Culinary Arts & Food Services
CUL120C—LOWER DIVISION CERTIFICATE PROGRAM
DAY/EVENING PROGRAMS

program objective

The Culinary Arts and Food Services program will provide students with a strong foundation on which to build a successful career in the food service industry. Students will be exposed to the core theory and practical application of the culinary arts and food services industry. Students will be exposed to a variety of topics including but not limited to: Classical and Modern food preparation and cooking techniques, food and beverage management, foodservice operations, food science, menu planning and nutrition, international cuisine and culture and baking and pastry techniques.

Upon completion of this program, students will be trained for entry level positions in the culinary and food services industry as Line Cook, Prep Cook, Sous Chef, Chef’s Assistant, and Pantry Cook as well as other employment opportunities in the Food Industry.

Students will be required to complete out-of-class assignments in each course, except externship.

Note: Course numbers and sequences are listed here for reference only. The actual delivery sequence of courses contained in this program may vary depending on individual campus scheduling.

Externship course is six weeks with a minimum of 180 hours of training at an approved externship site, working under the direction of a Chef and/or Manager, following all internal rules and regulations. Most externship assignments are scheduled during daytime hours for both day and evening programs. All weeks exclude holidays, course change days and make-up hours for absences during externship. Actual times are set by the externship sites. Students are responsible for transportation to and from the extern site, as well as meals.

Maximum Time Frame (MTF) . . . . 58.5 semester credits

<table>
<thead>
<tr>
<th>number</th>
<th>course</th>
<th>lecture hours</th>
<th>lab hours</th>
<th>externship hours</th>
<th>total hours</th>
<th>total credits</th>
<th>prerequisites</th>
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<td>CUL140C</td>
<td>Introduction to Culinary Arts</td>
<td>45</td>
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<td>90</td>
<td>3.5</td>
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<td>FBM100C</td>
<td>Food and Beverage Management</td>
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<td>IBP140C</td>
<td>Baking and Pastry Techniques</td>
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<td>CUL165C</td>
<td>Advanced Skills I – Meats, Seafood and Poultry</td>
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<td>CUL175C</td>
<td>Advanced Skills II – Meats, Seafood and Poultry</td>
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<td>CUL155C</td>
<td>Principles of Food Science</td>
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<td>CUL165C</td>
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<td>NTR101C</td>
<td>Menu Planning and Nutrition</td>
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<td>PER101C</td>
<td>Personal/Private Chef</td>
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<td>CUL140C, CUL165C, CUL175C</td>
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<td>CUL195C</td>
<td>International Cuisine and Culture</td>
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<td>CUL280C</td>
<td>Externship</td>
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<td>180</td>
<td>4.0</td>
<td>Students must complete all course work prior to taking externship.</td>
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TOTALS: 450 450 180 180 39.0

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Maximum Time Frame (MTF) . . . . 58.5 semester credits
**CUL140C – INTRODUCTION TO CULINARY**  
90 Contact Hrs (45 Lecture, 45 Lab); 3.5 Credits  
This course provides students with an introduction to the fundamentals needed to build a successful culinary career. It starts with an introduction to culinary history, an orientation to the professional kitchen and an overview of the career opportunities available in the foodservice industry. Students participate in culinary product identification and taste exploration, equipment identification, standard measurement, and a thorough examination of hot food safety and basic knife skills. The theory and practice of proper foodservice sanitation is studied and leads to national certification upon successful completion of the examination. Nutrition plays an important role and this course also provides students with the knowledge of the role of nutrition science in various segments of the food service industry. Students learn how to apply healthy and nutritious food selection and preparation to classical and modern cuisine. The path to professional and personal development starts here with the commitment to the highest standards of attitude, attendance, dress, respect and lifelong learning.  
Prerequisite(s): None

**FBM100C – FOOD AND BEVERAGE MANAGEMENT**  
90 Contact Hrs (45 Lecture, 45 Lab); 3.5 Credits  
This course teaches the use of restaurant control systems in menu development, accounting principles, staff training, table service and wine technology. Students learn to create and design menus. Students will explore accounting principles with foodservice industry comparisons. Basic computer literacy and restaurant-related computer applications are introduced. Students study the management process, effective communication skills, the supervisors' role in decision-making and problem solving, effective use of delegation, conflict resolution, motivational techniques, and stress management. Organizational design, line and staff relationships and employee training programs are also presented in this course. Knowledge and techniques of table service are explored, guest check control, federal, state and local control laws and third party liability. Beverage technology studied includes distinguishing wines by grape, variety, growing region, production process and proper service.  
Prerequisite(s): None

**IBP140C – BAKING AND PASTRY TECHNIQUES**  
90 Contact Hrs (45 Lecture, 45 Lab); 3.5 Credits  
This course explores the world of baking and pastry making through the eyes and needs of the culinary student. The baking skill, knowledge, experience and perspective gained through this course leads to the development of better overall chefs, managers and business owners. Each aspect of the baking spectrum is examined through its function of ingredients, mixing methods and finishing techniques. Basic bread baking principles explain how a simple formula of water, yeast, salt and flour is transformed into bread with irresistible taste, texture and fragrance. Danish pastries, pies and cakes are prepared, presented, tasted and critiqued. Restaurant-style desserts are prepared in both classical and modern styles. On-going professional and personal development is continued through the exposure to, and examination of, professional baker and pastry chef organizations, and dessert menu development.  
Prerequisite(s): None

**CUL240C – FOODSERVICE OPERATIONS**  
90 Contact Hrs (45 Lecture, 45 Lab); 3.5 Credits  
This course serves as an introduction to the real world of foodservice operations in which students make use of the skills that they have acquired. Making use of the classic brigade system, individuals will have the opportunity to prep and work all stations both in the kitchen and dining room. Stations will include, but are not limited to Sous Chef, Maitre d’, Saucier, Garde Manger, Server, Back Waiter, Grillardin. This course will expand upon the creation of menus in regards to seasonality and demographics, all the while, satisfying customers’ needs and desires. The techniques for the making of quality stocks will be covered with attention to ingredients, flavor profiles, preparations, and techniques representative of the cuisines and regional dishes of important regions and cultures of the world. Emphasis will be placed upon ingredients, flavor profiles, preparations, and techniques representative of the cuisines and regional dishes of important regions and cultures of the world. Emphasis will be given to understanding the basics of flavors and flavorings and the factors affecting the perception of flavors, with emphasis on serving correctly seasoned foods. Included will be the proper use and care of culinary tools, practical use of culinary math and purchasing practices and procedures. Modern hot and cold methods are explored in the preparation of paté, galantines, mousses, canapés and hors d’œuvre. Artistry and innovation merge in the creation of fruit and vegetable garnishes and melon sculptures. Characteristic specialties such as sausage making, meat smoking and fish curing are all part of this course.  
Prerequisite(s): None

**CUL175C – ADVANCED SKILLS II – MEATS, SEAFOOD, AND POULTRY**  
90 Contact Hrs (45 Lecture, 45 Lab); 3.5 Credits  
This is a continuation of CUL165C. Advanced Skills: Meats, Seafood and Poultry is an advanced course for the culinary student, emphasizing the classic cooking methods, culinary terminology, identification, fabrication and preparation of seafood, meats, and poultry products. Preparation of sauces and soups will be explored; with the introduction and refinement of the thickening methods and techniques used therein. Consideration will be given to understanding the basics of flavors and flavorings and the factors affecting the perception of flavors, with emphasis on serving correctly seasoned foods. Included will be the proper use and care of culinary tools, practical use of culinary math and purchasing practices and procedures. Modern hot and cold methods are explored in the preparation of paté, galantines, mousses, canapés and hors d’œuvre. Artistry and innovation merge in the creation of fruit and vegetable garnishes and melon sculptures. Characteristic specialties such as sausage making, meat smoking and fish curing are all part of this course.  
Prerequisite(s): None

**CUL155C – PRINCIPLES OF FOOD SCIENCE**  
90 Contact Hrs (45 Lecture, 45 Lab); 3.5 Credits  
This course allows students to learn the basics of heat transfer and the affects that heat has on various foods. The techniques for the making of quality stocks will be covered with emphasis on accurate knife cuts to ensure desired results. Students will practice a full range of cooking techniques, including dry-heat, moist-heat and combination methods as applied to vegetables, starchy; salads, spaghetti, eggs and breakfast batter products. The making of salads and dressings will be covered as well as a focus on the specifications for purchasing, receiving and storing of common ingredients. Standard weights and measures will be emphasized in all procedures so that once the fundamental techniques have been learned; it is relatively easy to apply those techniques to a full repertoire of other recipes.  
Prerequisite(s): None

**CUL280C – EXTERNSHIP**  
180 Contact Hrs (180 Externship); 4.0 Credits  
For students, especially those with little previous experience, an experiential learning opportunity offers many benefits. This initial externship intends to broaden the scope of the "new" chef experience not commonly encountered in a student's resident portion of their education or previous workplace environment. The focus is on training the student in culinary skills through greater insight into an actual work environment, developing sensitivity to professional responsibility and promoting student self-learning. Students typically receive an hourly wage. They perform a variety of challenging tasks in and out of the kitchen, under the guidance of a supervising chef/manager at an approved externship location.  
Prerequisite(s): Students must complete all course work prior to taking externship.