

CUL 253.1 Course Outline as of Spring 2002**CATALOG INFORMATION**

Dept and Nbr: CUL 253.1 Title: PRACTICAL KITCHEN PREP

Full Title: Practical Kitchen Preparation

Last Reviewed: 9/12/2011

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	1.00	17.5	Lecture Scheduled	17.50
Minimum	2.00	Lab Scheduled	3.00	8	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 35.00

Total Student Learning Hours: 105.00

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: CULT 253.1

Catalog Description:

Under supervision of chef instructor, students practice basic knife skills and introductory cooking techniques in a production kitchen environment. Includes preparing mise en place for stations in working kitchen.

Prerequisites/Corequisites:

Course Completion or Current Enrollment in CUL 250 (or CULT 250) OR Course Completion or Current Enrollment in CUL 50 (or CULT 50)

Recommended Preparation:

Eligibility for ENGL 100A or ENGL 100.

Limits on Enrollment:**Schedule of Classes Information:**

Description: Under supervision of chef instructor, students practice basic knife skills and introductory cooking techniques in a production kitchen environment. Includes preparing mise en place for stations in working kitchen. (Grade Only)

Prerequisites/Corequisites: Course Completion or Current Enrollment in CUL 250 (or CULT 250) OR Course Completion or Current Enrollment in CUL 50 (or CULT 50)

Recommended: Eligibility for ENGL 100A or ENGL 100.

Limits on Enrollment:

Transfer Credit:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:

IGETC:	Transfer Area	Effective:	Inactive:
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CSU Transfer:	Effective:	Inactive:
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UC Transfer:	Effective:	Inactive:
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CID:

Certificate/Major Applicable:

Certificate Applicable Course

COURSE CONTENT

Outcomes and Objectives:

The student will:

1. Apply standard measuring techniques.
2. Apply principles and proper procedures for sanitation and safe hygienic food handling.
3. Apply principles of nutrition to food preparation.
4. Practice basic knife skills.
5. Identify and properly utilize tools and equipment found in commercial kitchens.
6. Employ a working vocabulary of culinary terms.
7. Identify and use a variety of vegetables, fruits, and kitchen staples.
8. Interpret various recipe forms and recipes.
9. Define and implement mise en place.
10. Identify characteristics of high quality ingredients and products.
11. Apply dry and moist heat cooking techniques.
12. Prepare vegetables for cooking or service, applying appropriate cutting procedures.
13. Demonstrate vegetable and side dish preparation skills.
14. Identify the major differences between meat, poultry, and fish muscles and predict optimum preparation conditions for each.
15. Differentiate among types of cheeses and compare their uses.
16. Apply rules for receiving and inspecting incoming food and for proper storage procedures.
17. Practice cost control principles (total utilization).
18. Implement practical kitchen maintenance procedures.
19. Identify and exhibit personal qualities and behaviors required for getting and keeping a job in the food service industry.

Topics and Scope:

1. Prep cookery
2. Weights and measures
3. Safety and sanitation
4. Basic nutrition concepts
5. Equipment identification and handling
6. Knife skills
7. Culinary terminology
8. Recipe interpretation
9. Product recognition
10. Mise en place
11. Cheese identification
12. Vegetable preparation
13. Dry and moist heat cooking techniques
14. Meat, poultry and fish preparation
15. Quality, cost, and portion control
16. FIFO
17. Total utilization
16. Professionalism

Assignment:

1. Weights and measures module
2. Tools and equipment module (small equipment bingo, or word search, or puzzle)
3. Illustration, presentation, and memorization of terms for cooking and kitchen operation
4. Reading assignments in text
5. Various cooking exercises that teach the knowledge and skills necessary for success in the kitchen
6. Team mise en place preparation and evaluation
7. Develop checklist and do role-play receiving and inspecting incoming food
8. Two or more recipe interpretation and writing assignments
9. Two or more basic cost analysis assignments
10. Food service professionals mock job preparation and interview (teams)
11. Periodic quizzes
12. Summary of any field trips taken

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because problem solving assessments and skill demonstrations are more appropriate for this course.

Writing
0 - 0%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Homework problems, Lab reports, Quizzes, Exams

Problem solving
5 - 40%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations
40 - 75%

Exams: All forms of formal testing, other than skill performance exams.

Multiple choice, True/false, Matching items, Completion

Exams
5 - 20%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance/Participation/Professionalism

Other Category
5 - 20%

Representative Textbooks and Materials:

CIA, The New Professional Chef

On Cooking: A Textbook of Culinary Fundamentals