

**Gourmet Foods SEM**  
**845700**

**Grade(s): 9-12**  
**Credit: 0.5**

**Gourmet Foods**  
**845100 Grade(s): 9-12**  
**Credit: 1**

**Prerequisite: None**

The application of science concepts in biology, chemistry, and physics are important to the study of foods. Students learn the relationship of science to foods, use of technology, nutrition, wellness, sports nutrition, food safety, and sanitation, time and resource management, foods and cultural diversity, contemporary trends and issues, and the use of the My Plate guide. Hands-on activities in food preparation skills and techniques and in the actual planning, preparation, preservation, and serving of nutritious meals encourage the development of positive interdependence, individual accountability, social skills, and effective group functioning. Students use computers to analyze nutritional content of foods and to plan for special dietary needs. Students interested in Gourmet Foods SEM should also consider Human Development SEM or Independent Living SEM.

This course counts as an elective credit.

Lab Fee: \$20.00 Semester, \$40.00 Full Year

**Introduction to Culinary Arts**  
**875101 Grade(s): 9-11**  
**Credit: 1**

**Prerequisite: None**

The Introduction to Culinary Arts curriculum provides students with opportunities to explore career options and entrepreneurial opportunities within the food service industry. Students investigate food safety and sanitation, explore culinary preparation foundations, practice basic culinary skills, explore diverse cuisine and service styles, investigate nutrition and menu development, and examine the economics of food. The curriculum places a strong emphasis on science and mathematics knowledge and skills.

This course counts as an elective credit.