



COURSE OUTLINE: CUL0101 - THE THEORY OF FOOD

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Approved: Martha Irwin, Chair, Community Services and Interdisciplinary Studies

Course Code: Title	CUL0101: THE THEORY OF FOOD
Program Number: Name	1120: COMMUNITY INTEGRATN
Department:	C.I.C.E.
Semesters/Terms:	19F
Course Description:	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.
Total Credits:	2
Hours/Week:	2
Total Hours:	30
Prerequisites:	There are no pre-requisites for this course.
Corequisites:	There are no co-requisites for this course.
Essential Employability Skills (EES) addressed in this course:	<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>
Course Evaluation:	Passing Grade: 50%, D
Books and Required Resources:	<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>



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Course Outcomes and Learning Objectives:

Upon successful completion of this course, the CICE student, with the assistance of a Learning Specialist will acquire varying levels of skill development relevant to the following learning outcomes:

Course Outcome 1	Learning Objectives for Course Outcome 1
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.
Course Outcome 2	Learning Objectives for Course Outcome 2
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.
Course Outcome 3	Learning Objectives for Course Outcome 3
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 Identify and categorize various food products and distinguish them by their composition. 3.4 Examine the different uses and methods of preparation for a variety of ingredients. 3.5 Discuss the use of wines, spirits, beers and cheese in cooking.
Course Outcome 4	Learning Objectives for Course Outcome 4
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, breakfast, short order, 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.
Course Outcome 5	Learning Objectives for Course Outcome 5
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	30%
Quizzes	10%
Test 1	20%
Test 2	20%
Test 3	20%

CICE Modifications:**Preparation and Participation**

1. A Learning Specialist will attend class with the student(s) to assist with inclusion in the class and to take notes.
2. Students will receive support in and outside of the classroom (i.e. tutoring, assistance with homework and assignments, preparation for exams, tests and quizzes.)
3. Study notes will be geared to test content and style which will match with modified learning outcomes.
4. Although the Learning Specialist may not attend all classes with the student(s), support will always be available. When the Learning Specialist does attend classes he/she will remain as inconspicuous as possible.

A. Further modifications may be required as needed as the semester progresses based on individual student(s) abilities and must be discussed with and agreed upon by the instructor.

B. Tests may be modified in the following ways:

1. Tests, which require essay answers, may be modified to short answers.
2. Short answer questions may be changed to multiple choice or the question may be simplified so the answer will reflect a basic understanding.
3. Tests, which use fill in the blank format, may be modified to include a few choices for each question, or a list of choices for all questions. This will allow the student to match or use visual clues.
4. Tests in the T/F or multiple choice format may be modified by rewording or clarifying statements into layman's or simplified terms. Multiple choice questions may have a reduced number of choices.

C. Tests will be written in CICE office with assistance from a Learning Specialist.***The Learning Specialist may:***

1. Read the test question to the student.
2. Paraphrase the test question without revealing any key words or definitions.
3. Transcribe the student's verbal answer.
4. Test length may be reduced and time allowed to complete test may be increased.

D. Assignments may be modified in the following ways:

1. Assignments may be modified by reducing the amount of information required while maintaining general concepts.
2. Some assignments may be eliminated depending on the number of assignments required in the particular course.

The Learning Specialist may:

1. Use a question/answer format instead of essay/research format
2. Propose a reduction in the number of references required for an assignment
3. Assist with groups to ensure that student comprehends his/her role within the group
4. Require an extension on due dates due to the fact that some students may require additional time to process information
5. Formally summarize articles and assigned readings to isolate main points for the student
6. Use questioning techniques and paraphrasing to assist in student comprehension of an assignment

E. Evaluation:

Is reflective of modified learning outcomes.

NOTE: Due to the possibility of documented medical issues, CICE students may require alternate methods of evaluation to be able to acquire and demonstrate the modified learning outcomes

Date:

July 14, 2019

Addendum:

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

