

I. COURSE DESCRIPTION:

Explore the principles and production of quantity food preparation. Examine safe food handling techniques and the proper procedures for the operation, cleaning and maintenance of selected kitchen equipment.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

1. Identify the role of fruits and vegetables in a food service setting
Potential Elements of the Performance:
 - describe the classifications of fruits and vegetables
 - display knowledge of structure and composition of fruits and vegetables
 - Understand grading, and selection of fruits and vegetables
 - Identify handling techniques for fruits and vegetables
 - Identify cooking methods for fruits and vegetables
 - Understand yield for cooked fruits and vegetables
2. Understand the importance of salads in a menu
Potential Elements of the Performance:
 - identify the role of salads in a menu
 - describe standards for salad
 - differentiate parts of a salad
 - identify types of salad dressings
 - prepare a salad in lab
3. Explain how starches, soups and sauces add to the dining experience
Potential Elements of the Performance:
 - identify types of starches
 - define styles of soups and their textures
 - compare varieties of starches and their application
 - discuss cooking methods and appropriateness
 - identify yield of starches
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4. Evaluate the use of dough, batter and pastry in a menu and demonstrate uses
Potential Elements of the Performance:
 - identify differences in dough and batter
 - discuss gluten and the effects on leavening
 - describe types of flour
 - identify styles of dough and batter
 - discuss varieties of cakes and cookies
 - create pie dough

- discuss use of convenience products in food service
5. Evaluate equipment used in institutional food service operations
Potential Elements of the Performance:
- discuss heat transfer principles
 - describe types of food service equipment
 - explore equipment safety in the workplace
6. Describe the purpose of proteins in the diet and how purchasing, receiving and storage can be performed to maximize budget
Potential Elements of the Performance:
- identify nutritional value of proteins in the diet
 - discuss yield factor of proteins
 - define inspection and grading for proteins
 - compare cooking methods for specific protein items
 - define purchasing, receiving and storage
 - discuss purchasing principles
 - identify storage requirements
 - discuss inventory control
7. Evaluate the importance of milk, cheese and eggs complex foods with important nutritional value
Potential Elements of the Performance:
- describe nutritional value of dairy products
 - identify processing methods for human consumption
 - discuss types of milk products
 - identify cooking methods for dairy products
 - describe the use of dairy products as thickening agent
8. Describe the importance of Recipe Standardization as a means of control
Potential Elements of the Performance:
- describe standardization in food service facilities
 - identify the uses of standardized recipes
 - explore writing a standard recipe
 - discuss recipes organization
 - describe types of standard recipes
 - identify difference between weight and volume
 - explore yield factors for recipe development
9. Understand Menu Planning
Potential Elements of the Performance:
- identify factors affecting menu planning
 - discuss vitamins and minerals required for healthy eating
 - identify styles and types of foods
 - describe Ministry of Health standards regarding menu
 - evaluate menu content

III. TOPICS:

1. Fruits and Vegetables
2. Salads and Salad Dressings
3. Starches, Soups and Sauces
4. Dough, Batter and Pastry
5. Institutional Equipment
6. Meat, Fish, Poultry and Purchasing, Receiving and Storage
7. Milk, Cheese, Eggs and Egg Products
8. Recipe Standardization
9. Menu Planning
10. Hands-on Demonstrations

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

On Cooking: A Textbook for Culinary Fundamentals
Handouts provided by teacher

V. EVALUATION PROCESS/GRADING SYSTEM:

Mid-Term – 35%

Final Exam – 35%

Hands-on Evaluation – 30%

Total – 100%

Hands-on evaluation is based on completion of simple recipes that will be provided by the instructor and performed during class time.

The following semester grades will be assigned to students:

Grade	<u>Definition</u>	<i>Grade Point Equivalent</i>
A+	90 – 100%	4.00
A	80 – 89%	3.00
B	70 - 79%	3.00
C	60 - 69%	2.00
D	50 – 59%	1.00
F (Fail)	49% and below	0.00
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.

VI. SPECIAL NOTES:

Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your professor and/or the Special Needs office. Visit Room E1101 or call Extension 703 so that support services can be arranged for you.

Retention of Course Outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions.

Communication:

The College considers **WebCT/LMS** as the primary channel of communication for each course. Regularly checking this software platform is critical as it will keep you directly connected with faculty and current course information. Success in this course may be directly related to your willingness to take advantage of the **Learning Management System** communication tool.

Plagiarism:

Students should refer to the definition of "academic dishonesty" in *Student Code of Conduct*. Students who engage in academic dishonesty will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Course Outline Amendments:

The professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

VII. PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the professor. Credit for prior learning will be given upon successful completion of a challenge exam or portfolio.

VIII. DIRECT CREDIT TRANSFERS:

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.