



Robert E. Fitch High School

## **Foods/Culinary Electives 2019-2020**

*“This is my advice to people: Learn how to cook, try new recipes, learn from your mistakes, be fearless, and above all, have **fun!**”-  
Julia Child*



Foods 1: Introduction  
(1 Credit)

In this introduction to foods course, students will learn about nutrition, safety and sanitation, mealtime etiquette, cooking tools and equipment, recipe skills, food careers and basic techniques of food preparation. Students will participate in a large variety of Beginner level Food Labs.



Falcon Café

(.5 Credit)-Prerequisite Foods 1, Culinary 1)

Come help run your own restaurant!! This class will give students the opportunity to plan menus, order foods, apply cost control measures etc. Students will also practice customer service skills, as well as prepare, plate and garnish restaurant quality dishes. This class will have students engage in several Advanced level food labs.



Culinary Arts I

(1 Credit - Prerequisite: Foods I)

Culinary 1 builds upon the foundational skills developed in Foods 1. Students will apply cooking techniques to multicultural cuisines. Students will learn plating, garnishing, and menu planning. Students will participate in large variety of Intermediate level Food Labs.