



## Course Number and Title: CUL 121 Food Preparation I

**Campus Location:**

Dover, Stanton

**Effective Date:**

2020-51

**Prerequisite:**

ENG 090 or ENG 091, MAT 010, SSC 100 or concurrent

**Co-Requisites:**

none

**Course Credits and Hours:**

4.00 credits

3.00 lecture hours/week

4.00 lab hours/week

**Course Description:**

This course is designed to introduce the student to culinary arts. Emphasis is placed on the fundamental principles and skills of cooking, food history, industry professionalism, food safety, menu development, and recipe standards.

**Required Text(s):**

Obtain current textbook information by viewing the [campus bookstore - https://www.dtcc.edu/bookstores](https://www.dtcc.edu/bookstores) online or visit a campus bookstore. Check your course schedule for the course number and section.

**Additional Materials:**

None

**Schedule Type:**

Classroom Course

**Disclaimer:**

None

**Core Course Performance Objectives (CCPOs):**

1. Describe the foundations or requirements necessary to become a food service professional. (CCC 1, 2, 3, 4, 5, 6; PGC 1, 2, 3, 4, 5, 6, 7, 8)
2. Identify and apply sanitation, nutrition, and equipment requirements in a professional food service establishment. (CCC 1, 2, 3, 4, 5, 6; PGC 1, 2)
3. Identify products used in a food service establishment. (CCC 1, 2, 4, 5, 6; PGC 2, 3, 4, 5, 8)
4. Describe and give examples of types of menus and the structure and function of recipes. (CCC 1, 2, 3, 4, 5, 6; PGC 7)
5. Perform basic food preparations. (CCC 1, 2, 3, 4, 5, 6; PGC 4, 5)
6. Evaluate the various cooking methods of food items. (CCC 1, 2, 3, 4, 5, 6; PGC 2, 4, 5)

See Core Curriculum Competencies and Program Graduate Competencies at the end of the syllabus. CCPOs are linked to every competency they develop.

## Measurable Performance Objectives (MPOs):

Upon completion of this course, the student will:

1. Describe the foundations or requirements necessary to become a food service professional.
  1. Describe technology changes that have directly influenced the food service industry.
  2. Describe key historical figures who have shaped the food service industry.
  3. Describe the current changes in society that affect the food service industry.
  4. Describe the elements and attributes essential to becoming a professional chef.
  5. Identify the purpose, tradition, and history of the chef's uniform.
  6. Describe current environmental sustainability practices in the food service industry, including waste control, recycling, and water conservation.
2. Identify and apply sanitation, nutrition, and equipment requirements in a professional food service establishment.
  1. Apply correct work procedures to reduce or eliminate the possibility of cross contamination.
  2. Explain the importance of temperature control.
  3. Identify potentially hazardous foods.
  4. Identify chemical, physical, and biological sources of contamination.
  5. Identify a variety of knives, small tools, hand-operated equipment, and cooking equipment.
  6. Properly maintain and sharpen knives using stones and steels.
  7. Describe safe operating and cleaning procedures for equipment and utensils.
  8. Identify energy efficient equipment and systems.
3. Identify products used in a food service establishment.
  1. Explain how to handle and store meats and other perishables.
  2. Explain the inspection and grading standards used for different food items.
  3. Identify a variety of meats.
  4. Identify a variety of round fish, flat fish, shellfish, and other seafood.
  5. Identify a variety of fruits, vegetables, starches, legumes, and grains.
  6. Identify and use herbs, spices, oils and vinegar, condiments, marinades, and rubs.
  7. List a variety of sustainable food and non-food items.
4. Describe and give examples of types of menus and the structure and function of recipes.
  1. Explain the makeup of a menu in context to the type of meal and institution using it.
  2. Describe the differences between static and cycle menus and between à la carte and table d'hôte menus.
  3. Describe the structure and function of standardized recipes.
  4. Measure ingredients and portions.
  5. Identify the components of a standardized recipe.
  6. Outline the procedure of writing a standardized recipe.
  7. Convert recipes to higher and lower yields.
5. Perform basic food preparations.
  1. Demonstrate knife skills, hand tool and equipment operation, emphasizing proper safety techniques.
  2. Perform basic fabrication tasks with meat, poultry, seafood, and variety meats.
  3. Define *stock*, and identify the different types.
  4. Prepare a variety of stocks, and evaluate the quality.
  5. Define *sauce*, and explain the purpose of sauces.
  6. Prepare and evaluate the grand sauces.
  7. Prepare a variety of contemporary sauces.
  8. Identify the categories of soups.
  9. Prepare and evaluate a variety of soups.
6. Evaluate the various cooking methods of food items.
  1. Prepare and evaluate a variety of foods using the sauté, pan-frying, roasting, grilling, broiling, braising, stewing, poaching, simmering, boiling, and steaming.
  2. Cook foods to the correct doneness to develop the best flavor and texture in the finished dish.
  3. Prepare and evaluate a variety of fruits, vegetables, starches, legumes, and grains using the basic cooking methods.
  4. Identify and prepare a variety of breakfast meats.
  5. Prepare and evaluate eggs in various breakfast cooking methods.
  6. Prepare grains by the pilaf and risotto methods.
  7. Prepare and evaluate fresh pasta and dumplings.

**Evaluation Criteria/Policies:**

Students must demonstrate proficiency on all CCPOs at a minimal 75 percent level to successfully complete the course. The grade will be determined using the Delaware Tech grading system:

92	-	100	=	A
83	-	91	=	B
75	-	82	=	C
0	-	74	=	F

Students should refer to the [Student Handbook - https://www.dtcc.edu/handbook](https://www.dtcc.edu/handbook) for information on the Academic Standing Policy, the Academic Integrity Policy, Student Rights and Responsibilities, and other policies relevant to their academic progress.

**Final Course Grade:**

Calculated using the following weighted average

Evaluation Measure	Percentage of final grade
Quizzes (4-6) (equally weighted) (formative)	10%
Final Written Exam (summative)	10%
Assignments (summative) (equally weighted)	20%
Competency Practical Exams (summative) (equally weighted)	40%
Daily Lab performance (formative)	20%
TOTAL	100%

**Core Curriculum Competencies (CCCs are the competencies every graduate will develop):**

1. Apply clear and effective communication skills.
2. Use critical thinking to solve problems.
3. Collaborate to achieve a common goal.
4. Demonstrate professional and ethical conduct.
5. Use information literacy for effective vocational and/or academic research.
6. Apply quantitative reasoning and/or scientific inquiry to solve practical problems.

**Program Graduate Competencies (PGCs are the competencies every graduate will develop specific to his or her major):**

1. Perform standard culinary procedures using the appropriate knives, tools, and equipment.
2. Explain and apply the basic principles of food sanitation and safety in the work environment.
3. Use principles of food preparation to produce a variety of hot and cold food products within realistic time constraints.
4. Apply the fundamentals of baking science to the preparation of a variety of products.
5. Apply the principles of nutrient needs to menu planning and food preparation.
6. Evaluate styles of leadership, and develop skills in human relations and personnel management.
7. Apply the principles of facility design, menu planning and cost controls for ethical and sustainable purchasing, receiving, and storage of food and non-food items.
8. Perform dining room service functions, and apply quality customer service.
9. Categorize alcoholic and non-alcoholic beverages, and explain laws and procedures related to responsible alcohol service.
10. Explain the changing historical, geographical, and cultural relationship of different foods and recipes.

**Disabilities Support Statement:**

The College is committed to providing reasonable accommodations for students with disabilities. Students are encouraged to schedule an appointment with the campus Disabilities Support Counselor to request an accommodation needed due to a disability. A listing of campus Disabilities Support Counselors and contact information can be found at the [disabilities services - https://www.dtcc.edu/disabilitysupport](https://www.dtcc.edu/disabilitysupport) web page or visit the campus Advising Center.