

CUL 230 Course Outline as of Fall 2024**CATALOG INFORMATION**

Dept and Nbr: CUL 230 Title: INTRO TO CULINARY ARTS

Full Title: Introduction to Culinary Arts

Last Reviewed: 10/23/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	1.50	17.5	Lecture Scheduled	26.25
Minimum	1.50	Lab Scheduled	0	4	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	1.50		Contact Total	26.25
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 52.50

Total Student Learning Hours: 78.75

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:

Catalog Description:

The health and safety of both customers and employees is a core principle for foodservice professionals. This course will include instruction on sanitation regulations and personal hygiene, contamination sources, microorganisms and conditions for growth, proper food handling techniques and storage, basic concepts of workplace safety. The importance of workplace professionalism in creating a positive kitchen culture will be emphasized. Students will also discover the evolution of culinary arts and the historical role cultures and cuisines have played in society. Upon successful completion of the course, students will be prepared to take a nationally recognized food safety exam.

Prerequisites/Corequisites:**Recommended Preparation:**

Eligibility for ENGL 100 OR EMLS 100 (formerly ESL 100) or appropriate placement based on AB705 mandates

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

Description: The health and safety of both customers and employees is a core principle for foodservice professionals. This course will include instruction on sanitation regulations and personal hygiene, contamination sources, microorganisms and conditions for growth, proper food handling techniques and storage, basic concepts of workplace safety. The importance of workplace professionalism in creating a positive kitchen culture will be emphasized. Students will also discover the evolution of culinary arts and the historical role cultures and cuisines have played in society. Upon successful completion of the course, students will be prepared to take a nationally recognized food safety exam. (Grade Only)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 100 OR EMLS 100 (formerly ESL 100) or appropriate placement based on AB705 mandates

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:
CSU Transfer:		Effective:	Inactive:
UC Transfer:		Effective:	Inactive:

CID:

Certificate/Major Applicable:

Both Certificate and Major Applicable

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Demonstrate knowledge of sanitation regulations, personal hygiene, and workplace safety.
2. Explain various cuisines and cultures around the world.
3. Perform mathematics in relation to food preparation activities.
4. Successfully complete a final exam equivalent to a nationally recognized exam.

Objectives:

At the conclusion of this course the student should be able to:

1. State the impact caused by foodborne illness.
2. State the importance of food safety and sanitation as the basis for preventing foodborne illness.
3. Identify and describe the characteristics of potentially hazardous foods.
4. Identify the major types of potentially hazardous foods and the risk factors common to these foods.
5. Describe methods to prevent biological, physical, and chemical contamination of food.
6. Recognize codes and symbols used to designate food products that have been inspected by governmental agencies and coming from approved sources.

7. Explain the importance of purchasing and storage management in relation to sanitary foodservice.
8. Describe proper storage of foods to prevent cross contamination and maximize safety.
9. Describe time and temperature controls in each step of the flow of food including defrosting, cooking, holding, and serving.
10. List the characteristics of materials, designs of facilities, and equipment for sanitary operation.
11. Demonstrate principles and proper procedures for sanitizing various materials, equipment, and utensils by both manual and mechanical means.
12. Identify ways to prevent pest infestation and methods of pest elimination.
13. Describe Hazard Analysis Critical Control Point System (HACCP) in various food handling/service operations.
14. Describe how to prevent and treat various accidents that can occur in foodservice and list emergency procedures.
15. Identify key historical events, figures, and trends and how they have influenced the modern foodservice industry.
16. Explain the role food plays in various societies and their cultures.
17. Apply basic math (whole numbers, negative numbers, fractions, decimals, and percentages) to food preparation activities.
18. Apply the standard units of measure used in cooking.
19. Describe the standards and attributes of a foodservice professional.
20. Identify customer service standards.

Topics and Scope:

I. Microorganisms

- A. Classification
- B. Growth requirements
- C. Transmission routes

II. Description and Methods of Controlling Foodborne Illnesses

- A. Viral-caused
- B. Chemical-caused
- C. Parasitic-caused
- D. Bacteria-caused

III. Personal Sanitation Importance and Techniques

- A. Implementing high standards of personal cleanliness and hygiene in accordance with Sonoma County health regulations
- B. Maintaining high standard of personal cleanliness and hygiene

IV. Application of HACCP Sanitation Knowledge

- A. Food receiving
- B. Food storage
- C. Food preparation and service

V. Basic Concepts of Workplace Safety

- A. Description of common accidents in foodservice
- B. Prevention and treatment

VI. Responsibility for Understanding and Maintaining Regulations and Standards

- A. Sanitation
- B. Safety

VII. Evolution of the Culinary Arts

- A. Key historical events
 1. Historical figures
 2. Events

- VIII. Cultures and Cuisines
 - A. Role of food in societies and cultures
 - B. Regional cuisines
 - 1. Origin
 - 2. Significance
 - C. Role of sustainability
- IX. Culinary Math
 - A. Units of standard measure
 - B. Equivalents
- X. Professionalism in the Workplace
 - A. Attributes and behavior
 - B. Sexual harassment and discrimination
- XI. Customer Service Standards
 - A. Expectations
 - B. Significance

Assignment:

1. Weekly reading (20-30 pages)
2. Writing assignment(s) (1-2)
3. Web research assignment(s) (1-2)
4. Worksheets (4-6)
5. Foodservice inspections (2) using a checklist to evaluate for safety and sanitation
6. Demonstrate setting up a three-compartment sink (1)
7. Quizzes (3-4)
8. Practical final exam (written portion included)

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.

Writing assignment(s); web research assignment(s)

Writing 5 - 10%

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

Worksheets

Problem solving 20 - 35%

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

Food service inspections; demonstrate setting up a three-compartment sink

Skill Demonstrations 5 - 15%

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

Quizzes; practical final exam

Exams
40 - 60%

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

None

Other Category
0 - 0%

Representative Textbooks and Materials:

ServSafe Coursebook. 8th ed. National Restaurant Association. 2022.
Instructor prepared course materials.