

Advanced Nutrition and Wellness B

Course Outline

Spring 2016

Ms. Kirk

Supplies needed:

- 3 ring binder or folder
- Notes/handouts
- Paper/notebook
- Pen/pencil
- Computer and computer charger

This class will be graded on the following:

- Class work
- Projects and cooking labs
- Homework/class work
- Do Nows
- Tests/quizzes
- Participation in class and discussion

This course will be based on a standard grading scale. Point for point. Grades are not rounded or curved.

Topics to be covered:

- Kitchen basics/sanitation/measuring review project
- Eggs
- Breads
- Sandwiches
- Casseroles
- Meat and poultry
- Cakes and cake decorating

