



## COURSE OUTLINE: FDS145 - FOOD THEORY - BASIC

Prepared: Sarah Birkenhauer

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

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| <b>Course Code: Title</b>   | FDS145: FOOD THEORY - BASIC   |
| <b>Program Number: Name</b>   | 1071: CULINARY SKILLS<br>2078: CULINARY MANAGEMENT  |
| <b>Department:</b>  | CULINARY/HOSPITALITY  |
| <b>Semesters/Terms:</b>   | 19F   |
| <b>Course Description:</b>  | Upon successful completion the apprentice, is able to demonstrate a working knowledge of basic food theory in preparation for the practical application of culinary techniques.   |
| <b>Total Credits:</b>   | 1   |
| <b>Hours/Week:</b>  | 5   |
| <b>Total Hours:</b>   | 60  |
| <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 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</p>   |



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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>  |
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| 1. Recognize the importance of professional behaviour in the kitchen.                                | 1.1 Identify standards of professionalism for the food-service worker.<br>1.2 Discuss behavioural characteristics that should be developed and adhered to in order to achieve high standards of professionalism, within the hospitality industry.<br>1.3 Discuss the organization of the classical and modern kitchen.<br>1.4 Define and explain the importance of planning mise en place.       |
| <b>Course Outcome 2</b>  | <b>Learning Objectives for Course Outcome 2</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.<br>2.2 Summarize the safe and proper use of kitchen equipment and hand tools.<br>2.3 Identify and summarize the use of a range of new technology present in the contemporary kitchen.<br>2.4 Evaluate the benefits and repercussions of purchasing and implementing the use of new equipment within the kitchen.                  |
| <b>Course Outcome 3</b>  | <b>Learning Objectives for Course Outcome 3</b>  |
| 3. Classify ingredients and identify different methods of preparation.                               | 3.1 Define and utilize appropriate culinary terminology.<br>3.2 State the use for a variety of aromatics and flavour builders.<br>3.3 Identify and categorize various food products and distinguish them by their composition.<br>3.4 Examine the different uses and methods of preparation for a variety of ingredients.<br>3.5 Discuss the use of wines, spirits, beers and cheese in cooking. |
| <b>Course Outcome 4</b>  | <b>Learning Objectives for Course Outcome 4</b>  |



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|--|---------------------------------------|--|
|  | 4. Explain the principles of cooking. | 4.1 Discuss proper handling and storage standards for a variety of foods.<br>4.2 Explain the effects of heat and cold on foods.<br>4.3 Demonstrate a working knowledge of the principles of stock, soup, sauce, breakfast, short order, vegetable, fruit, farinaceous, meat, poultry, fish and shellfish cookery.<br>4.4 Match appropriate cooking methods for a desired end product.<br>4.5 Show a working knowledge of garde manger principles and applications.<br>4.6 Discuss the production of hors d' oeuvres.<br>4.7 Review plate and platter design for hot and cold foods.<br>4.8 Discuss a variety of garnitures for hot and cold food applications. |
|  | <b>Course Outcome 5</b>               | <b>Learning Objectives for Course Outcome 5</b>  |
|  | 5. Identify criteria for purchasing.  | 5.1 Define food standards: grading, laws and regulations.<br>5.2 Define food sourcing options: organic, commercial, GMO etc.<br>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:** July 26, 2019

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