



## Course Number and Title: HRI 211 Food Principles and Menu Planning

**Campus Location:**

Georgetown, Dover, Wilmington

**Effective Date:**

2020-51

**Prerequisite:**

HRI 101, ENG 101

**Co-Requisites:**

None

**Course Credits and Hours:**

3.00 credits

3.00 lecture hours/week

0.00 lab hours/week

**Course Description:**

This course covers the fundamentals of food principles and cookery. Topics include professionalism, menu planning, sanitation, nutrition, and the importance of planning for the varied responsibilities of food service establishments.

**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. Discuss the development of modern foodservice, including the effects and societal impacts of recent food and equipment technology. (CCC 2; PGC 1, 6, 7)
2. Explain ways to prevent foodborne illness, to develop safe work habits, and to avoid common hazards in the kitchen. (CCC 2; PGC 2, 6)
3. Discuss the nutritive value of food. (CCC 1, 4; PGC 3, 4, 7)
4. Examine components of menu planning in various food and beverage operations. (CCC 1, 3, 5; PGC 3, 4, 6, 7)
5. Discuss the basic cooking principles used in the hospitality industry. (CCC 2, 1; PGC 1, 4)
6. Explain how different stocks, sauces, and soups are prepared. (CCC 1; PGC 4, 7)
7. Describe eggs, dairy, and breakfast foods and their relation to menu planning. (CCC 1, 5; PGC 3, 4)
8. Describe salads and dressings, various sandwiches, and hors d'oeuvres, and explain their relationship to menu planning and service. (CCC 1, 5; PGC 3, 4)
9. Discuss the composition, structure, and basic quality factors of meats, poultry, shellfish, and fish. (CCC 1, 2; PGC 1, 6)
10. Explain preparation methods and the concept of locavore for vegetables, potatoes, and other starches. (CCC 1, 2; PGC 2, 4, 5)
11. Explain the basic principles of baking breads, cakes, cookies, pies, and pastries. (CCC 1, 2; 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. Discuss the development of modern foodservice, including the effects and societal impacts of recent food and equipment technology.
  1. Discuss the development of modern food service, including the effects of recent technological advances.
  2. Identify key historical figures responsible for developing food service professionalism.
  3. Explain the organization of classic and modern kitchen brigades.
  4. Discuss the factors that influence the organization of modern kitchens.
  5. Identify societal changes that have contributed to diversification in the modern food service industry.
2. Explain ways to prevent foodborne illness, to develop safe work habits, and to avoid common hazards in the kitchen.
  1. Discuss how to handle foods in a safe manner.
  2. Identify the causes of foodborne illnesses, and exercise proper hygiene, food handling and storage techniques, cleaning and

- sanitizing procedures, and pest control.
  - 3. Explain and follow a hazard analysis of critical control points (HACCP) system.
  - 4. Identify appropriate actions necessary to create and maintain a safe and sanitary working environment.
3. Discuss the nutritive value of food.
- 1. Identify categories of nutrients, and explain their importance in a healthy diet and as a menu option.
  - 2. Identify the characteristics of a nutritious diet for healthy adults.
  - 3. Explain the effects of storage and preparation techniques on the nutritional value of food.
  - 4. Recognize the use of alternative ingredients and substitutes and special dietary needs in developing recipes and menus.
  - 5. Discuss different vegetarian diets.
  - 6. Define nutritional trends and myths, and explain how they apply to consumer decision-making.
4. Examine components of menu planning in various food and beverage operations.
- 1. Discuss how to identify customers.
  - 2. Discuss types of menus for different food service operations.
  - 3. Identify the mechanics of recipes and food preparation choices.
  - 4. Explain the problems and limitations of written recipes.
  - 5. Discuss the structure and functions of standardized recipes.
  - 6. Describe menu language and legal requirements.
  - 7. Describe types of food and beverage service.
  - 8. Identify the mechanics of creating menus for diverse populations.
  - 9. Discuss the various courses that may appear in modern menus.
  - 10. Duplicate balanced menus that contain an adequate variety of foods and that can be efficiently and economically prepared.
  - 11. Discuss basic nutritional principles in the construction of menus.
5. Discuss the basic cooking principles used in the hospitality industry.
- 1. Describe tools and equipment in a professional kitchen and in the front of the house.
  - 2. Describe the most important components of foods, and describe what happens to them when they are cooked.
  - 3. Discuss how heat is transferred to food in order to cook it.
  - 4. Explain the factors that affect cooking times.
  - 5. Explain the differences among the various cooking methods.
  - 6. Discuss the concept of mise en place as it applies to setting up in the front and the back of the house.
6. Explain how different stocks, sauces, and soups are prepared.
- 1. Describe the procedures for preparing several types of stocks and their applications to different types of food service operations.
  - 2. Describe kitchen terminology for preparing stocks, soups, and sauces.
  - 3. Explain the functions of sauces and flavors and their applications to various menus.
  - 4. Discuss the mother sauces.
  - 5. Explain safe procedures when handling stocks and soups.
  - 6. Describe commercial products and claims.
  - 7. Discuss trends in menus in this area.
  - 8. Describe the major categories of soups and their service techniques.
7. Describe eggs, dairy, and breakfast foods and beverages and their relation to menu planning.
- 1. Describe the composition of eggs and the major differences among grades, preparation techniques, menu ideas, and service.
  - 2. Discuss dairy products and cheeses and their service, storage, and menu conventions.
  - 3. Identify beverage choices that contribute to sales for various meal periods.
8. Describe salads and dressings, various sandwiches, and hors d'oeuvres, and explain their relationship to menu planning and service.
- 1. Describe salads for use as appetizer, accompaniment, main course, separate course, and dessert.
  - 2. Identify the parts of a salad, a sandwich, a canapé, and an hors d'oeuvre.
  - 3. Identify types of salads and salad dressing ingredients.
  - 4. Discuss how this area has changed in menu development and service.
9. Discuss the composition, structure, and basic quality factors of meats, poultry, shellfish, and fish.
- 1. Describe the composition and structure of meat, poultry, and fish, and discuss how they relate to selection and cooking methods.
  - 2. Discuss federal meat inspection and grading systems for selection and procurement.
  - 3. Explain the significance of aging meats.
  - 4. Describe appropriate cooking methods for the most important meat cuts based on the meat's tenderness and other characteristics.
  - 5. Discuss popular items in consumer selection and trends in menu items from these categories.
10. Explain preparation methods and the concept of locavore for vegetables, potatoes, and other starches.
- 1. Explain the importance of controlling texture, flavor, color, and nutritional changes when cooking vegetables.
  - 2. Describe the quality difference in fresh and convenience products.
  - 3. Describe applying appropriate cooking methods.
11. Explain the basic principles of baking breads, cakes, cookies, pies, and pastries.
- 1. Describe tools and equipment used when baking on the premises.
  - 2. Recognize the most important components of baking products, and describe what happens to them when they are cooked.
  - 3. Describe principles of the bake shop.
  - 4. Discuss the factors that affect the baking process.
  - 5. Discuss controlling gluten development.
  - 6. Explain the differences among the various baking methods.

**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
Midterm and Final Exam (summative) (equally weighted)	40%
Semester Group Menu Project (summative)	30%
Formative Assessments (Written Assignments/ Quizzes)	25%
Group classwork/homework (formative)	5%
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. Utilize management roles and interpersonal skills to lead/manage first level employees in a hospitality setting.
2. Prepare food and beverage menus for a variety of hospitality requirements considering price, quality, and selection.
3. Utilize knowledge of facilities management to aid in decision making.
4. Perform cost calculations and apply to decision making situations pertaining to factors of production.
5. Evaluate levels of food safety and sanitation to maintain a safe and sanitary work environment.
6. Integrate professional, ethical and legal standards into business practice.
7. Employ the various theories of management and marketing in a business.

**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.