



Course Title: Foods 12

Course Format: Online

Credits: 4

Course Exams: only quizzes that can be taken online

Description: Foods 12 is a course to develop healthy eating habits and food pricing. You will explore basic culinary skills with a variety of assignments from baking cookies to preparing a full course meal.

Course Modules:

- Section 1: Foundations of the course
- Section 2: Kitchen sanitation
- Section 3: Baking
- Section 4: Healthy eating habits
- Section 5: Changing world
- Section 6: Food guide
- Section 7: Meal planning

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.

