



COURSE OUTLINE

FDS145

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Prepared: Sarah Birkenhauer Approved: Sherri Smith

Course Code: Title	FDS145: FOOD THEORY - BASIC
Program Number: Name	2078: CULINARY MANAGEMENT
Department:	CULINARY/HOSPITALITY
Semester/Term:	17F
Course Description:	Upon successful completion of the reportable subject, the student is able to demonstrate a working knowledge of basic food theory in preparation of the practical application of culinary techniques.
Total Credits:	1
Hours/Week:	2
Total Hours:	30
This course is a pre-requisite for:	FDS164
Vocational Learning Outcomes (VLO's): Please refer to program web page for a complete listing of program outcomes where applicable.	<p>#2. apply basic and advanced food and bake science to food preparation to create a desired end product.</p> <p>#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>#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 resources.</p> <p>#7. apply knowledge of sustainability*, ethical and local food sourcing, and food security to food preparation and kitchen management, recognizing the potential impacts on food production, consumer choice and operations within the food service industry.</p> <p>#8. select and use technology, including contemporary kitchen equipment, for food production and promotion.</p> <p>#10. develop strategies for continuous personal and professional learning to ensure currency with and responsiveness to emerging culinary techniques, regulations, and practices in the food service industry.</p>
Essential Employability Skills (EES):	<p>#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>#2. Respond to written, spoken, or visual messages in a manner that ensures effective</p>



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communication.

#4. Apply a systematic approach to solve problems.

#5. Use a variety of thinking skills to anticipate and solve problems.

#9. Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.

#10. Manage the use of time and other resources to complete projects.

Course Evaluation:

Passing Grade: 50%, D

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignments	20%
Final Assessment	25%
Presentations & Quizzes	5%
Tests	50%

Books and Required Resources:

Professional Cooking for Canadian Chefs by Wayne Gisslen

Publisher: Wiley Edition: 8

ISBN: 9781118636602

Professional Cooking Study Guide by Wayne Gisslen

Publisher: Wiley Edition: 8

ISBN: 9781118636558

Course Outcomes and Learning Objectives:

Course Outcome 1.

Recognize the importance of professional behaviour in the kitchen.

Learning Objectives 1.

1. Define & explain the importance of planning mise en place

2. Identify classical stations in the kitchen

3. Discuss the behavioural characteristics that should be adhered to in order to achieve high standards of professionalism

Course Outcome 2.



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Explain the specific uses for various pieces of kitchen equipment & hand tools within the kitchen.

Learning Objectives 2.

1. List & identify kitchen equipment & the appropriate uses for each
2. Summarize the safe & proper use of kitchen equipment & hand tools
3. Discuss proper handling & storage standards for a variety of foods

Course Outcome 3.

Classify ingredients & identify different methods of preparation

Learning Objectives 3.

1. Identify various food products & distinguish them by their composition
2. Examine the different uses of ingredients
3. Discuss a variety of garnishing techniques for hot & cold food applications

Course Outcome 4.

Define the principles of cooking.

Learning Objectives 4.

1. Define & utilize appropriate culinary terminology
2. Explain the effects of heat & cold on foods
3. Match appropriate cooking methods for a desired end product

Course Outcome 5.

Recognize the value of practicing sustainable cooking.

Learning Objectives 5.



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1. Define sustainability & identify sustainable local opportunities
2. Investigate food's carbon footprint
3. Give examples of nose to tail & root to leaf cooking practices

Date:

Thursday, August 31, 2017

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