



## COURSE OUTLINE: KAP207 - THEORY OF FOOD

Prepared: Sarah Birkenhauer

Approved: Sherri Smith, Chair, Natural Environment, Business, Design and Culinary

<b>Course Code: Title</b>	KAP207: THE THEORY OF FOOD
<b>Program Number: Name</b>	
<b>Department:</b>	CULINARY/HOSPITALITY
<b>Academic Year:</b>	2022-2023
<b>Course Description:</b>	Having a theoretical knowledge base of professional culinary terminology, food principles and common kitchen practices is essential for every cook. Students will learn to identify different quality food ingredients, explore principles of cooking, recognize a variety of cooking methodologies and examine food flavour pairings. Topic areas to be explored are: kitchen safety and sanitation, stocks, soup, sauces, breakfast, salads, sandwiches, hors d'oeuvres, non-alcoholic beverages, vegetables, potatoes, grains, pasta, legumes, poultry, meat products, fish and shellfish.
<b>Total Credits:</b>	5
<b>Hours/Week:</b>	5
<b>Total Hours:</b>	60
<b>Prerequisites:</b>	There are no pre-requisites for this course.
<b>Corequisites:</b>	KAP205
<b>This course is a pre-requisite for:</b>	KAP401, KAP403
<b>Essential Employability Skills (EES) addressed in this course:</b>	<p>EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.</p> <p>EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>EES 5 Use a variety of thinking skills to anticipate and solve problems.</p> <p>EES 6 Locate, select, organize, and document information using appropriate technology and information systems.</p> <p>EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>EES 10 Manage the use of time and other resources to complete projects.</p> <p>EES 11 Take responsibility for ones own actions, decisions, and consequences.</p>
<b>Course Evaluation:</b>	
<b>Books and Required Resources:</b>	Professional Cooking for Canadian Chefs by Wayne Gisslen Publisher: Wiley Edition: 9th



SAULT COLLEGE | 443 NORTHERN AVENUE | SAULT STE. MARIE, ON P6B 4J3, CANADA | 705-759-2554

ISBN: 9781119424727

Professional Cooking Study Guide by Wayne Gisslen  
Publisher: Wiley Edition: 9th  
ISBN: 9781119506379

**Course Outcomes and Learning Objectives:**

<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
2. Indicate specific uses for various pieces of kitchen equipment and hand tools within the kitchen.	2.1. Identify and list appropriate uses for kitchen equipment. 2.2 Summarize the safe and proper use of kitchen equipment and hand tools. 2.3 Identify and summarize the use of a range of new technology present in the contemporary kitchen. 2.4 Evaluate the benefits and repercussions of purchasing and implementing the use of new equipment within the kitchen.
<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
3. Classify ingredients and identify different methods of preparation.	3.1 Define and utilize appropriate culinary terminology. 3.2 State the use for a variety of aromatics and flavour builders. 3.3 Review the fundamentals of sourcing and processing vegetables, fruits and flavouring agents. 3.4 Describe various salads and salad dressings. 3.5 Identify and categorize various food products and distinguish them by their composition. 3.6 Examine the different uses and methods of preparation for a variety of ingredients. 3.7 Discuss the use of wine, spirits, beer and cheese in cooking. 3.8 Describe principles for the preparation of non-alcoholic beverages.
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
4. Explain the principles of cooking.	4.1 Discuss proper handling and storage standards for a variety of foods. 4.2 Explain the effects of heat and cold on foods. 4.3 Demonstrate a working knowledge of the principles of stock, soup, sauce, egg, breakfast, short order, sandwich, vegetable, fruit, farinaceous, meat, poultry, fish and shellfish cookery. 4.4 Match appropriate cooking methods for a desired end product. 4.5 Show a working knowledge of garde manger principles and applications. 4.6 Discuss the production of hors d' oeuvres. 4.7 Review plate and platter design for hot and cold foods. 4.8 Discuss a variety of garnitures for hot and cold food applications.
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
5. Identify criteria for purchasing.	5.1 Define food standards: grading, laws and regulations. 5.2 Define food sourcing options: organic, commercial, GMO etc.



5.3 Examine the responsibility of purchasing ethically.

**Evaluation Process and Grading System:**

Evaluation Type	Evaluation Weight
Assignments	20%
Final Assessment	30%
Test #1	25%
Test #2	25%

**Date:**

June 30, 2022

**Addendum:**

Please refer to the course outline addendum on the Learning Management System for further information.

