



**Course Title:** Foods 11

**Course Format:** Online

**Credits:** 4

**Course Exams:** only quizzes that can be taken online

**Description:** Foods 11 is a course to develop basic culinary skills and kitchen safety. Through written assignments, reflections, and cooking labs, you will explore food budgeting, healthy eating habits, and baking and cooking skill development.

**Course Modules:**

- Section 1: Foundations of the Course
- Section 2: Kitchen Safety + Sanitation
- Section 3: Kitchen Equipment + Budgets
- Section 4: What's in a Cookie?
- Section 5: Leavening Agents
- Section 6: The Balanced Vegetarian
- Section 7: Healthy Cooking
- Section 8: The Future of Food
- Section 9: International Foods

**Recommended Prerequisites:** None

**Resources:** Online course materials are provided. Personal computer and internet connection are required (not supplied by SAIL). Please note online course platform is not fully compatible with tablets or smartphones.

