

**SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE MARIE, ON**



COURSE OUTLINE

Course Title: Small Quantity Food & Sanitation

Code No.: FDS 136 Semester: 1

Program: Hotel & Restaurant Management

Author: Rex Leeson

Date: Sept/98 Previous Outline Date: New

Approved: _____ **Dean** _____ **Date**
[Signature] *Sept 98*

Total Credits: 6 Prerequisite(s): none

Length of Course: 16 wks Total Credit Hours: 96

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Studies Programs, (705) 759-2554, Ext. 676.

SMALL QUANTITY FOOD & SANITATION
COURSE NAME

FDS 136
COURSE CODE

I. COURSE DESCRIPTION:

This course will give the student the basic knowledge needed to prepare food items in the labs with the skills required to do so in a safe and sanitary method.

II. LEARNING OUTCOMES & ELEMENTS OF THE PERFORMANCE:

(Generic Skills Learning Outcomes placement on the course outline will be determined and communicated at a later date.)

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

1. understand roasting, baking, broiling, grilling, sautéing, pan frying, steaming, deep frying and simmering.

Potential Elements of the Performance:

Prepare a food item each way

2. make stocks in small quantity food recipes.

Potential Elements of the Performance:

Prepare White Chicken Stock: following all the recommended hygiene, sanitation and safety regulations, prepare a white chicken stock free from impurities ready for further use.

Prepare Fish Stock: following all the recommendations as above

Prepare Brown Beef Stock: following all the recommendations as above

3. prepare Roux's for thickening.

Potential Elements of the Performance:

Prepare White Roux: melt roux, add hard flour, cook roux lightly, cook and use for Bechamel Sauce

Prepare Blond Roux: melt butter, add hard flour, cook roux lightly, cool and use for Veloute and Tomato Sauce

II. LEARNING OUTCOMES & ELEMENTS OF THE PERFORMANCE

Continued . . .

(Generic Skills Learning Outcomes placement on the course outline will be determined and communicated at a later date.)

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

3. prepare Roux's for thickening continued . . .

Potential Elements of the Performance:

Prepare Brown Roux: melt butter, add hard flour, colour roux brown, be careful not to burn flour, cool and use for Espagnole Sauce.

4. prepare Clear Soups

Potential Elements of the Performance:

Prepare Beef Consomme: following all of the recommended hygiene, sanitation and safety regulations, prepare Beef Consomme soup free from any impurities ready for further use.

Prepare Minestrone: following all of the recommended hygiene, sanitation and safety regulations, prepare a Minestrone soup free from any impurities ready for further use.

Prepare Potage Parmentier: following all of the recommended hygiene, sanitation and safety regulations, prepare Potage Parmentier soup free from any impurities ready for further use.

Prepare Cream of Cauliflower: following all of the recommended hygiene, sanitation and safety regulations, prepare Cream of Cauliflower soup free from any impurities ready for further use.

5. prepare the Basic Hot Sauces

Potential Elements of the Performance:

Prepare Brown Sauce (Espagnole): following all of the recommended hygiene, sanitation and safety regulations, prepare a Brown Sauce free from any impurities ready for further use.

II. LEARNING OUTCOMES & ELEMENTS OF THE PERFORMANCE

Continued . . .

(Generic Skills Learning Outcomes placement on the course outline will be determined and communicated at a later date.)

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

5. prepare the Basic Hot Sauces continued . . .

Potential Elements of the Performance:

Prepare White Sauce (Bechamel): following all of the recommended hygiene, sanitation and safety regulations, prepare a White Sauce free from any impurities ready for further use.

Prepare Veloute: following all of the recommended hygiene, sanitation and safety regulations, prepare a Veloute Sauce free from any impurities ready for further use.

Prepare Tomato Sauce: following all of the recommended hygiene, sanitation and safety regulations, prepare a Tomato Sauce free from any impurities ready for further use.

6. prepare Egg Dishes.

Potential Elements of the Performance:

Prepare a Spanish Omelet: season omelet pans, prepare garnish for omelet, mix eggs together, cook omelet with colour, turn omelet, present using contemporary concepts.

Prepare French Omelet: season omelet pan, mix eggs together, cook omelet without colour, fold omelet, add garnish

Prepare Quiche Lorraine (or equivalent): make short pastry, roll pastry, form Pastry in pie shell, blind bake shell, cook ham or bacon, grate Swiss cheese, make egg custard, put ingredients in shell, bake Quiche Lorraine, control temperatures to prevent syneresis, keep warm, serve in contemporary fashion.

7. prepare Sandwiches.

Potential Elements of the Performance:

Prepare Monte Christo (hot): prepare filling and assemble, dip sandwich in beaten eggs, cook to golden brown, garnish and serve.

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II. LEARNING OUTCOMES & ELEMENTS OF THE PERFORMANCE

Continued . . .

(Generic Skills Learning Outcomes placement on the course outline will be determined and communicated at a later date.)

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

7. prepare Sandwiches continued . . .

Potential Elements of the Performance:

Prepare Club (hot): prepare filling, toast bread, assemble sandwich, cut sandwich, garnish and serve.

Prepare Toasted Western (hot): prepare filling, beat eggs, make Western Omelet, toast bread, assemble sandwich, garnish and serve.

Prepare Egg Salad (cold): prepare filling, prepare garnish, butter bread, assemble sandwich, garnish and serve.

Prepare Chicken Salad (cold): prepare filling, prepare garnish, butter bread, assemble sandwich, garnish and serve.

Prepare Cream Cheese (cold): prepare filling, prepare garnish, butter bread, assemble sandwich, garnish and serve.

Prepare Fancy Sandwiches: Open-faced, pinwheel, checkerboard, triangles, garnish and serve.

8. identify and define the terms in the National Sanitation Code.

Potential Elements of the Performance:

Identify the terms in the National Sanitation Code.

Recognize the importance of food safety and sanitation as the basis for the prevention of food borne illnesses.

State the problems caused by food borne illnesses for both the individuals who become ill and the food establishment blamed for the incident.

II. LEARNING OUTCOMES & ELEMENTS OF THE PERFORMANCE

Continued . . .

(Generic Skills Learning Outcomes placement on the course outline will be determined and communicated at a later date.)

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

8. identify and define the terms in the National Sanitation Code continued . . .

Potential Elements of the Performance:

Identify trends in menus and consumers' use of food products prepared in food establishments.

Explain the purpose of government regulations (federal, provincial and municipal) in the food industry. (approx. 15% of the course grade)

9. demonstrate and understand the causes, symptoms, control, and method of the transmission of food borne illnesses.

Potential Elements of the Performance:

Identify the four usual bacterial families involved in food borne illnesses.
Discuss transmission, control measures and major food habits.

Describe the three types of food borne illnesses, their causes, symptoms and methods of transmission.

10. understand the importance of personal hygiene.

Potential Elements of the Performance:

Demonstrate personal hygiene and grooming which are appropriate to the industry.

II. LEARNING OUTCOMES & ELEMENTS OF THE PERFORMANCE

Continued . . .

(Generic Skills Learning Outcomes placement on the course outline will be determined and communicated at a later date.)

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

11. understand the importance of Sanitary Practices in transportation, purchasing, receiving and storage of foods including required temperatures.

State the methods of safe transporting, purchasing, receiving and storing of food.

Define purchasing from an approved source.

Demonstrate personal sanitary habits as stated in the Sanitation Code and list 8 personal sanitation habits to be encouraged in food service workers.

12. understand the standards required for construction of food service premises.

List and identify sanitation requirements in construction standards, maintenance Procedures, customer food service, design and installation of equipment and Garbage control.

13. learn the major prices of equipment and utensils used in the industry.

Know the major prices of equipment and utensils used in the industry.

Understand the method of cleaning, disinfecting and maintaining major pieces of Equipment and utensils.

Understand the responsibilities of suppliers, employers and employees with regard To Workplace Hazardous Material Information System (WHMIS) Legislation.

14. demonstrate an understanding of how to prevent accidents by doing tasks carefully.

Demonstrate duties which will help reduce the risks for both customers and employees in the workplace.

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III. TOPICS:

- Lab:
1. General Overview of cooking methods
 2. Stock Cookery
 3. Thickening Agents
 4. Soup Cookery
 5. Sauce Cookery
 6. Egg & Breakfast Cookery
 7. Short Order Cookery

- Sanitation:
1. Interpretation of Terms
 2. Food Contamination
 3. Personal Hygiene
 4. Safe Food Handling
 5. Construction Standards
 6. Maintenance Standards
 7. First Aid

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Professional Cooking, 3rd ed., Wayne Gisslen

Stemmed Thermometer

Food Premises Regulation under the Health and Promotion Act, Regulation 562 of the Revised Regulations of Ontario, 1990; Nov. '93; printed by the Queen's Printer for Ontario

The Sanitation Code for Canada's Foodservice Industry; "Canadian Restaurant and Foodservices Association"

V. EVALUATION PROCESS/GRADING SYSTEM:

Attendance is one of the most importance components of the Lab, therefore, ANY student who misses more than 3 labs in one semester will be issued an "R" grade, unless extenuating circumstances occur - it is at the Dean's discretion.

The mark for this course will be arrived at as follows:

Small Quantity Food Lab	50%
Food Theory & Demo	25%
Sanitation	25%

The grading scheme used will be as follows:

Outstanding Achievement	A+	(90-100%)
Excellent Achievement	A	(80-89%)
Average Achievement	B	(70-709%)
Satisfactory Achievement	C	(60-69%)
Repeat	R	
Incomplete	X	(A temporary grade limited to special circumstances have prevented the student from completing objectives by the end of the semester. An "X" grade reverts to an "R" grade if not upgraded within a specified time.

Assignments: Since one of our goals is to assist students in the development of proper business habits, assignments will be treated as reports one would provide to an employer, eg: in a timely and businesslike manner, therefore, assignments will be due at the beginning of class and will be 100% complete. All work is to be typed, properly formatted, assembled and stapled prior to handing in. No extension will be given unless the student and the professor have come to an agreement prior t the due date.

Tests: If a student is not able to write a test because of illness or a legitimate emergency, that student must contact the professor prior to the test or as soon as possible and provide an explanation which is acceptable to the professor. In cases where the student has contacted the professor and where the reason is not classified as an emergency, eg: slept in, forgot, etc., the highest achievable grade is a "C". In cases where the student has not contacted the professor, the student will receive a mark of "0" on that test.

VI. SPECIAL NOTES:

1. In order to pass this course the student must obtain an overall test/quiz average of 60% or better.
2. Assignments must be submitted by the due date according to the specifications of the instructor. Late assignments will normally be given a mark of zero. Late assignments will only be marked at the discretion of the instructor in cases where there were extenuating circumstances.
3. The instructor reserves the right to modify the assessment process to meet any changing needs of the class. Consultation with the class will be done prior to any changes.
4. The method of upgrading an "Incomplete" grade is at the discretion of the instructor, and may consist of such things as make-up work, rewriting tests and comprehensive examinations.
5. Students with special needs (eg: physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor and/or contact the Special Needs Office, Room E1204, Ext. 493, 717 or 491 so that support services can be arranged for you.
6. Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of the students.
7. All students are required to wear their uniforms while in the Hospitality and Tourism Institute, both in and out of the classroom.
8. Plagiarism: Students should refer to the definition of "academic dishonesty" in the "Statement of Student Rights and Responsibilities". 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, as may be decided by the professor.
9. It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other post-secondary institutions. 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 instructor.