



# Thinking of Taking a Foods Class?



Here's what you need to know!

## What are the classes I can take?

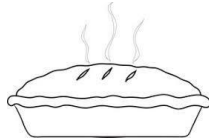
**Food and Nutrition I, Food and Nutrition II, International Cuisine, and Culinary Arts** are all offered at Francis Howell High. You must take Food and Nutrition I before you can take Food and Nutrition II, and/or International Cuisine. In order to take Culinary Arts, you must take both Food and Nutrition I and II.

## Why would I take these classes?

- If you have considered a career as a chef, dietician, health educator, nutrition teacher or any career related to food, nutrition, and health.
- Even if you haven't, these classes give you valuable knowledge of nutrition and cooking skills that are useful to everyone, even if you're not interested in a career in the culinary arts or food industry.

## What will I learn?

**Food and Nutrition I-** This class starts with basic food safety and sanitation, kitchen math and measuring, kitchen equipment, and nutrition, before moving on to food preparation units in eggs, dairy, quick breads, cookies, fruits and vegetables, ground meat, grains, and casseroles.



**Food and Nutrition II-** This class builds on the basic knowledge and skills you learn in Food and Nutrition I. The majority of the semester is spent on food preparation units, including yeast breads, cakes, candies, soups, salads, beef, poultry, fish, appetizers, pies and pastries, and foods for special diets. Nutrition topics like eating disorders, fad diets, and medical diets are also covered. We explore different careers in the food industry too.

**International Cuisine-** This class introduces you to new foods, cultures, and cooking techniques from all over the globe, including the various regions of the US, Mexico, South America, Asia, Europe and the Mediterranean.

**Culinary Arts-** This class introduces you to the professional industry of food including hospitality, culinary arts, and food service management. Topics in this class include nutrition, safety and sanitation in the professional kitchen, purchasing and cost control, sales and service, job seeking skills, and advanced food preparation and presentation. If you are in this class, you could have the opportunity to participate in the annual Iron Chef competition between the Francis Howell High Schools!

## How long are the classes?

- Food and Nutrition I, Food and Nutrition II, and International Cuisine are all semester long classes.
- Culinary Arts is a year-long class.

**Talk to Mrs. Ficker (formerly Miss Horn), Mrs. Rupp, Ms. Merdic, or your  
counselors for more information!**