

Food, Finance, and Other Real World Basics

This class helps prepare our juniors and seniors to transition to living on their own after graduation. This one semester course is divided into two nine week blocks that will cover basic food preparation/nutrition and financial management.

Topics covered in the food preparation area will include food safety, food budgeting and menu planning, nutrition, setting up a working kitchen, breakfast preparation and dinner and lunch preparations. Emphasis is on the use of healthy and fresh ingredients for all food preparations.

Topics covered in the personal finance segment will include basic money and credit management along with investment and saving strategies.

Course Outline for Food Section

Personal Hygiene, Sanitation and Safety

Topics covered include prevention of food-borne illness through proper handling of potentially hazardous foods, personal hygiene habits, kitchen safety and guidelines for safe food preparation, storing, and reheating.

Kitchen Tools and Mise en Place

Topics for study include the identification and safe use of the most commonly used equipment in a kitchen. Emphasis will be placed on the safe use of kitchen knives. Students will also be exposed to commonly used ingredients in order to properly stock their own kitchens. Emphasis will be placed on the use of fresh ingredients.

Breakfast Food Basics

Topics include the identification and preparation of meats, hot cereals, muffins, eggs, pancakes, waffles, and specialty breakfast items.

Basic Cooking Principles

An introduction to fundamental cooking theories and techniques. Topics include what happens to food when it is heated, various cooking methods, and seasoning and flavoring rules.

Soup and Stews

Introduction to the preparation, safe storage and appropriate use of soup and stews.

Nutrition and Food Preparation

Focus on matching food preparation and menu selections with good nutrition. Areas covered will be caloric intake, vitamins and minerals, rounded meals, portion size and buying whole foods vs. pre-package ones

Attachment XVII-3A-4

Course Outline for Financial Section

Money Management

Students will learn about the following topics in this section: (1) pay, benefits, & working conditions, (2) federal, state, & local income taxes, (3) budgets & financial records, & (4) checking accounts and banking services.

Credit Management

This section will give students background information on the history and reasoning behind the use of credit, credit records and laws, responsibilities & costs of credit, plus the problems associated with the use of credit.

Financial Security

This portion of the course will stress the importance of savings and various type of investments (stocks, bonds, real estate, and other options). Retirement and estate planning may also be covered if time permits.