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)
2. Commercial, Institutional and Catering Services
3. Profit versus Not-for-profit business
4. Organization of workspace and staff
5. Training, experience and qualities needed for this type of work
6. Advantages and Disadvantages of careers in food service
7. Safety and Sanitation (GCO 2)
8. Personal hygiene
9. Prevention of Cr0oss-contamination and food-borne illnesses
10. WHIMIS and prevention of workplace accidents
11. First Aid for minor kitchen-type injuries
12. Standard Procedures in Food Service (GCO 3)
13. Standardized recipes
14. Measuring techniques
15. Portion control techniques
16. Kitchen/recipe terminology
17. Small tools, utensils and appliances
18. Menu Planning and Cost Control (GCO 4)
19. Types of menus: fixed and cycled
20. Influences on restaurant menus
21. Policy 711 Healthier School Food Environment
22. Principles of menu planning
23. The menu as a selling tool
24. Influences on menu pricing
25. Culinary Organizational and Enterprise Skills and Enterprise Activities (GCO 5)
26. Quick Breads
27. Yeast Breads and Rolls
28. Cakes and Cookies
29. Pies and Pastry
30. 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