



## COURSE OUTLINE: FDS145 - FOOD THEORY - BASIC

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

<b>Course Code: Title</b>	FDS145: FOOD THEORY - BASIC
<b>Program Number: Name</b>	1071: CULINARY SKILLS 2078: CULINARY MANAGEMENT
<b>Department:</b>	CULINARY/HOSPITALITY
<b>Semesters/Terms:</b>	18F
<b>Course Description:</b>	Upon successful completion of the reportable subject, the student is able to demonstrate a working knowledge of basic food theory in preparation of the practical application of culinary techniques.
<b>Total Credits:</b>	1
<b>Hours/Week:</b>	3
<b>Total Hours:</b>	45
<b>Prerequisites:</b>	There are no pre-requisites for this course.
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>This course is a pre-requisite for:</b>	FDS164
<b>Vocational Learning Outcomes (VLO's) addressed in this course:</b>	<p><b>1071 - CULINARY SKILLS</b></p> <p>VLO 2    apply basic food and bake science to food preparation to create a desired end product.</p> <p>VLO 3    contribute to and monitor adherence of others to the provision of a well-maintained kitchen environment and to the service of food and beverage products that are free from harmful bacteria or other contaminants, adhering to health, safety, sanitation and food handling regulations.</p> <p>VLO 4    ensure the safe operation of the kitchen and all aspects of food preparation to promote healthy work spaces and the responsible, efficient use of resources.</p> <p><b>2078 - CULINARY MANAGEMENT</b></p> <p>VLO 2    apply basic and advanced food and bake science to food preparation to create a desired end product.</p> <p>VLO 3    contribute to and monitor adherence of others to the provision of a well-maintained kitchen environment and to the service of food and beverage products that are free from harmful bacteria or other contaminants, adhering to health, safety, sanitation and food handling regulations.</p> <p>VLO 4    ensure the safe operation of the kitchen and all aspects of food preparation to promote healthy work spaces, responsible kitchen management and efficient use of resources.</p>
<b>Essential Employability Skills (EES) addressed in</b>	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.



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**this course:**

- EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.
- EES 5 Use a variety of thinking skills to anticipate and solve problems.
- EES 6 Locate, select, organize, and document information using appropriate technology and information systems.
- EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.
- EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.
- EES 10 Manage the use of time and other resources to complete projects.
- EES 11 Take responsibility for ones own actions, decisions, and consequences.

**Course Evaluation:**

Passing Grade: 50%, D

**Books and Required Resources:**

Professional Cooking for Canadian Chefs by Wayne Gisslen  
 Publisher: Wiley Edition: 9th  
 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>
1. Recognize the importance of professional behaviour in the kitchen.	1.1 Define and explain the importance of planning mise en place. 1.2 Identify classical stations in the kitchen. 1.3 Discuss the behavioural characteristics that should be adhered to in order to achieve high standards of professionalism.
<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
2. Explain the specific uses for various pieces of kitchen equipment and hand tools within the kitchen.	2.1 List and identify kitchen equipment and the appropriate uses for each. 2.2 Summarize the safe and proper use of kitchen equipment and hand tools. 2.3 Discuss proper handling and storage standards for a variety of foods.
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
3. Classify ingredients and identify different methods of preparation.	3.1 Identify various food products and distinguish them by their composition. 3.2 Examine the different uses of ingredients. 3.3 Discuss a variety of garnishing techniques for hot and cold food applications.
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
4. Define the principles of cooking.	4.1 Define and utilize appropriate culinary terminology. 4.2 Explain the effects of heat & cold on foods. 4.3 Match appropriate cooking methods for a desired end product.
<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>



	5. Recognize the value of practicing sustainable cooking.	5.1 Define sustainability and identify sustainable local opportunities. 5.2 Investigate food's carbon footprint. 5.3 Give examples of nose to tail and root to leaf cooking practices.
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**Evaluation Process and Grading System:**

Evaluation Type	Evaluation Weight	Course Outcome Assessed
Assignments	20%	
Final Assessment	25%	
Presentations & Quizzes	5%	
Tests	50%	

**Date:**

August 7, 2018

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

