

SOUTH SEATTLE COMMUNITY COLLEGE
Technical Education Division

COURSE OUTLINE

Origination: Stephen Sparks – October 2009

DEPARTMENT:	Hospitality and Service Occupations
CURRICULUM:	Culinary Arts
COURSE TITLE:	Theory 1 - Culinary Fundamentals
COURSE NUMBER:	FSD 160
TYPE OF COURSE:	Vocational Theory
COURSE LENGTH:	1 quarter
CREDIT HOURS:	5
LECTURE HOURS:	55
LAB HOURS:	0
CLASS SIZE:	24
PREREQUISITES:	Enrollment in the Culinary Arts Program or Instructor Permission

COURSE DESCRIPTION:

This is a theory class that will serve as an introduction to culinary fundamentals for the entry level student. Students will be taught through lecture, discussion and demonstration. Topics will include, professionalism, culinary history, tools and equipment, flavors and pairings, dairy products, vegetable and fruit identification and breakfast cookery.

STUDENT LEARNING OUTCOMES ADDRESSED:

1. Personal Responsibility - Demonstrate the ability to on time daily, responsible assignments; be motivated in learning new and traditional aspects of the culinary arts.

2. Human Relations - Work in groups effectively. Recognize the diversity of cultural influences and values of peers.
3. Critical Thinking and Problem Solving - This course requires students to critically analyze basic mathematic functions and basic techniques of cooking based upon Classical Teachings.
4. Information Literacy - Access and evaluate information from a variety of resources, including research in the library, various website searches, reading textbooks, and from peer discussion.
5. Communication - Read and listen actively to learn and communicate. Speak and write effectively for personal, academic, and career purposes.
6. Technology - Select and apply appropriate technology tools for personal, academic, and career tasks. Students should show proficiency in basic computer skills.

GENERAL COURSE OBJECTIVES:

At the end of the course the student will be able to:

1. Discuss the development of the modern food service industry
2. Name key historical figures responsible for developing food service professionalism
3. Identify the causes of food-borne illnesses
4. Appreciate the different types and styles of menus
5. Recognize a variety of professional kitchen tools and equipment
6. Understand the basic principles of the physiology of the sense of taste and smell
7. Identify, store and use a variety of milk-based products
8. Understand how heat is transferred to foods through conduction, convection and radiation
9. Understand the composition of eggs
10. Understand various beverages served at breakfast and other meals
11. Identify a variety of vegetables
12. Identify a variety of potatoes
13. Identify a variety of grains
14. Identify pasta products
15. Identify a variety of fruits

TOPICAL OUTLINE:	APPROX. HOURS
I. Modern Food Service Industry	10
II. Professionalism, Sanitation and Safety	10
III. Food ID and physiology	10
IV. Kitchen Tools and Equipment	10
V. Conduction, Convection, Radiation	10
VI. Menus and menu development	<u>5</u>
Total	55

ORIGINATED BY: Stephen Sparks
DATE: October, 2009