

Art of Cooking

Grade Levels: 9-12

Course Description: Have you ever watched Rachel Ray or Sam the Cooking Guy and thought you would enjoy cooking too? Here's your chance. This hands-on course is designed to develop basic food preparation skills while applying nutritional principles to your life based on the revised Food Guide Pyramid. You'll learn how to make pasta, pies, appetizers, stir-fry and much more from scratch. Students choose recipes, plan and budget for cooking, prepare and cook a variety of dishes, evaluate and enjoy their success. You will also be assisted in obtaining a food handlers card. Students who have food allergies please contact the teacher to inform them **before** the first class meeting.