

## CATEGORY E

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### SUBJECT:

### COOKING AND NUTRITION

### OBJECTIVE(S)

To have the knowledge of good nutritional habits as found in *Canada's Food Guide* and to be aware of how to safely store and prepare food, and be able to prepare and serve nutritious, attractive meals for various types of diets.

### PREREQUISITES

None.

### INSTRUCTORS/EVALUATORS

- Teachers of Family Studies, Home Economics, Cooking or similar subjects
- Professional Dietitians, Nutritionist, Home Economists
- Nurses
- Professional cooks/chefs

### REFERENCES AND MATERIALS

- Canadian Paediatric Society.
- Health Canada.
- Appropriate Canadian Association, Federal, Provincial, or Municipal Government agency, ministry, or department dealing with family health, food, agriculture, agri-foods, or fisheries.

### CONTENT

#### ***Nutrition***

1. *Canada's Food Guide* including specific dietary needs for: pre-school children, school children, teenagers, adults and older people.
2. Typical meal patterns.
3. Menu planning.
4. Food budgeting: quantities, prices, types of food.
5. Storage of food, refrigeration and freezing.
6. How to buy groceries (ie. have list, don't shop on an empty stomach, etc.)

#### ***Food preparation and cooking***

1. Basic cleanliness rules for handling food in the kitchen.
2. Care of stove & refrigerator.
3. Washing procedure and care of linen, silver, china and glass.
4. Preparation of a full meal according to the *Canada Food Guide*:
  - Vegetable soup
  - Fresh fruit and vegetable salad
  - Meat and fish dishes
  - Desserts

- Cooked fruits and vegetables

- Drinks

***Special Needs Menus***

- Liquid diets (clear fluids/full fluids)
- Soft diets/regular diet
- Bland diet (no spices)
- Diets for overweight and underweight
- Diets for constipation
- Diet during pregnancy and lactation
- Allergies
- Food sensitivities

***Digestive Process***

- Describe digestive process (eg. explain nutrients)

**DURATION**

As necessary.

**CERTIFICATION**

Instructors/Evaluators must be satisfied that the candidate has an adequate knowledge of all the above content. Tests to confirm knowledge maybe written, oral or a combination of both as well as a practical test to prepare a full meal.

**CERTIFICATION OF SUCCESSFUL COMPLETION OF PROFICIENCY SUBJECT**

**COOKING AND NUTRITION**

Instructors/Evaluators should carefully consider the age, ability and accessibility to resource materials of each candidate.

The candidate has completed the above content and meets the requirements to the satisfaction of the Instructor/Evaluator.

Name of Instructor/Evaluator: \_\_\_\_\_

Agency: \_\_\_\_\_

Address: \_\_\_\_\_ Tel #: \_\_\_\_\_

Instructor qualifications: \_\_\_\_\_

I certify that

\_\_\_\_\_ of \_\_\_\_\_  
(candidate's name) (Division #)

meets the criteria of this proficiency subject, as laid out on the previous page(s).

\_\_\_\_\_  
Instructor/Evaluator (signature) Date

\_\_\_\_\_  
Divisional Superintendent (signature) Date