

**Course Title:** Foods 12

**Course Format:** Online

**Credits:** 4

**Course Exams:** only quizzes that can be taken online

**Description:** Foods 12 is a course to develop healthy eating habits and food pricing. You will explore basic culinary skills with a variety of assignments from baking cookies to preparing a full course meal.

**Course Modules:**

- Section 1: Foundations of the course
- Section 2: Kitchen sanitation
- Section 3: Baking
- Section 4: Healthy eating habits
- Section 5: Changing world
- Section 6: Food guide
- Section 7: Meal planning

**Prerequisites:** None

**Resources:** None

