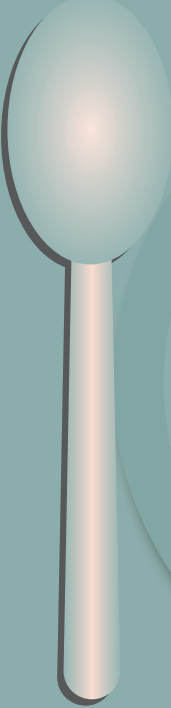




## INTRODUCTION TO COOKING



### Check out what's **cooking!**



Do you enjoy preparing basic meals that are wholesome and nutritional? The skills you acquire in this program will allow you to work in the restaurant industry in a variety of positions. You'll learn food preparation and the proper sanitation skills needed to work in a commercial kitchen as well as food service protocol and menu planning. Mix it up and make it work for you!

**COURSE TITLE: INTRODUCTION TO COOKING**

**COURSE DESCRIPTION**

The focus of this course is to provide students with an introduction to the basic fundamentals of cooking and baking. Laboratory experiences will reinforce classroom instruction and demonstrations. Various field trips can be offered to give students an opportunity to explore various job placements.

**COURSE CONTENT**

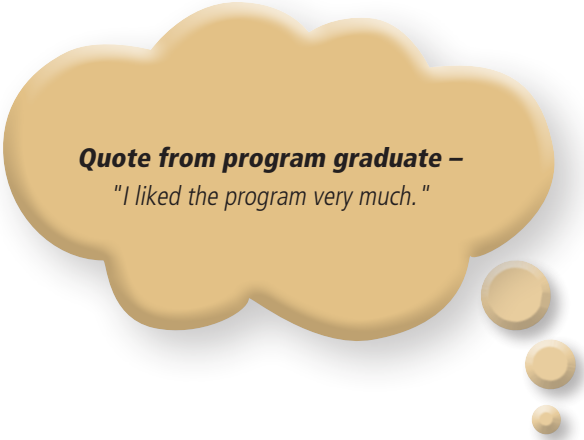
Basic Nutrition	Safety and Sanitation
Food and Baking Preparation	Serving Food
Gourmet Foods	Purchasing
Menu Planning	Equipment and Utensils
Terminology and Measurement	

**EMPLOYMENT OPPORTUNITIES**

Waitress/Waiter  
Host/Hostess  
Cashier  
Baker's Assistant  
Dishwasher  
Cook  
Cafeteria Worker

**LOCATION**

Islip Career Center



**Hospitality and Tourism**

- Culinary Arts/Restaurant Operations Management (MTC, WTC)
- Introduction to Cooking (ICC)
- Food Preparation Service (ICC, WTC, BTC)
- Introduction to Baking (ICC)
- Culinary Exploration (IAC)

