

# Introduction to Culinary Arts

**Pre-Requisites:**

**Credits:**

**Estimated Completion Time:**

**Earliest Start Date:** March 2014

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## Description

### Introduction to Culinary Arts

#### **COURSE DESCRIPTION:**

Food is fundamental to life. Not only does it feed our bodies, but it's often the centerpiece for family gatherings and social functions with friends. In this course, you will learn all about food including food culture, food history, food safety, and current food trends. You'll also learn about the food service industry and try your hand at preparing some culinary delights. Through hands-on activities and in-depth study of the culinary arts field, this course will help you hone your cooking skills and give you the opportunity to explore careers in this exciting industry.

## Major Topics and Concepts

### *Unit 1: The History and Development of the Food Service Industry*

Learning Objectives:

1. Discuss the history and development of the food service industry.
2. Describe the major accomplishments of famous chefs from history.
3. Summarize the influence of historical entrepreneurs in the food service industry in the United States.
4. Analyze how current trends in society affect the food service industry.

### *Unit 2: Food, People, and Society*

Learning Objectives:

1. Explain how taste and smell combine to give foods their flavors.
2. List physical, psychological, cultural, and environmental influences on food likes and dislikes.
3. Discuss global food diversity.

### *Unit 3: Basic Nutrition*

*Learning Objectives:*

1. Explain the basics of nutrition.
2. Interpret food labels.
3. Identify different dietary needs.
4. Relate nutrition to health and wellness.

### *Unit 4: Culinary Arts Safety*

Learning Objectives:

1. Explain the basics of safety in culinary arts.
2. Identify safety hazards in the food service workplace.
3. Explain the basics of sanitation in a professional kitchen.

4. Discuss procedures for cleaning commercial kitchen equipment.
5. Demonstrate and utilize proper pest control procedures.
6. Identify and utilize first-aid procedures for accidents and injuries.

#### *Unit 5: Laws and Regulations Governing Food Service*

Learning Objectives:

1. Explain why laws governing food service exist.
2. Identify laws and regulations specific to the food service industry.
3. Fill out an application for a food service permit application.
4. Interpret a restaurant inspection form.
5. Analyze restaurant inspection scores.

#### *Unit 6: Fundamental Skills in Culinary Arts*

Learning Objectives:

1. Read, follow, and convert standardized recipes.
2. Demonstrate mastery of standard weights and measures used in the food service industry.
3. Use, follow, prepare, and plate standardized recipes creatively.
4. Identify various moist and dry cookery methods.

#### *Unit 7: Careers in the Culinary Arts Industry*

Learning Objectives:

1. Identify occupations in the food service and culinary arts industry.
2. Identify levels of training required for food service and culinary arts occupations.
3. Analyze the importance of balancing a career, family, and leisure activities.

#### *Unit 8: Becoming Employable in the Culinary Arts Industry*

Learning Objectives:

1. Apply effective practices for managing time and energy.
2. Apply team-building skills.
3. Apply decision-making and problem-solving skills.
4. Demonstrate how to properly answer business phones.
5. Develop and exhibit good work ethic.
6. Identify traits for gaining and retaining employment.

#### *Unit 9: Finding a Job in the Culinary Arts Industry*

Learning Objectives:

1. Develop a personal career plan that includes goals, objectives, and strategies.
2. Identify resources for a job search and conduct a job search using current technology for jobs at various levels of the industry.
3. Identify professional organizations related to hospitality/food service.
4. Create a resume.
5. Identify opportunities and research requirements for career advancement.
6. Identify food service related community service opportunities.
7. Demonstrate proper interview techniques.

8. Employ mentoring skills to inspire and teach others.

### *Unit 10: Opening a Restaurant*

Learning Objectives:

1. Identify the three basic types of restaurants.
2. Identify new technologies in food service.
3. Calculate the costs of running a restaurant.
4. Plan a menu.

### *Unit 11: Marketing a Restaurant*

Learning Objectives:

1. Identify push and pull marketing techniques and discuss their uses.
2. Discuss the importance of a public relations campaign.
3. Discuss the role of Internet marketing in the food service industry.
4. Develop a marketing plan for a restaurant concept.

### *Unit 12: Managing a Restaurant*

Learning Objectives:

1. Analyze the concepts of customer service and determine the critical moments of good service.
2. Identify security procedures necessary to prevent liability and loss.
3. Determine proper receiving, storage, and distribution techniques.