

This is an optional 1 semester High School Elective class
There is a maximum of 2 semester's credits

Final
Grade

Student's Name: _____

Student's Grade Level: _____

GOAL:

This course will include topics such as: nutritional studies, meal/menu planning, safe food handling and storage, food preparation and presentation. It may also cover proper table setting, kitchen clean up and maintenance, recipe adjusting for size, taste or nutritional concerns.

Methods and Curricula:

- ⇒ Student will be involved in meal planning with an emphasis on balanced nutrition
- ⇒ Student will participate in generating shopping lists and shopping for supplies
- ⇒ Student will prepare a minimum of 40 main courses and at least 2 full meals
- ⇒ Student will participate in kitchen clean up
- ⇒ **Student will write a one page report discussing the skills learned in this class. Include a list of some of the foods prepared and any curriculum used.**
- ⇒ **90 hours is one semester; 180 hours is one year**

Parent Signature: _____ Date: _____

Please submit samples, one page paper, log of hours and this form for credit.

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