



**I. COURSE DESCRIPTION:**

The subject content of this course will give the student a basic knowledge of the front and back of the house, in a restaurant operation (Willow). This course is in a lab setting and will provide hands on, practical training.

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

Upon successful completion of this course, the student will demonstrate the ability to:

1. ***Identify various kitchen equipment and tools from the perspective of handling, sharpening, cleaning and storing.***

Potential Elements of the Performance:

Identify and list uses of the following:

- Knives - French, paring, boning
- Slicer
- Palette
- Peeler
- Spatula
- Steel

Identify and list uses of the following hand tools:

- Zester
- Decorator
- Egg slicer
- Cutters
- Rolling pin
- Tongs
- Whip
- Spoons
- Ladles
- Can opener
- Brushes
- Thermometers

Identify and list the uses of the following cooking utensils:

- Stock pot
- Frying pan
- Braising pan
- Sauce pan
- Roasting pan
- Colander
- Strainer

- China cap (chinoise)
- Cutting board

Identify and list the uses of the following large equipment:

- Salamander
- Oven
- Deep fryer
- Stove
- Steamer
- Tilting fry pan
- Grill/griddle

Identify and list the uses of the following mechanical equipment:

- Whipping machine
- Slicer
- Meat grinder
- Food Processor
- Blender
- Scale

2. ***Dress in full cooks uniform:***

Potential Elements of the Performance:

- Sturdy shoes (non-slip)
- Black or checkered pants
- Chef jacket
- Necktie
- Chef's hat
- Apron
- Clean hand towels
- Hair net (or short hair)
- Name tag

3. ***Demonstrate and understand proper fire procedures:***

Potential Elements of the Performance:

- Familiarize oneself with alarm, Extinguishers and fire exists

4. ***Demonstrate and understand the preparation of the following vegetable cuts and flavouring agents (classical names)***

Potential Elements of the Performance:

- Mirepoix
- Matignon
- Macedoine
- Julienne
- Brunoise
- Paysanne
- Jardiniere
- Dice onions
- Slice onions
- Slice onion rings

5. ***Demonstrate and understand the correct food storage procedures and packaging***

Potential Elements of the Performance:

- Cooling
- Refrigerating
- Freezing
- Saran Wrap
- Foil Wrap
- Sealed Containers
- Dating and Labeling

6. ***Prepare Soups***

Potential Elements of the Performance:

- Demonstrate the mode of preparation of the different types and classifications of soups
- Produce soups of different types
- Utilize different stocks in preparing the different classifications of soups

7. ***Prepare Salads***

Potential Elements of the Performance:

- Use different salad greens, vegetables and fruits to produce eye appealing, flavourful, colourful and proper tasting salads
- Prepare various dressings
- Garnish salads using harmonious combinations of fruits or vegetables

8. ***Prepare Vegetables***

Potential Elements of the Performance:

- Identify, cook and present a variety of fresh and frozen vegetables following the correct methods and sanitation and safety rules

9. ***Prepare Potatoes***

Potential Elements of the Performance:

- Identify, cook and present fresh and frozen potatoes following the correct methods and sanitation and safety rules

10. ***Clean & Sanitize***

Potential Elements of the Performance:

- Clean and sanitize all work areas immediately after use following the sanitation code book procedures
- Clean and sanitize all tools and equipment immediately after each use following sanitation procedures
- Clean and Sanitize all dishes pots and pans immediately after each use following sanitation procedures

**III. TOPICS:**

1. Kitchen Equipment
2. Uniform
3. Fire Procedures
4. Vegetable Cuts/Flavourings
5. Food Storage & Packaging
6. Soup
7. Salad
8. Vegetables
9. Potatoes
10. Sanitation

**IV. REQUIRED RESOURCES/TEXTS/MATERIALS:**

Professional Cooking, 8<sup>th</sup> edition, W. Gisslen  
Digital Thermometer  
Digital Scale  
Zester  
Vegetable Peeler  
Paring Knife  
Chanel Knife  
Boning Knife  
Bread Knife  
Steel  
Chef Knife 6"-10"  
Piping Bag with appropriate tips  
Sturdy Non-slip Shoes  
White Chef Jacket with name  
Checkered Chef's Pants  
Chef's Hat  
Apron  
Clean Hand Towels  
Neck Tie  
Hair Net

**V. EVALUATION PROCESS/GRADING SYSTEM:**

The lab assignment includes the following:

- Gathering of utensils and raw materials
- Pre-preparation of the assigned items
- Preparation (cooking, baking) of the items
- Proper storage of the ready items including packaging, refrigeration, and freezing
- Cleaning of utensils, equipment, work areas, and cooking surfaces. No mark will be assigned until work areas are clean
- Putting all utensils and small wares into their allocated places
- No student is to leave the lab area until the end of the period

With the help of the above, students will be **graded in the labs** as follows:

<b>Observation of Work Hours:</b>	<b>15%</b>
<ul style="list-style-type: none"> <li>• Attendance</li> <li>• Appropriate Groom and Dress</li> <li>• Compliance with Company Rules</li> </ul>	
<b>Safety Habits:</b>	<b>15%</b>
<ul style="list-style-type: none"> <li>• Organization of work area</li> <li>• Proper use &amp; cleaning of tools</li> <li>• Proper handling of food product</li> </ul>	
<b>Knowledge of Work:</b>	<b>15%</b>
<ul style="list-style-type: none"> <li>• Quality of Work</li> <li>• Quantity of Work</li> <li>• Pre-class Preparations</li> </ul>	
<b>Work Rhythm (pace)</b>	<b>15%</b>
<ul style="list-style-type: none"> <li>• Quantity of work</li> <li>• Pace of preparation</li> <li>• Pace of clean-up</li> </ul>	
<b>Operation &amp; Care of Equipment</b>	<b>10%</b>
<ul style="list-style-type: none"> <li>• Attention to Duties</li> <li>• Decision Making (as applied to job)</li> </ul>	
<b>Job Flexibility:</b>	<b>20%</b>
<ul style="list-style-type: none"> <li>• Accepts Direction from Others</li> <li>• Attitude Toward Supervisor</li> <li>• Amount of Supervision Required</li> <li>• Interaction with Co-Workers</li> <li>• Ability to Learn Required Tasks</li> </ul>	
<b>Reaction to Frustration:</b>	<b>10%</b>
<ul style="list-style-type: none"> <li>• Effectiveness Under Stress</li> <li>• Adjust to and Accepts Changes</li> </ul>	
<b>TOTAL</b>	<b>100%</b>

The following semester grades will be assigned to students:

<b>Grade</b>	<b><u>Definition</u></b>	<i>Grade Point Equivalent</i>
A+	90 – 100%	4.00
A	80 – 89%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 – 59%	0.00
F (Fail)	49% and below	
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

If a faculty member determines that a student is at risk of not being academically successful, the faculty member may confidentially provide that student's name to Student Services in an effort to help with the student's success. Students wishing to restrict the sharing of such information should make their wishes known to the coordinator or faculty member.

**VI. SPECIAL NOTES:****Attendance:**

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session. It is the departmental policy that once the classroom door has been closed, the learning process has begun. Late arrivers will not be granted admission to the room.

Attendance is one of the most important components of the Lab. Therefore, **ANY student who misses more than 3 labs in one semester will be issued an "F" grade** unless extenuating circumstances occur – it is at the professor's discretion.

**LAB Absence:**

If a student is unable to attend class for medical reasons on the date assigned, the following procedure is required:

- In the event of an emergency on the day of class, the student may require documentation to support the absence and must telephone the College to identify the absence. The college has a 24 hour electronic voice mail system (759-2554) Ext. 2588.
- The student shall provide the Professor with advance notice preferably in writing or e-mail of his/her need to miss the class with an explanation which is acceptable to the professor.
- The student may be required to document the absence at the discretion of the Professor.
- With satisfactory documentation the student is responsible to make arrangements, immediately upon their return to the College to make-up the missed lab.

**Dress Code:**

All students are required to wear their uniforms while in the Hospitality and Tourism Institute, both in and out of the classroom. **(Without proper uniform, classroom access will be denied)**

**VII. COURSE OUTLINE ADDENDUM:**

The provisions contained in the addendum located in D2L and on the portal form part of this course outline.