

Food Service Worker Course Descriptions

Intro to Nutrition OL 433

This course introduces students to the basic principles of nutrition and the role of nutrition in the health care environment. Current nutrition recommendations for fat, fibre, vitamins and minerals and weight control will be discussed. Special considerations for nutrition throughout the lifecycle will also be explored.

Nutrition in Health Care OL 455

This course focuses on the basic principles of diet therapy. Several therapeutic diets are discussed, as well as tube feedings and commercial preparations.

Communications and the FSW OL 334

Focus on the communication skills required by the Food Service Worker in the health care institution. General principles of human communication will be explored including verbal communication and listening are explored. Students will learn effective communication skills and techniques for communicating with patients, residents, co-workers and supervisors. Students will also have the opportunity to develop writing skills and presentation skills.

Institutional Food Services OL 413

This course focuses on the food service worker's role in various food service systems in the health care environment. These systems include food service department organization, food production and delivery systems, food ordering and receiving systems, cost controls, quality improvement and computerization.

Sanitation and Safety OL 426

Focus on preventing food-borne illness within the health care institutional setting. Course addresses special regulations and acts governing food service and strategies involved in proper food handling, control of contamination. Emphasis also on food safety and quality assurance programs such as HACCP. Safe working environments for the FSW are explored including fire safety, managing safety hazards, prevention of common injuries and an introduction to first aid.

Quantity Food Preparation

This course focuses on the cooking principles and methods for preparing food in large quantities. In addition, the nutritional components of each food will be reviewed to ensure students are aware of the quality and nutritional values of various foods and methods for maintaining nutrition throughout food preparation and service. Various food types will be examined including meat and alternates, bakery products, cold prepared items, egg and cheese recipes, milk products, soups, stocks and sauces. Major cooking equipment will also be discussed.

APPLICATION DEADLINE: MONDAY, APRIL 18 AT 12:00 NOON



Anishinabek Employment
and Training Services

