

Culinary Technology 110  
Course Introduction and Outline  
Semester One 2018-2019  
C. Collicott

## Overview

Culinary is an entry level hands-on food service training course. Culinary skill sets include industry organization and standards, safety and sanitation, use of tools and equipment, menu planning, and food preparation. You will study the theory of each skill and then be encouraged to practice those skills in the kitchen. Preparing food for family members is also encouraged and an excellent way to gain extra experience and confidence in your work.

Each student will be involved in practical experiences within the school kitchen. It is extremely important that you practice safe and sanitary work habits at all times. Each student is **required** to wear an apron and a hairnet. Long hair must be tied back as well as being contained in a hairnet.

## Student Textbook

Culinary Essentials, Second Edition

Course Fee: \$20.00

## General Curriculum Outcomes (GCOs)

1. The Food Service Industry (GCO 1)
  - a. Commercial, Institutional and Catering Services
  - b. Profit versus Not-for-profit business
  - c. Organization of workspace and staff
  - d. Training, experience and qualities needed for this type of work
  - e. Advantages and Disadvantages of careers in food service
  
2. Safety and Sanitation (GCO 2)
  - a. Personal hygiene
  - b. Prevention of Cross-contamination and food-borne illnesses
  - c. WHIMIS and prevention of workplace accidents
  - d. First Aid for minor kitchen-type injuries
  
3. Standard Procedures in Food Service (GCO 3)
  - a. Standardized recipes
  - b. Measuring techniques
  - c. Portion control techniques
  - d. Kitchen/recipe terminology
  - e. Small tools, utensils and appliances

4. Menu Planning and Cost Control (GCO 4)
  - a. Types of menus: fixed and cycled
  - b. Influences on restaurant menus
    - i. Policy 711 Healthier School Food Environment
  - c. Principles of menu planning
  - d. The menu as a selling tool
  - e. Influences on menu pricing
  
5. Culinary Organizational and Enterprise Skills and Enterprise Activities (GCO 5)
  - a. Quick Breads
  - b. Yeast Breads and Rolls
  - c. Cakes and Cookies
  - d. Pies and Pastry
  - e. Beverages

#### Food Mentors Program

This semester Ms. N. McCann and Ms. L. Cain, both of Horizon Health, will partner to offer the Food Mentors Program in conjunction with Culinary Technology 110. This will be offered Tuesdays during class. Practical kitchen skills will be practiced, as well, the following activities or guests have been planned:

1. Farm tour (1/2 day- Sept. 18) Organic farming
2. Guest speakers: Crissy Thurber (Lakeland Resources), Gill Salmon (Food security, Cooking on a budget), Alaina Hood (local chef), Andrea Johnson (RBC Budgeting), Margaret Scott (vegan cheese), Christine LeBlanc (Funding sources)
3. World Café Project
4. Food Safety Course (Full day- September 19)

#### Course Evaluation

1. 70%- Course Assignments, Projects and Practical Labs
2. 15%- Quiz/Test
3. 15%- Exam