities of running a restaurant—from ordering supplies to hiring and firing employees. This course covers the different types of restaurants; managing kitchen and wait staff; food safety and hygiene; customer relations; marketing; scheduling employees; and dealing with difficult guests.

**MODE OF PRESENTATION:** All of the units in the program are covered by lecture, discussion, project and class labs as well as some home projects to enhance the learning in each area.

**GRADING PROCEDURE:** Grading is established on class standards, projects, lab work, home projects, and tests.