

# FOODS (& COOK TRADE) COURSE SUMMARIES

## INTRODUCTORY

### **FOD1010: FOOD BASICS**

Students learn safe and sanitary food handling procedures, equipment care, comprehension of recipes and the importance of efficient work habits.

*Prerequisite:* None

### **FOD1020: CONTEMPORARY BAKING**

Students develop and demonstrate an understanding of traditional and contemporary baking focusing on basic measuring techniques, preparation methods, role of ingredients and the proper use of equipment for baked goods.

*Prerequisite:* FOD1010: Food Basics

### **FOD1030: SNACKS & APPETIZERS**

Students apply the importance of snacks and appetizers related to lifestyle, by making nutritious, as well as delicious, snacks and appetizers.

*Prerequisite:* FOD1010: Food Basics

### **FOD1040: MEAL PLANNING 1**

Students develop an understanding of planning, preparation and evaluation of balanced healthy meals.

*Prerequisite:* FOD1010: Food Basics

### **FOD1050: FAST & CONVENIENCE FOODS**

Students consider budget, time, quality of food and food alternatives by making wise choices in the buying, using and preparing of fast foods and convenience foods.

*Prerequisite:* FOD1010: Food Basics

### **FOD1060: CANADIAN HERITAGE FOODS**

Students become aware of how food in Canada today reflects the country's history and origins by examining food patterns and customs, and by analyzing and preparing ethnic foods.

*Prerequisite:* FOD1010: Food Basics

### **FOD1070: FARM TO TABLE**

Students explore the basic steps involved in planting, growing and harvesting a plant commodity or in raising, growing and finishing an animal commodity in Alberta, and identify how the finished product is incorporated into a recipe.

*Prerequisite:* FOD1010: Food Basics

### **FOD1080: FOOD & NUTRITION BASICS**

Students learn about leader nutrients, what foods they are found in, how such foods affect performance and future health as they participate in healthy food preparation.

*Prerequisite:* FOD1010: Food Basics

### **FOD1910: FOD PROJECT A**

Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

*Prerequisite:* None

## INTERMEDIATE

### **FOD2030: FOOD DECISIONS & HEALTH**

Students learn how to balance the energy equation by using strategies for food intake analysis and preparing appropriate foods that help fuel the body efficiently and effectively.

*Prerequisite:* FOD1010: Food Basics

### **FOD2040: CAKE & PASTRY**

Students expand their knowledge and skills in the production of a variety of cake and pastry products.

*Prerequisite:* FOD1010: Food Basics

**FOD2050: BREAD PRODUCTS**

Students describe the role of ingredients and use specialized skills in working with bread products.

*Prerequisite:* FOD1010: Food Basics

**FOD2060: MILK PRODUCTS & EGGS**

Students develop skills using milk products and eggs by examining how to retain their nutritional value and quality through a variety of preparation and presentation methods.

*Prerequisite:* FOD1010: Food Basics

**FOD2070: SOUPS & SAUCES**

Students combine stocks with various thickening agents to produce hearty soups and sauces.

*Prerequisite:* FOD1010: Food Basics

**FOD2090: CREATIVE COLD FOODS**

Students learn to combine nutrition and creativity in the preparation of salads and sandwiches.

*Prerequisite:* FOD1010: Food Basics

**FOD2100: BASIC MEAT COOKERY**

Students learn the nutritional value of meat and differentiate among the various cuts of meat. Students apply this knowledge to the safe handling, storage, preparation and presentation of meat dishes.

*Prerequisite:* FOD1010: Food Basics

**FOD2110: FISH & POULTRY**

Students learn the nutritional value of fish and poultry, and the safe handling, storage, preparation and presentation of fish and poultry dishes.

*Prerequisite:* FOD1010: Food Basics

**FOD2120: MEAL PLANNING 2**

Students learn strategies for planning and creating satisfying meals that accommodate busy schedules or strained budgets.

*Prerequisite:* FOD1010: Food Basics

**FOD2130: VEGETARIAN CUISINE**

Students learn how to create healthy, wholesome vegetarian diets by preparing suitable foods in a variety of ways.

*Prerequisite:* FOD1010: Food Basics

**FOD2140: RUSH-HOUR CUISINE**

Students learn unique and quick ways to create nutritious and delicious dishes, using simple ingredients and prepared and convenience foods.

*Prerequisite:* FOD1010: Food Basics

**FOD2150: FOOD SAFETY & SANITATION**

Students learn about food-borne illnesses and the importance of food safety and sanitation training for anyone handling food in personal, as well as commercial, applications.

*Prerequisite:* FOD1010: Food Basics

**FOD2160: FOOD VENTURE**

Students develop entrepreneurial skills through the planning and creation of a food venture.

*Prerequisite:* FOD1010: Food Basics

**FOD2170: INTERNATIONAL CUISINE**

Students discover other cultures by exploring their cuisine, and develop a variety of techniques for international cooking and use of specialized tools.

*Prerequisite:* FOD1010: Food Basics

**FOD2180: VEGETABLES & FRUITS**

Students learn about the wide range of vegetables and fruits available, and how to retain their nutritional value and quality through a variety of preparation and presentation methods.

*Prerequisite:* FOD1010: Food Basics

**FOD2190: GRAINS, LEGUMES, PULSES, NUTS & SEEDS**

Students learn about the wide range of grains, legumes, pulses, nuts and seeds available, and how to retain the nutritional value and quality through a variety of preparation and presentation methods.

*Prerequisite:* FOD1010: Food Basics

**FOD2910: FOD PROJECT B**

Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

*Prerequisite:* None

**FOD2920: FOD PROJECT C**

Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

*Prerequisite:* None

**FOD2950: FOD INTERMEDIATE PRACTICUM**

Students apply prior learning and demonstrate the attitudes, skills and knowledge required by an external organization to achieve a credential/credentials or an articulation.

*Prerequisite:* None

**ADVANCED****FOD3010: FOOD FOR LIFE STAGES**

Students describe how food and nutrition needs change over various life stages, and demonstrate how to meet the challenges of each stage and the adapting of foods to satisfy all ages.

*Prerequisite:* FOD1010: Food Basics

**FOD3020: NUTRITION & DIGESTION**

Students learn about nutrition and how the body processes food by appraising current nutritional theories/issues and dietary needs.

*Prerequisite:* FOD1010: Food Basics

**FOD3030: CREATIVE BAKING**

Students learn about specialty cakes and pastry products by selecting and creating specialty cakes, pastries, desserts and a major baked project.

*Prerequisite:* FOD1010: Food Basics

**FOD3040: YEAST PRODUCTS**

Students further their skills in the handling of yeast dough through the preparation of a variety of yeast products.

*Prerequisite:* FOD1010: Food Basics

**FOD3050: ADVANCED SOUPS & SAUCES**

Students learn the techniques and ingredients of classic cuisine through the preparation of traditional soups and sauces and by adapting them for the trend toward lighter eating and nouveau cuisine.

*Prerequisite:* FOD1010: Food Basics

**FOD3060: FOOD PRESENTATION**

Students develop creativity and flair while learning the techniques of tempting and artistic food presentation.

*Prerequisite:* FOD1010: Food Basics

**FOD3070: SHORT-ORDER COOKING**

Students develop knowledge and skills in the principles and preparation underlying short-order cookery.

*Prerequisite:* FOD1010: Food Basics *or*

CKA3400: Kitchen Orientation

**FOD3080: ADVANCED MEAT COOKERY**

Students develop further awareness of the different types of meats available and of meat cookery through the preparation of a variety of meat dishes.

*Prerequisite:* FOD1010: Food Basics

**FOD3090: BUTCHER SHOP**

Students develop knowledge and skills related to meat cutting.

*Prerequisite:* FOD1010: Food Basics **or**  
CKA3400: Kitchen Orientation

**FOD3100: ENTERTAINING WITH FOOD**

Students plan and prepare food for an event and develop organizational skills that may be used in the hospitality industry, at home or in entrepreneurial endeavors.

*Prerequisite:* FOD1010: Food Basics

**FOD3110: FOOD PROCESSING**

Students explore how technology affects our food supply by using a variety of methods to process fresh foods.

*Prerequisite:* FOD1010: Food Basics

**FOD3120: FOOD EVOLUTION/INNOVATION**

Students explore historical influences that have had an impact on food and factors that will influence food in the future, and will prepare a variety of foods that illustrate food evolution and innovation.

*Prerequisite:* FOD1010: Food Basics

**FOD3130: THE FOOD ENTREPRENEUR**

Students plan, test and market a food product or products.

*Prerequisite:* FOD1010: Food Basics

**FOD3160: REGIONAL CUISINE**

Students explore, in depth, the cuisine of a region in order to appreciate the richness of its history and culture. They discover its foods, learn about food customs, experience traditional cooking methods, and adapt local produce to create regional recipes.

*Prerequisite:* FOD1010: Food Basics

**FOD3910: FOD PROJECT D**

Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

*Prerequisite:* None

**FOD3920: FOD PROJECT E**

Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

*Prerequisite:* None

**FOD3950: FOD ADVANCED PRACTICUM**

Students apply prior learning and demonstrate the attitudes, skills and knowledge required by an external organization to achieve a credential/credentials or an articulation.

*Prerequisite:* None

## **COOK TRADE APPRENTICESHIP**

### **CKA3400: KITCHEN ORIENTATION**

Students develop skills and abilities in the food service industry as they develop safe and efficient work habits.

*Prerequisite:* None

### **CKA3405: KITCHEN ORIENTATION – FOOD SERVICE**

Students continue to develop and refine those competencies developed in the food service industry related to kitchen brigade activities, use of resources and food preparation techniques.

*Prerequisite:* CKA3400: Kitchen Orientation

### **CKA3410: CULINARY FUNDAMENTALS**

Students develop an understanding of the professional kitchen, care in handling food, recipes, equipment and the importance of safe and efficient work habits.

*Prerequisite:* CKA3400: Kitchen Orientation

### **CKA3420: BREAKFAST FOODS**

Students develop knowledge and skills related to the preparation of breakfast foods and their accompaniments.

*Prerequisite:* CKA3410: Culinary Fundamentals

### **CKA3425: BREAKFAST – FOOD SERVICE**

Students continue to develop and refine those competencies developed in the food service industry related to the preparation of breakfast foods and their accompaniments with the appropriate use of resources and food preparation techniques.

*Prerequisite:* CKA3420: Breakfast Foods

### **CKA3430: ENTREMETIER**

Students develop knowledge and skills related to the preparation of vegetables, fruits, potatoes, pasta and rice.

*Prerequisite:* CKA3410: Culinary Fundamentals

### **CKA3435: ENTREMETIER – FOOD SERVICE**

Students continue to develop and refine those competencies developed in the food service industry related to the preparation of vegetables, fruits, potatoes, pasta and rice with the appropriate use of resources and food preparation techniques.

*Prerequisite:* CKA3430: Entremetier

### **CKA3440: PANTRY – SALADS & SANDWICHES**

Students develop knowledge and skills related to the preparation of salads and sandwiches.

*Prerequisite:* CKA3410: Culinary Fundamentals

### **CKA3445: PANTRY – FOOD SERVICE**

Students continue to develop and refine those competencies developed in the food service industry related to the preparation of salads and sandwiches with the appropriate use of resources and food preparation techniques.

*Prerequisite:* CKA3440: Pantry – Salads & Sandwiches

### **CKA3450: BAKESHOP**

Students develop a basic understanding of basic baking, ingredients, recipes and equipment by creating muffins, biscuits, loaves and cookies.

*Prerequisite:* CKA3410: Culinary Fundamentals

### **CKA3465: BAKESHOP – FOOD SERVICE**

Students continue to develop and refine those competencies developed in the food service industry related to the preparation of a variety of baked goods with the appropriate use of resources and food preparation techniques.

*Prerequisite:* CKA3450: Bakeshop

### **CKA3470: YEAST PRODUCTS**

Students describe the role of ingredients and use specialized skills in working with yeast.

*Prerequisite:* CKA3410: Culinary Fundamentals

**CKA3475: YEAST PRODUCTS – FOOD SERVICE**

Students continue to develop and refine those competencies developed in the food service industry related to the preparation of yeast products with the appropriate use of resources and food preparation techniques.

*Prerequisite:* CKA3470: *Yeast Products*

**CKA3480: SAUCIER 1**

Students develop knowledge and skills in working with stocks and various thickening agents in the preparation of soups.

*Prerequisite:* CKA3410: *Culinary Fundamentals*

**CKA3490: SAUCIER 2**

Students enhance their knowledge and skills related to the techniques and ingredients used in the preparation of traditional soups and sauces.

*Prerequisite:* CKA3480: *Saucier 1*

**CKA3495: SAUCIER – FOOD SERVICE**

Students continue to develop and refine those competencies developed in the food service industry related to the preparation of stocks, sauces, soups and their accompaniments with the appropriate use of resources and food preparation techniques.

*Prerequisite:* CKA3490: *Saucier 2*

**CKA3500: MEAT COOKERY**

Students develop knowledge and skills related to the purchasing, grading, handling, storage and preparation of meat and meat products.

*Prerequisite:* CKA3410: *Culinary Fundamentals*

**CKA3515: MEAT COOKERY – FOOD SERVICE**

Students continue to develop and refine those competencies developed in the food service industry related to the preparation of purchasing, grading, handling, storage and preparation of meat and meat products with the appropriate use of resources and food preparation techniques.

*Prerequisite:* CKA3500: *Meat Cookery*

**CKA3520: POULTRY, FISH & SEAFOOD**

Students develop knowledge and skills related to the selection, handling and preparation of poultry, fish and seafood.

*Prerequisite:* CKA3410: *Culinary Fundamentals*

**CKA3525: POULTRY, FISH & SEAFOOD – FOOD SERVICE**

Students continue to develop and refine those competencies developed in the food service industry related to the preparation of poultry, fish and seafood and their accompaniments with the appropriate use of resources and food preparation techniques.

*Prerequisite:* CKA3520: *Poultry, Fish & Seafood*