CULINARY ARTS INSTITUTE @ LA MISSION COLLEGE FOOD SERVICE MANAGEMENT PROGRAM FOOD PRODUCTION 101 Syllabus Spring 2013

Section: 0526 Units: 4

Location: Culinary Arts Institute Building – Demo Rm./Main Kitchen

Hours: Tuesday/Thursday

Lecture -Camp Scott

Lab -12:30pm-5pm (Main Kitchen)

Texts: NRAEF ManageFirst Program – Food Production, Competency Guide with ScanTron

Professional Cooking 7th Edition

Chef Instructor: Art Luna Phone: 818-399-7635

Email: Lunaa@lamission.edu
Office Location: Camp Scott
Office Hours: By Appointment Only

PREREQUISITE: FSMGNT 050, ServSafe Certificate and negative TB test result.

WHAT ARE STUDENT LEARNING OUTCOMES?

- Student Learning Outcomes (SLO's) focus on designing curriculum around answering this question:
- What will a student be able to DO in his/her multiple roles with what he/she learns in the course?
- When instruction focuses on SLO's the learning process is more learner centered and more relevant to a
- student's life.

STUDENT LEARNING OUTCOMES:

- 1. Students will analyze the current dietary recommendations and describe the four major sources of calories in the diet, and list the factors that affect the number of calories appropriate for an individual. Students will define mirepoix, roux, slurry, and liaison. Identify types of stocks and preparation methods. Prepare and finish brown, white, butter and tomato sauces. Prepare two basic warm emulsion sauces. Define mise en place, bouquet garni and sachet d'espices. EVALUATION: Applying basic nutrition guidelines in the kitchen, quizzes, final exam questions, lecture, video, "on hands" individual presentation.
- 2. Upon successful completion of this course the student should be able to define, describe and explain the culinary fundamental concepts, equipment and essential culinary terms for any professional cook or chef. Students will learn French terminology through recipes and cooking techniques. Student will demonstrate using all kitchen equipment and tools such ovens, stoves,

mixers as well as all types of knives, pots, pans, etc. EVALUATION: Selected Lecture Reports, quizzes, videos, "on hands" classroom demonstration and final exam Questions

3. Student's success upon completion of this course of food production and culinary basics will demonstrate the knowledge, skills, theory, practice and techniques of the food service industry. Students will demonstrate proper and safe use of knives. Students will perform knife cuts and cutting techniques with a minimum of 70% accuracy. Students will be able to communicate the knives' uses, names of the knife cuts, and measurements to

the chef instructor. Students will demonstrate math competency in making measurements of cuts. EVALUATION: Receive a Certificate from National Restaurant Association Educational Foundation, complete Food Production 101 with a passing grade on the progress exam. Special project and oral presentation. Knife cuts "on hands" practicum/practical quiz.

COURSE OBJECTIVES:

- 1. Describe the basic hierarchy of a kitchen and name several positions in the kitchen brigade
- 2. Define calorie, name the four major sources of calories in the diet, and list the factors that affect the number of

calories appropriate for an individual.

- 3. Describe the way pathogens affect food. Serve, cool and reheat foods safely. Define cross contamination.
- 4. Name the methods of heat transfer and list examples of cooking techniques that rely upon each method.
- 5. Explain what is meant by a percent and how yield percents and food cost percents are determined.
- 6. Increase or decrease recipes as appropriate.
- 7. Select and use hand tools, measuring equipment, and thermometers properly.
- 8. Name the basic knife cuts and describe them.
- 9. Select and store canned, frozen, and prepared foods properly.
- 10. Use basic guidelines for selecting, receiving, and storing meats.
- 11. Name the market forms of fish. Receive and store fish and seafood.
- 12. Select and store a variety of fruits, vegetables, herbs, and fruits.
- 13. Define mise en place, bouquet garni and sachet d'epices. Define mirepoix, roux, slurry, and liaison.
- 14. Define stock and describe several uses for stocks. Identify different types of stocks and know preparation

methods for each stock.

15. Name the mother sauces. Prepare and finish brown, white, tomato sauces. Prepare two basic warm emulsion

sauces

- 16. Select ingredients and prepare broths and vegetable soups. Prepare consommé, puree and cream soups.
- 17. Describe the sautéing process and explain why it is considered an a la minute technique.
- 18. Select the best cuts of meats, fish, poultry for frying and explain why they are well suited to the technique.

Select a fat or oil for frying and test its temperature before starting to fry.

- 19. Name the similarities and differences between roasting and baking as it relates to poultry and fish.
- 20. Describe the importance of seasonings in barbecue and use these seasonings properly to achieve a specific effect.

- 21. Select and prepare foods for grilling and broiling.
- 22. Define braising and stewing, noting the similarities and differences between these two methods.
- 23. Select and prepare foods that are suitable for shallow-poaching and steaming.
- 24. Prepare vegetables using boiling, sautéing, roasting, grilling, pureeing, and pan-frying techniques.
- 25. Select and prepare starches for boiling or steaming. Cook potatoes, grains and legumes.
- 26. Knowledge of egg by boiling, frying, poaching and scrambling. Prepare French, American/Country-style and

Soufflé Omelets.

- 27. Prepare Vinaigrette and evaluate its quality. Prepare a mayonnaise and repair broken mayonnaise.
- 28. Name the seven types of sandwiches. Name the four elements in a sandwich.
- 29. Define flavor. Name the elements of flavor. Use a variety of seasoning techniques.
- 30. Explain what presentation is and use of food presentation techniques to arrange, sauce and garnish foods.

COURSE DESCRIPTION: Study and laboratory experience of quantity food production. Introduction and application of culinary principles and procedures for basic food preparation is experienced. This is a comprehensive hands-on introduction to culinary basics, including classic knife cuts, terminology, equipment, measurements, and ingredients. Passing competencies will include all stocks, mother sauces, soups, vegetables, and grains. Speed, time management and accuracy are emphasized.

INSTRUCTIONAL METHODS: In the Food Production 101 course, recipes and techniques are discussed and/ordemonstrated by the chef instructor. Students then prepare the lesson, all students working individually to produce the required competencies. Periodic use of videos, Multi-media presentations and guest speakers augment the curriculum.

COURSE STRUCTURE: Just like a hotel or restaurant, there is a kitchen rotation schedule or system where employees are rotated in several areas of the restaurant or food service establishment. In our program, we have found that by preparing the student for this real world experience, we have developed a culinary arts education system that will enable a student to be familiar with every aspect of the restaurant or food service establishment. The food service areas below will enhance your education and training as you make your way through and you will gain knowledge of each food service area's vast area of culinary arts competencies. Students will spend 2 days a week per food service area and will be rotated every 5 weeks. The chef instructor will have the rotation schedule and will assign a sous chef every class to make sure that the stations are maintained to the appropriate standard.

Here are the following food service areas:

The Dishroom (one group)

The Servery Line (one group for breakfast & dinner preparation)

Food Production Teams (2 to 3 groups to prepare meals for lunch and dinner service)

CLEANING SCHEDULE: Each class will be responsible for maintaining all food production areas all throughout the day of instruction. The Chef Instructor will prepare a cleaning schedule and it is mandatory that every student and student's team cooperate in the process.

UNIFORM CODE: Students must be in proper CAI school uniform at all times. Hats and aprons are necessary only if food is being prepared. By law, students must wear appropriate attire in the food production laboratory. It is the student's responsibility to be dressed in clean, proper attire for all lab periods. If you are not dressed appropriately/complete uniform, you will not be admitted to class, and you will be given an absence for the day. NO EXCUSES!

Complete Uniform:

- White Chef Coat, white bistro apron, black skull cap, heavy non-slip, closed-toes black shoes with shoe laces/ties or clogs, black or white socks, and houndstooth/checkered pants. Student will be sent dorm and marked absent if not in full uniform. Hair nets are not a substitute for skull caps.
- No nail polish, faux nails or rings. Plain wedding bands are acceptable.
- Nails must be trimmed and short.
- No earrings (studs ok), nose rings or facial piercings.
- NO EXCUSES!

ATTENDANCE: Culinary Arts Institute's attendance policy approximates the expectations found in a working situation. It is essential that each student learns the discipline of regular and prompt attendance as well as the skills involved in the culinary arts and hospitality industries. At the time the student moves from training into a career, the employer will be very interested in dependability and punctuality. No matter how skilled the person, an employee is valuable only when present on the job. The faculty and staff of Culinary Arts Institute @ LAMC consider each moment in class imperative for success. When the student is not in the classroom, the information missed cannot be recaptured.

MISSED WORK: If a student arrives late to class, and a test is still in progress, the student may take the test with no penalty. If a student misses a test or an assignment, the test/assignment will have ten (10) points deducted from the score. The student must contact his/her chef instructor to arrange to make-up the test/assignment prior to his/her return to the next scheduled class. If a student does not contact the chef instructor to make-up the test assignment before the day he/she returns to the next scheduled class, the student will receive a zero (0) for the test/assignment.

LAB CHECK OUT REQUIREMENTS:

- All pantry supplies and equipment returned to proper storage area before class ends. Class hours must be adhered.
- Sinks cleaned and wiped dry.
- All appliances/equipment cleaned after use, including range tops, refrigerators, counter tops and cupboard doors.
- All equipment and supplies must be put back in its proper space.
- No wet cleaning supplies placed under cabinets.
- All under sinks cabinets cleaned and in order
- All spills are to be wiped up and all wet towels placed in washing machine. If you use it, clean it!

- Food is not to be taken out of the lab unless authorized by the chef instructor.
- Negative TB Test required within the first two weeks of the semester.

TEXTBOOKS:

NRAEF ManageFirst Program – Food Production, Competency Guide with ScanTron Professional Cooking 7th

Edition, Author: Wayne Gisslen, ISBN: 978-0-470-19752

Recommended Reading: Becoming a Chef – Authors: Andrew Dornenberg & Karen Page - ISBN: 0-471-

15209-9So you want to be a Chef? 2nd

Edition – Authors: Lisa M. Brefere, Karen Eich Drummond and Brad Barnes ISBN: 978-0470-08856 101 Things I Learned™ in Culinary School – Author: Louis Eguaras - ISBN: 978-0-446-55030-7

RESOURCES & SUPPLIES:

Given by the Chef Luna as needed

ASSIGNMENTS & EVALUATION:

- 1. 2 Progress Evaluations @ 50 points = 100
- 2. 4 Quizzes @ 25 points = 100
- 3. Final Exam = 300
- 4. Special Project = 200
- 5. Attendance = 300

Total Points = 1000

GRADING SCALE:

900-1000 = A

800-899 = B

700-799 = C

600-699 = D

599 ≤ = F

IMPORTANT INFORMATION: Class hours must be adhered to. Classes will start on time and will end on time. It might go over a few minutes but never over an hour. A student who misses more than 3 absences may be dropped by the instructor, but it your (THE STUDENT) responsibility to drop or withdraw from the class. Continued tardiness will affect your attendance (3 tardy = 1 absence). If there is an emergency, the chef instructor can be contacted by phone or by email so that arrangements can be made.

STUDENTS WITH SPECIAL NEEDS: If you have any health impairments that require regular medication, or any disability that might affect your performance in the class or lab, and would like your chef instructor to make special accommodations, please call our campus Special Services Director at 818-364-7734 as soon as possible. They will help you arrange special accommodations for your classes. The special needs of each student are met, in part, by:

- 1. Group discussion at the "peer" level, providing for the interchange of ideas
- 2. Reading materials supplementing the required text material
- 3. Availability of the teacher for personal interviews and referral to appropriate community resources as indicated.

DIETARY SERVICE SUPERVISOR STUDENTS: FOOD SERVICE MANAGEMENT 101: Students will learn to ensure that all foods are served by methods that conserve nutritive value, flavor and appearance and all foods are prepared in a form designed to meet individual needs. All substitutions should be similar nutritive value. Student's competency will be demonstration and evaluated by the Registered Dietitian/Professor.

IMPORTANT:

THE SYLLABUS IS SUBJECT TO CHANGE ACCORDING TO LA MISSION COLLEGE SCHEDULE, FACULTY FUNCTIONS AND PRODUCT/INGREDIENT AVAILABILITY.