



## COURSE OUTLINE: CUL101 - THEORY OF FOOD

Prepared: Sarah Birkenhauer  
Approved: Lori Crosson - Dean

<b>Course Code: Title</b>	CUL101: THE THEORY OF FOOD
<b>Program Number: Name</b>	1071: CULINARY SKILLS 2078: CULINARY MANAGEMENT
<b>Department:</b>	CULINARY/HOSPITALITY
<b>Academic Year:</b>	2025-2026
<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, vegetables, potatoes, grains, pasta, legumes, poultry, meat products, fish and shellfish.
<b>Total Credits:</b>	2
<b>Hours/Week:</b>	2
<b>Total Hours:</b>	28
<b>Prerequisites:</b>	There are no pre-requisites for this course.
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>Substitutes:</b>	FDS145
<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</p>

Please refer to program web page for a complete listing of program outcomes where applicable.



	resources.												
<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 6 Locate, select, organize, and document information using appropriate technology and information systems.</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>	<p>Passing Grade: 50%, D</p> <p>A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.</p>												
<b>Other Course Evaluation &amp; Assessment Requirements:</b>	The following resources will be required and used in this course: Full computer, internet, MS Teams and LMS access												
<b>Books and Required Resources:</b>	<p>Professional Cooking for Canadian Chefs by Wayne Gisslen Publisher: Wiley Edition: 9th ISBN: 9781119424727</p> <p>Professional Cooking Study Guide by Wayne Gisslen Publisher: Wiley Edition: 9th ISBN: 9781119506379</p>												
<b>Course Outcomes and Learning Objectives:</b>	<table border="1"> <thead> <tr> <th><b>Course Outcome 1</b></th> <th><b>Learning Objectives for Course Outcome 1</b></th> </tr> </thead> <tbody> <tr> <td>1. Recognize the importance of professional behaviour in the kitchen.</td> <td>           1.1 Identify standards of professionalism for the food-service worker.            1.2 Discuss behavioural characteristics that should be developed and adhered to in order to achieve high standards of professionalism, within the hospitality industry.            1.3 Discuss the organization of the classical and modern kitchen.            1.4 Define and explain the importance of planning mise en place.         </td> </tr> <tr> <th><b>Course Outcome 2</b></th> <th><b>Learning Objectives for Course Outcome 2</b></th> </tr> <tr> <td>2. Indicate specific uses for various pieces of kitchen equipment and hand tools within the kitchen.</td> <td>           2.1 Identify and list appropriate uses for various pieces of kitchen equipment and hand tools.            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.         </td> </tr> <tr> <th><b>Course Outcome 3</b></th> <th><b>Learning Objectives for Course Outcome 3</b></th> </tr> <tr> <td>3. Recognize the</td> <td>3.1 Explain the importance of planning mise en place</td> </tr> </tbody> </table>	<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 Identify standards of professionalism for the food-service worker. 1.2 Discuss behavioural characteristics that should be developed and adhered to in order to achieve high standards of professionalism, within the hospitality industry. 1.3 Discuss the organization of the classical and modern kitchen. 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 various pieces of kitchen equipment and hand tools. 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 3</b>	<b>Learning Objectives for Course Outcome 3</b>	3. Recognize the	3.1 Explain the importance of planning mise en place
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significance of planning and organizing production in the food industry	3.2 Identify requirements for different types of meal service 3.3 Discuss the structure and function of standardized recipes 3.4 Examine the different units of measure for the US and Metric system 3.5 Practice recipe conversion.
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
4. Classify ingredients and identify different methods of preparation.	4.1 Define and utilize appropriate culinary terminology. 4.2 Identify and categorize various food products and distinguish them by their composition. 4.3 State the use for a variety of aromatics and flavour builders. 4.4 Examine the different uses and methods of preparation for a variety of ingredients. 4.5 Discuss the use of wines, spirits, beers and cheese in cooking.
<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>
5. Explain the principles of cooking.	5.1 Discuss proper handling and storage standards for a variety of foods. 5.2 Explain the effects of heat and cold on foods. 5.3 Demonstrate a working knowledge of the principles of stock, soup, sauce, breakfast, short order, vegetable, fruit, farinaceous, meat, poultry, fish and shellfish cookery. 5.4 Match appropriate cooking methods for a desired end product. 5.5 Show a working knowledge of garde manger principles and applications. 5.6 Discuss the production of hors d'oeuvres. 5.7 Review plate and platter design for hot and cold foods. 5.8 Discuss a variety of garnitures for hot and cold food applications.
<b>Course Outcome 6</b>	<b>Learning Objectives for Course Outcome 6</b>
6. Identify criteria for purchasing.	6.1 Define food standards: grading, laws and regulations. 6.2 Define food sourcing options: organic, commercial, GMO etc. 6.3 Examine the responsibility of purchasing ethically

**Evaluation Process and Grading System:**

<b>Evaluation Type</b>	<b>Evaluation Weight</b>
Assignments	15%
Quizzes	15%
Test 1	15%
Test 2	20%
Test 3	20%
Test 4	15%

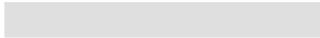
**Date:**

July 8, 2025

**Addendum:**

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



 information.

