TEXT:  Culinary Essentials

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This course is designed to give you an awareness of the food industry and prepare students for a possible career in the field.  The course is delivered through both lectures and labs. Some areas covered will include:  Careers in Food Services, Nutrition and Menu Planning, Salads/Sandwiches, Baking Basics, Pasta/Grains, Protein Foods and Customer Service/Dining.

Unlike other food courses that you may be familiar with, this course is designed to be run as a business.  Food that is created in the lab will be sold to individuals to cover food costs.

A large portion of this course relies upon group work.  If you are not a team player, this course will be a challenge for you.  Each group will be responsible to work together to create a certain portion of a three course meal.  As well, in addition to regular class times, extra time may be required to ensure food preparation and clean up is completed.

Attendance is essential in this class.  If students miss classes, excused or unexcused, they may run the risk of being removed from the course.  If you are not present for a lab, you will automatically receive a 0% on that lab. Some extreme circumstances will be considered.

Below is an outline of potential marks.  It is important to remember that all assignments, projects, quizzes and tests must be completed to ensure your success in this course.

**Assignments                             30%**

**Labs                                         40%**

**Exam (Written/Practical)          30%**