

Frequently Asked Questions

What kind of things will we cook in Foods 10?

Foods 10 covers a wide array of items from very simple cookies and cakes through to pies and full meals covering all food groups as set out by the updated Canada's Food Guide. Some of the favorites include: buffalo chicken dip, sour cream cake, 3 pepper quesadillas and homemade butter tarts.



What do students learn in Food Studies?

Students learn about safety and sanitation in the kitchen as well as a variety of food preparation techniques and theory. Courses that Grade 10 students complete are: Food Basics (Safety & Sanitation), Contemporary Baking, Fruits & Vegetables, Grains, Legumes, Nuts, & Seeds, and Meal Planning.

Does Ross Sheppard have a Culinary Arts program?

No, Ross Sheppard does not have a Culinary Arts program. However, NAIT does not require students to have credits from a culinary course to enroll in their Culinary Arts programs.