INTRODUCTION TO **COOKING**



Check out what's **cooking**!

Do you enjoy preparing basic meals that are wholesome and nutritional? The skills you acquire in this program will allow you to work in the restaurant industry in a variety of positions. You'll learn food preparation and the proper sanitation skills needed to work in a commercial kitchen as well as food service protocol and menu planning. Mix it up and make it work for you!

COURSE TITLE: **INTRODUCTION TO COOKING**

COURSE DESCRIPTION
The focus of this course is to provide students with an introduction to the basic fundamentals of cooking and baking. Laboratory experiences will reinforce classroom instruction and demonstrations. Various field trips can be offered to give students an opportunity to explore various job placements.

COURSE CONTENT
Basic Nutrition
Food and Baking Preparation
Gourmet Foods
Menu Planning
Terminology and Measurement
Safety and Sanitation
Serving Food
Purchasing
Equipment and Utensils

EMPLOYMENT OPPORTUNITIES
Waitress/Waiter
Host/Hostess
Cashier
Baker's Assistant
Dishwasher
Cook
Cafeteria Worker

LOCATION
Islip Career Center

RELATED COURSES (Special Career Education)
Food Preparation/Service
Introduction to Baking

RELATED COURSE AT TECHNICAL CENTERS (Secondary Career Education)
Culinary Arts/Restaurant Operations Management