

Course Title: Foods 11

Course Format: Online

Credits: 4

Course Exams: only quizzes that can be taken online

Description: Foods 11 is a course to develop basic culinary skills and kitchen safety. Through written assignments, reflections, and cooking labs, you will explore food budgeting, healthy eating habits, and baking and cooking skill development.

Course Modules:

- Section 1: Foundations of the Course
- Section 2: Kitchen Safety + Sanitation
- Section 3: Kitchen Equipment + Budgets
- Section 4: What's in a Cookie?
- Section 5: Leavening Agents
- Section 6: The Balanced Vegetarian
- Section 7: Healthy Cooking
- Section 8: The Future of Food
- Section 9: International Foods

Prerequisites: None

Resources: None

