

## FOOD STUDIES 10

***Credits: 2***

Food Studies 10 is an applied skills course in the Foods Lab that focuses on guidelines for making nutritious food choices. This course provides students with opportunities to develop food-preparation skills, learn about causes and consequences of food contamination, as well as meal planning and eating practices. Projects will include demonstrating recipes for the class, teaching a younger grade how to cook a meal and a “Chopped” style cooking competition.

Prerequisites: None