GENERAL OBJECTIVES

1. To develop safe and sanitary habits when working with people, food, and equipment

2. To gain knowledge of the nutritional needs of each family member

3. To learn to prepare and attractively serve nutritious, economical meals and snacks in a socially accepted manner

4. To become aware of the changes that occur in food when it is prepared

5. To develop an appreciation for traditional Newfoundland food and an open-minded attitude towards unfamiliar foods

6. To gain skill in managing the food dollar without violating the rules of good nutrition

7. To understand the reasons for fluctuating food prices

8. To understand the psychological effect of advertising and packaging