

Culinary Arts & Food Services

CUL120C—LOWER DIVISION CERTIFICATE PROGRAM

DAY/EVENING PROGRAMS

CIP CODE: 12.0500 SOC CODE: 35-1012

C Columbia Campus

total instructional hours 1080
 total semester credit hours* 39.0
 approximate weeks to complete (including holidays and scheduled breaks)—day (approximate) . . . 60
 approximate weeks to complete (including holidays and scheduled breaks)—eve (approximate) . . . 75

*The listing of credit hours is not meant to imply that credits can be transferred into college or other private career school programs. Transfer credits are at the sole discretion of the receiving school.

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.

number	course	lecture hours	lab hours	externship hours	total hours	total credits	prerequisites
CUL140C	Introduction to Culinary Arts	45	45	0	90	3.5	
FBM100C	Food and Beverage Management	45	45	0	90	3.5	
IBP140C	Baking and Pastry Techniques	45	45	0	90	3.5	
CUL240C	Foodservice Operations	45	45	0	90	3.5	
CUL165C	Advanced Skills I – Meats, Seafood and Poultry	45	45	0	90	3.5	
CUL175C	Advanced Skills II – Meats, Seafood and Poultry	45	45	0	90	3.5	CUL165C
CUL155C	Principles of Food Science	45	45	0	90	3.5	
NTR101C	Menu Planning and Nutrition	45	45	0	90	3.5	
PER101C	Personal/Private Chef	45	45	0	90	3.5	CUL140C, CUL165C, CUL175C
CUL195C	International Cuisine and Culture	45	45	0	90	3.5	
CUL280C	Externship	0	0	180	180	4.0	Students must complete all course work prior to taking externship.
TOTALS		450	450	180	1080	39.0	

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



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9325 Snowden River Parkway • Columbia, MD 21046

410.290.7100

www.lincolntech.edu

Important information about the educational debt, earnings, and completion rates of students who attended a Lincoln campus and enrolled in a program can be found at: www.LincolnTech.edu/ConsumerInfo

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 knife 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 supervisor's 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, monitoring food & beverage costs and labor cost. The exploration of different types of menus will be a focal point of this course. From the creation of cohesive menus, to proper applications of the products available, to the execution of individual's job description, the future foodservice professional will be a great fit in the modern kitchen. Adherence to proper safety and sanitation requirements will also be strictly monitored. This class will take all knowledge, skills, and techniques that have been taught, and apply it in such a way to link the training to the externship section and finally to the long successful careers ahead.

Prerequisite(s): None

CUL165C—ADVANCED SKILLS I – MEAT, SEAFOOD, AND POULTRY

90 Contact Hrs (45 Lecture, 45 Lab); 3.5 Credits

Advanced Skills: Meats, Seafood and Poultry, is a foundation 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 and classical methods are explored in the preparation of pates, galantines, mousses, canapés and hors d'oeuvre. Artistry and innovation merge in the creation of fruit and vegetable garnishes and melon sculptures. Charcuterie 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. Charcuterie specialties such as sausage making, meat smoking and fish curing are all part of this course. Techniques are explored through explanation, demonstrations and comparison tasting. By the end of this course the student should have the necessary skills and knowledge to plan, prepare and present a variety of cold specialties, hot foods and hybrid hot-cold preparation of foods.

Prerequisite(s): CUL165C

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, starches, sandwiches, 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

NTR101C—MENU PLANNING AND NUTRITION

90 Contact Hrs (45 Lecture, 45 Lab); 3.5 Credits

This course offers a comprehensive review of foods, nutrients and nutrition. Major nutrient classes: carbohydrates, fats, protein, vitamins, minerals and water will be investigated. The relationship of foods and nutrients to areas of current interest including diet and disease (diabetes, high blood pressure, heart disease and cancer, etc.), weight control, diet and exercise, dietary from pregnancy through older adulthood will be discussed, as well as, gluten free diets. Current dietary recommendations including the Food Guide Pyramid, U.S. Dietary Guidelines and Recommended Dietary Allowances (RDA) will be compared and contrasted.

Prerequisite(s): None

PER101C—PERSONAL/PRIVATE CHEF

90 Contact Hrs (45 Lecture, 45 Lab); 3.5 Credits

Personal/Private Chef examines the intrinsic details to being a personal or private chef. The course allows students the opportunity to create a personal business strategy, including marketing, menu design, liability, forms of ownership, financing, and customer service with an emphasis on a step-by-step understanding of how students can begin their own personal chef business.

Prerequisite(s): CUL140C, CUL165C, CUL175C

CUL195C—INTERNATIONAL CUISINE AND CULTURE

90 Contact Hrs (45 Lecture, 45 Lab); 3.5 Credits

Students in this course will learn to prepare, taste, serve, and evaluate traditional, regional dishes of important regions and cultures of the world. Emphasis will be placed on ingredients, flavor profiles, preparations, and techniques representative of the cuisines of the Far East, Middle East, Mediterranean, Europe, Africa, North America, and South America.

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.