Syllabus

Course Prefix and Number: CULA120
Credit Hours: 8

Course Title: Food Preparation Principles

Prerequisites: Must have taken CULA 100 within one year or be registered in it

Course Description: Demonstration of knowledge of the effects of heat on foods, heat transfer and cooking times, as well as skills in grilling, frying, broiling, sautéing, steaming, poaching, recipe conversion, and salad preparation. Students focus on stocks, soups, the five basic sauces, thickening agents, reductions, and glazes.


Learning Outcomes: At the end of this course the student will be able to:

A. Demonstrate knife skills, hand tool and equipment operation.
B. Demonstrate how to read and follow a standard recipe and outline the procedure for writing a standard recipe
C. Demonstrate various cooking method to include; roasting and baking, broiling and grilling, griddling, sautéing, frying, and deep frying, boiling, steaming, poaching, braising and stewing.
D. Utilize standard weights and measures to demonstrate proper scaling and measurement techniques.
E. Identify and use herbs, spices, oils and vinegars.
F. Identify and prepare meats, seafood and poultry.
G. Identify and prepare stocks, soups and sauces.
H. Identify and prepare fruits, vegetables, starches and farinaceous items.
I. Identify and prepare salads and salad dressings.
J. Prepare written requisition for recipe.

To achieve the learning outcomes, the student will

1. Demonstrate approved measuring techniques. (A,D)
2. Show proficiency in dry and moist heat cooking methods. (C)
3. Implement professional standards in food preparation. (A,B,C,D)
4. Demonstrate skill in knife, tool and equipment handling. (A,C,D)
5. Identify and use utensils, pot and pans. (A,C)
6. Apply principles of food handling and preparation. (B,C,E,F,G,H,I)
7. Produce a variety of food products. (B,E,F,G,H,I)
8. Discuss the structure and use of the recipe. (B,J)
10. Discuss heat transfer and cooking times. (C,F,G,H)
12. Demonstrate the art of seasoning and flavoring. (C,E)
13. Demonstrate planning and organizing production. (B,D,J)
14. Demonstrate skill handling convenience foods. (A,C)
15. Discuss preliminary cooking and flavoring. (C,E)
16. Discuss stocks, ingredients and procedures. (G)
17. Discuss reductions and glazes and convenience bases. (G)
18. Demonstrate sauces, roux and other thickening agents. (G)
19. Discuss sauce families. (G)
20. Discuss classification and service of soups. (G)

**Course Requirements:** If a student misses more than four lab classes the student is required to make up time missed or be subject to suspension. Students are required to be in complete uniform for all lab classes.

**Course Grading Scale:** The grade for this course is based on attendance, assignments, quizzes, daily grades and a written and practical examination

**Grading Scale**

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<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>90-100</td>
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<tr>
<td>B</td>
<td>80-89</td>
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<tr>
<td>C</td>
<td>70-79</td>
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<td>D</td>
<td>60-69</td>
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<td>F</td>
<td>0-59</td>
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JUNE 06