

## Foods I

<b>Course Number:</b>	FN41
<b>Recommended Maximum Enrollment:</b>	20* (or 4-5 per laboratory kitchen)
<b>Hours of Instruction:</b>	135 (block)
<b>Prerequisite:</b>	None

This course examines the nutritional needs of the individual. Emphasis is placed on the relationship of diet to health, kitchen and meal management, food preparation and sustainability for a global society, and time and resource management. English language arts, mathematics, science, and social studies are reinforced. Work-based learning strategies appropriate for this course include service learning and job shadowing. Apprenticeship and cooperative education are not available for this course. Family, Career and Community Leaders of America (FCCLA) competitive events, community service, and leadership activities provide the opportunity to apply essential standards and workplace readiness skills through authentic experiences.

\*For safety and sanitation reasons, enrollment should not exceed 20 in this course.