

COURSE TITLE: Food & Nutrition CP

Level of Difficulty	Estimated Homework	Prerequisites
Moderate	0-30 Minutes	District: None Department Suggestion: None

Course Description:

Students will learn about cooking by using recipes, food and kitchen safety, clean up procedures, nutrition guidelines, meal service and careers related to the food service and hospitality field.

Grading:

25% Homework/classwork
25% Cooking Labs
20% Major Projects
15% Portfolio
15% Tests

Syllabus:

Semester long course
CP Level- UC/CSU G
Optional 3 Units towards Ventura County Community College

Supplemental Information:

This course focuses on nutrition and health as well as learning to cook. At the end of this course students will have cooked over 15 dishes, learned about over 15 types of lifestyles or diets and have the knowledge to cook, meal prep and shop for groceries all on their own.