

SPED C090N: CULINARY FUNDAMENTALS

| Item | Value |
|------------------------------------|---|
| Curriculum Committee Approval Date | 11/12/2021 |
| Top Code | 130630 - Culinary Arts |
| Units | 0 Total Units |
| Hours | 40 Total Hours (Lecture Hours 16; Lab Hours 24) |
| Total Outside of Class Hours | 0 |
| Course Credit Status | Noncredit (N) |
| Material Fee | No |
| Basic Skills | Not Basic Skills (N) |
| Repeatable | Yes; Repeat Limit 99 |
| Open Entry/Open Exit | No |
| Grading Policy | P/NP/SP Non-Credit (D) |

Course Description

This is an introductory and first course in the COAST Culinary Arts Program. This course provides students with culinary vocational education that imparts practical skills and techniques suited for entry-level kitchen and commercial food-based employment. Students will learn basic cooking skills including reading a recipe, measuring accurately, introduction in kitchen safety and sanitation, proper use of equipment and essential job skills in the food industry. Students have the opportunity to showcase these skills through facility and community special events. Noncredit. NOT DEGREE APPLICABLE. Not Transferable.

Course Level Student Learning Outcome(s)

1. Successfully recall basic techniques and skills necessary for preparation of food.
2. Apply the basic principles of sanitation and safety services to quality food in a professional setting.

Course Objectives

- 1. Physically demonstrate appropriate measuring and cooking techniques and methods.
- 2. Demonstrate industry standard practice of kitchen hygiene and safety practices during food preparation.
- 3. Plan, prepare and serve refreshments for events.
- 4. Demonstrate principles of nutrition for menu planning and food preparation independently outside of class.
- 5. Demonstrate knowledge of the correct use of hand tools and kitchen equipment.
- 6. Independently arrive on time and in professional attire.
- 7. Maintain an organized and clean kitchen work area.

Lecture Content

Food Service Industry Kitchen Hygiene Basic Cooking Preparation Skills Nutrition and Meal planning Kitchen and Community Stewardship

Lab Content

Food Service Industry Professions and practical applications Career options Job expectations Standards of Workplace Professionalism Accountability/Timecards Uniform check Work cooperatively within a group Kitchen Hygiene and Safety Personal Hygiene Good personal hygiene Handwashing techniques Safe kitchen cleaning practices Proper appliance and equipment care, use and cleaning Cleaning and sanitizing surfaces Dish washing procedures Basic Cooking Preparation Skills Reading and following recipes Food preparation terms Proper seasoning with condiments Measuring, mixing, and pouring liquids and solids Washing, peeling and cutting food Using kitchen timers Use of a variety of cooking utensils and both small and large kitchen appliances Cooking Techniques Stovetop Baking and roasting Microwave Grilling Nutrition and Creating menus Dietary guidelines Nutritional Principals and Concepts Food Groups Menu Planning Recipe development, healthy plate compositions Specialty Diets Kitchen and Community Stewardship Planning and preparation of refreshments for Facility Special Events, COAST Roast or Food Pantry

Method(s) of Instruction

- Enhanced NC Lect (NC1)
- Enhanced NC Lab (NC2)
- Live Online Enhanced NC Lect (NC9)
- Live Online Enhanced NC Lab (NCA)

Instructional Techniques

Lecture and Discussion of important concepts Discussion of relevant issues In- and Out-of-class assignments including hands-on problem solving and independent responsibilities Peer supported evaluations

Out-of-class Assignments

Student will complete an out-of-class Culinary Arts research assignment.

Demonstration of Critical Thinking

Direct observation of standard practices.

Required Writing, Problem Solving, Skills Demonstration

Successful completion of a student project.

Eligible Disciplines

Special education: Minimum qualifications for these faculty members are specified in title 5, section 53414. Master's degree required. Title 5, section 53414

Other Resources

1. Coastline Library