



Foods 3160

FOD3160 is offered as an **individualized learning** course at the Learning Centres. The teacher is accessible for support via email or by booking an appointment (phone, virtual meeting, in person) during our hours of operation. Before you ask for help on the assignment, be sure to review all available resources that are included on Google Classroom.

Students will complete the course by working through lessons and content provided in Google Classroom using their unique **@edu.sturgeon.ab.ca** account . Students require access to a personal or commercial food preparation facility for this course.

Prerequisites

FOD1010: Food Basics is a prerequisite.

Course Outcomes

Students will study the cuisine of a region to appreciate its culture, history, and customs so that traditional cooking methods can be attempted, but recognize that ingredients might be adapted to suit the ingredients that are available in the local area.

Outcomes:

1. Identify and describe the various roles that food plays within a specific region.
2. Explore the availability of ethnic foods in the marketplace.
3. Identify and demonstrate safe and sanitary practices.
4. Demonstrate knowledge and skills in the planning, preparing and evaluating of foods and meals representative of a specific culture.
5. Identify and demonstrate safe and sanitary practices.
6. Demonstrate basic competencies in communication and teamwork.
7. Create long and short-term goals so that they can be achieved while completing coursework.



Evaluation

| Assessment Component | Overall Weighting |
|-----------------------------|--------------------------|
| Theory | 50% |
| Labs | 50% |

Marks can be viewed on PowerSchool.

Additional Information and Expectations

All students and staff are expected to treat each other with respect. Plagiarism will not be tolerated. For more information, please refer to our website: www.sturgeonlearning.ca.

