

Family and Consumer Science

CULINARY COURSE OFFERINGS:

THE STUDENT CHEF

This hands-on course is for students who have an interest in learning about basic food preparation techniques and nutrition. The focus is on successful preparation of recipes, measuring techniques and sanitation. Special emphasis is placed on adapting the dietary guidelines and the food pyramid/MyPlate to today's lifestyles. This course is open to students of all ability levels.

Prerequisite: None.



ADVANCED STUDENT CHEF

This course is designed to teach advanced level food preparation. The planning and preparation of well-balanced meals is the focus of each unit with an emphasis on time management, menu planning, food cost, and nutrition. This course offers students an opportunity to make multi-step recipes using the basic knowledge that they have acquired in Student Chef.

Prerequisite: *The Student Chef.*



INTERNATIONAL FOODS

Students have the opportunity to prepare and taste authentic foods from different places around the world including Europe, Mexico, South America, China, and the Middle East. Learn about their various customs, food habits, food preparation techniques, and influences on their food choices to gain an understanding of these various cultures.

Prerequisite: *The Student Chef*



AMERICAN CUISINE

Learn how “American” foods originated throughout the history of the United States. By preparing foods typical to each region of the United States, students will gain an understanding of the people who settled in that area. Food customs will be explored. Foods native to New England, the South, the Midwest, the West, Penn Dutch, and Creole cooking will be incorporated into class recipes.

Prerequisite: *The Student Chef*

THE BREADBOARD

This course may be elected for two years.

In this hands-on program, students learn to run the school restaurant that provides meals for the Duxbury school faculty, students and community. Culinary basics of cooking techniques, safe food handling/preparation and nutrition are combined with practical business skills including menu planning and pricing, inventory and purchasing, accounting and customer service.

Prerequisite: *The Student Chef* **and** *recommendation from Family and Consumer Science teacher.*

