

PART I: FOOD SCIENCE AND NUTRITION.

1. Food Selection
2. Food Evaluation.
3. Chemistry of Food Composition.

PART II: FOOD SERVICE.

4. Food Safety.
5. Food Preparation Basics.
6. Meal Management.

PART III: FOODS.

Protein-Meat, Poultry, Fish, Dairy, and Eggs.

7. Meat.
8. Poultry.
9. Fish and Shellfish.
10. Milk.
11. Cheese.
12. Eggs.

Phytochemicals-Vegetables, Fruits, Soups, and Salads.

13. Vegetables and Legumes.
14. Fruits.
15. Soups, Salads, and Gelatins.

Complex Carbohydrates-Cereals, Flour, and Breads.

16. Cereal Grains and Pastas.
17. Flours and Flour Mixtures.

18. Starches and Sauces.

19. Quick Breads.

20. Yeast Breads.

Desserts-Refined Carbohydrates and Fat.

21. Sweeteners.

22. Fats and Oils.

23. Cakes and Cookies.

24. Pies and Pastries.

25. Candy.

26. Frozen Desserts.

Water-Beverages.

27. Beverages.

PART IV: FOOD INDUSTRY.

28. Food Preservation.

29. Government Food Regulations.

30. Careers in Food and Nutrition.