

CAMBRIAN COLLEGE
of Applied Arts and Technology
Sault Ste. Marie

COURSE OUTLINE

THEORY OF FOODS

FDS 102-8

THEORY OF FOODS

TEXTS:

Basic French Cook Book - Louis Diat

The Bakers' Manual - Amendola

Cooking Manual - W. Heilimo

Profitable Food and Beverage Operation - Brodner

REFERENCES:

Quantity Food Purchasing - L. Kotchevar

Buffet Catering - C. Finance

Book of Buffets - Institutions Magazine

The Art of French Cooking - Faulkner

THEORY OF FOODS

<u>Topic No.</u>	<u>Periods</u>	<u>Topic Information</u>
1	1	<u>Menu Planning</u>
	3	a) Breakfast and lunch menus
	2	b) Dinner and party menus
	2	c) Buffet menus
	1	d) Cycle menu systems
	2	e) Standard recipes
	2	f) Menu pricing
	1	g) Appearance and terminology
2	1	<u>Food Purchasing</u>
	3	a) Purchasing methods
	1	b) Grades and standards
	1	c) Volume purchasing
	1	d) Contract purchasing
	1	e) Purchasing specifications
	1	f) Supplier-purchaser relations
	2	g) Convenience foods
3	1	<u>Receiving and Storage Procedures</u>
	2	a) Receiving methods
	1	b) Controlling receiving
	2	c) Stock rotation
	1	d) Storage temperatures
	1	e) Storage methods
	1	f) Inventory
4	2	<u>Food Costing</u>
	2	a) Meat costing
	1	b) Costing of other raw materials
	3	c) Food cost percentages
	3	d) Costing standard recipes
	2	e) Costing menus
	1	f) Costing banquets and buffets
	1	g) Labour and overhead in food costing
5	1	<u>Portion Control</u>
	2	a) Principles of portion control
	1	b) Standardizing portion control
	1	c) Methods of controlling portion sizes
	1	d) Selling price vs. portion size
6	1	<u>Food Service Accounting</u>
	1	a) Simplified restaurant accounting
	1	b) Purchasing records
	1	c) Sales records
	1	d) Take-home accounts
		e) Inventory accounting

7		<u>Controlling Systems</u>
	2	a) Controlling waste
8		<u>Equipment Maintenance</u>
	1	a) Care of various hand tools
	2	b) Care of cooking equipment
	1	c) Storage equipment
	2	d) Kitchen power tools
	1	e) Daily maintenance
	1	f) Preventive maintenance
		g) Safety with equipment
9		<u>Buffet Planning and Layout</u>
	2	a) Types of buffets
	2	b) Buffet equipment
	3	c) French buffet
	2	d) Types of centrepieces
	3	e) Smorgosboard
	3	f) Buffet arrangement
	2	g) Techniques of presentation
10		<u>Kitchen Management</u>
	1	a) Kitchen brigade
	2	b) Job classification
	2	c) Work specifications
	1	d) Breaking in a new employee
	1	e) Time and motion study
	1	f) Organization of work
11		<u>Culinary Terminology</u>
	2	a) Cooking terms
	2	b) French menu terms
	3	c) English menu terms
	2	d) Definitions of garnishes
	1	e) Weights and measures
12		<u>Convenience & Ready Foods</u>
	2	a) Definition and types
	3	b) Methods of reconstituting
	2	c) Use of starches
	2	d) Packaging and storage
	3	e) Garnishing & merchandising