

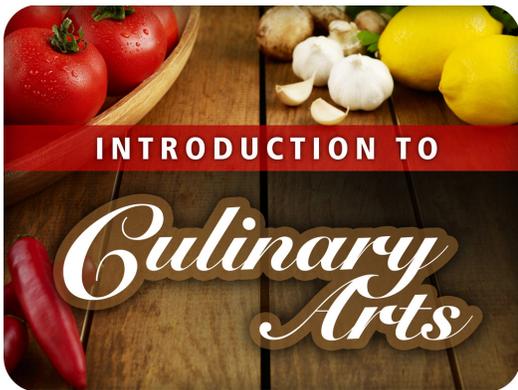


eDynamic Learning

CAREER & ELECTIVE COURSES



Course Syllabus



Introduction to Culinary Arts

Course Description

Food, glorious food! It both nourishes and satisfies us, and it brings people together through preparation, enjoyment, and celebration. If you've ever wanted to learn more about cuisine and how your creativity and appreciation can be expressed by preparing food, Introduction to Culinary Arts is perfect for you. Learn the fundamentals of a working kitchen, and explore what it takes to develop real talent as a chef. Enhance your knowledge of the endless varieties of food, and discover the possibilities that the many spices can bring. Learning more about food preparation will certainly make everything you prepare taste better while giving you the ability to bring people together through the joy of eating.

Course Code: EDL035

Required Materials

- A digital camera or camera phone

Lesson Three

- A medium-size skillet
- A flat spatula
- A gas or electric range
- 4 large flour tortillas
- 16 oz shredded cheddar cheese (2 cups)
- 1 cup sliced green chilies
- 1 Tbsp vegetable oil
- Sour cream and/or guacamole for toppings (optional)

Lesson Four

- Kitchen mixer
- 7 egg whites
- 2 tsp vanilla
- ¼ tsp salt
- 1 tsp cream of tartar
- 14 Tbsp sugar
- Food thermometer

Lesson Six

- Medium-size frying pan
- Tongs
- Spoon
- Paper towel
- Knife
- Gas or electric range

- 1 chicken breast and thigh with skin
- 6 Tbsp flour
- 1 tsp paprika
- 2 oz vegetable oil (¼ cup)
- Salt and pepper to taste

Lesson Seven

- Fresh shrimp (any quantity)
- Saucepan
- Gas or electric range

Lesson Ten

- Table or flat surface
- Large plate
- 1 small plate
- 2 glasses
- 2 spoons
- 2 forks
- 2 butter knives
- 1 napkin

Lesson Eleven

- 1 medium-size frying pan
- 1 medium-size bowl
- 1-cup or 2-cup measuring cup
- Spatula
- 1 9x13 casserole dish
- Gas or electric range

- 8 slices of bread, cubed
- 2 cups milk
- 10 eggs
- 1 lb ground sausage
- 1 ½ cups shredded cheddar cheese
- Butter or cooking spray for greasing casserole dish

Lesson Twelve

- Kitchen mixer with flat beater attachment
- Rubber spatula
- Spoon
- Baking tray lined with parchment paper
- Cling film (i.e. plastic wrap)
- 6 oz brown sugar (¾ cup)
- 3.5 oz butter (7 Tbsp)
- 4 Tbsp molasses
- 1 egg
- 13 oz flour (about 1 ½ cups)
- 2 tsp baking soda
- ½ tsp ground cloves
- 1 tsp cinnamon
- ¼ tsp salt



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Lesson 1: The History and Development of the Food Service Industry

Lesson Summary

Can you imagine a world with no restaurants or fast-food drive-thrus? Since nearly every main street in America is now lined with these establishments, it may be hard to envision life without them. Yet there was a time when the only food a person consumed was the food prepared by himself or his family. The food service industry has shaped our society in innumerable ways, from pumping money into the economy to changing the way Americans eat (for better or for worse!). In this unit, we'll examine the rich history of the food service industry as well as some of its key players.

Learning Objectives

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



Lesson 2: Food, People, and Society

Lesson Summary

Why do some people wolf down Brussels sprouts with a smile while others willfully turn away chocolate? Believe it or not, the reasons people like and dislike certain foods are quite complex and go way beyond taste buds (though they do play their part!). In this unit, we'll examine all the factors that impact why we eat what we eat, including biological, cultural, and even psychological influences.

Learning Objectives

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



Lesson 3: Basic Nutrition

Lesson Summary

When you go out to eat at a restaurant, do you order your entrée based on how you think it will taste or on its nutritional content? Many people your age are heavily influenced by the taste of the foods they eat. Even so, if you were to eat nothing but your favorite food every day, then your body wouldn't get the nutrients it needs to be healthy. That's why your parents are always telling you to eat your vegetables! Good chefs know the most satisfying dishes are those that are not only delicious, but well balanced and nutritious as well. In this unit, we'll explore the fundamentals of nutrition, including the basic food groups and essential nutrients. We'll also investigate special dietary needs and learn how to read a food label.

Learning Objectives

- Explain the basics of nutrition.
- Interpret food labels.
- Identify different dietary needs.
- Relate nutrition to health and wellness.



Lesson 4: Culinary Arts Safety

Lesson Summary

Usually, when we think of what it means to become a good cook, specific recipes, ingredients, or cooking methods come to mind. While all these things are important, we must remember that the primary reason for cooking is to provide others with a nutritious meal that will grant them the energy and nutrients they need to be healthy. Thus it's important that the food a chef prepares is not only delicious, but also safe to consume. It's equally important that food service employees use safety practices that minimize the risk of injury in the kitchen. Kitchens are full of potential hazards: slippery surfaces, sharp edges, electrical appliances, open flames, and household chemicals are just a few of the more common dangers. Becoming familiar with safety techniques and best practices is essential. In this unit, you'll learn how to minimize the risks associated with the food service industry.

Learning Objectives

- Explain the basics of safety in culinary arts.
- Identify safety hazards in the food service workplace.
- Explain the basics of sanitation in a professional kitchen.
- Discuss procedures for cleaning commercial kitchen equipment.
- Demonstrate and utilize proper pest control procedures.
- Identify and utilize first-aid procedures for accidents and injuries.



Lesson 5: Laws and Regulations Governing Food Service

Lesson Summary

When you think of going out to have dinner with friends or family at a nice restaurant, laws and regulations are probably the last thing on your mind. Behind the scenes, though, restaurant employees are following certain procedures and guidelines to make sure they are in full compliance with the many rules and regulations that govern the food service industry. These laws and regulations are similar in each state in the country as they are all based on a federal code. However, states have the right to interpret this code as they wish, so guidelines may vary slightly from one state to another. In this unit, we'll be using the state of Texas as a case study. You'll learn about some of those laws that Texas food service establishments must follow in order to open their businesses and remain in operation. Because there are so many of them that it takes a 180-page document to list them all, we can't possibly cover each of them, but we will discuss some of the most important ones.

Learning Objectives

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



Lesson 6: Fundamental Skills in Culinary Arts

Lesson Summary

One of the most appealing things about the field of culinary arts is that you're always learning new skills and techniques. The field is also a creative one, meaning you can even develop your own specialized strategies and dishes. Like any other field, however, you need a basic foundation from which to grow. In this section of the course, you'll be developing some fundamental cooking skills. You'll also have the opportunity to add more samples to your culinary arts portfolio for the purpose of showcasing your newly acquired skills!

Learning Objectives

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



Midterm Exam

Learning Objectives

- Review information acquired and mastered from this course up to this point.
- Take a course exam based on material from the first six units in this course (Note: You will be able to open this exam only one time.)



Lesson 7: Careers in the Culinary Arts Industry

Lesson Summary

Do the concepts in this course interest you? If so, there's good news! Careers in the culinary arts field are abundant and can range from being a busboy at the local restaurant to a celebrated chef on the Food Network. Whether you want to be a server, chef, or restaurant manager, there's a place for you in this growing industry. In this unit, we'll look at several of the more popular career paths in culinary arts and food service. Who knows? One (or more) of these might be in your future!

Learning Objectives

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



Lesson 8: Becoming Employable in the Culinary Arts Industry

Lesson Summary

As you've progressed through this course and learned more about the culinary arts industry, you may have developed an interest in pursuing a career in this field. If so, you should know that learning how to cook and prepare food is just one of the skills you'll need to become employed in food service. You'll also need to acquire some professional skills, such as time management and a good work ethic, for instance. We'll be looking at these and other skills in depth in this section. Even if you plan to follow a different career path, these skills will help you too! Supervisors in all industries are looking for people who know how to conduct themselves in the workplace!

Learning Objectives

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



Lesson 9: Finding a Job in the Culinary Arts Industry

Lesson Summary

Food is a basic need, and eating is something most everyone enjoys. That's why the culinary arts and food service industry is one of the most rapidly growing fields in the country. You likely won't have too much difficulty finding an entry-level job in the industry if you desire one. Once you get a job in the culinary arts or food service industry, you're sure to be busy performing your daily duties. Remember to keep building upon your skills though. There's plenty of room for advancement in the industry. You may start out as a food prep person, be promoted to a line cook, and if you desire, you could even become a sous chef next in line for head cook!

Learning Objectives

- Develop a personal career plan that includes goals, objectives, and strategies.
- Identify resources for a job search and conduct a job search using current technology for jobs at various levels of the industry.
- Identify professional organizations related to hospitality/food service.
- Create a resume.
- Identify opportunities and research requirements for career advancement.
- Identify food service related community service opportunities.
- Demonstrate proper interview techniques.
- Employ mentoring skills to inspire and teach others.



Lesson 10: Opening a Restaurant

Lesson Summary

Opening a restaurant is a lifelong dream for many and can have many advantages for those who are successful in their enterprises. As with owning any business, running a restaurant can put you in charge of your own financial success. Ideally, you will be able to set your own hours, pay yourself the salary you need or want out of the restaurant's profits, and have the kind of lifestyle you've always wanted. Running a restaurant isn't without its risks, however. It takes a lot of work to get the establishment up and running and manage staff and food orders, not to mention the work involved with marketing and advertising the restaurant so that people actually visit! Even after all this work is done, many restaurants operate on a thin margin, making just enough to pay for the expenses of keeping the establishment open. Even so, many entrepreneurs pour their hearts into their restaurants just as they would care for their own children!

Learning Objectives

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



Lesson 11: Marketing a Restaurant

Lesson Summary

As you learned from the previous unit, opening a restaurant can be quite a feat. If you were a restaurant owner, you wouldn't want all that time and effort to go to waste, would you? That's why restaurant owners must develop strong marketing plans to make sure their tables are always filled with customers. In this unit, you will learn about different marketing techniques restaurants use in order to attract customers and increase profit.

Learning Objectives

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



Lesson 12: Managing a Restaurant

Lesson Summary

Opening and marketing a restaurant are important parts of having a successful food service establishment. Once you have the building and equipment and are attracting customers, you'll need to employ the proper restaurant management techniques to ensure everything runs smoothly in the front and back of the house and that, most importantly, your customers are always satisfied with the food, atmosphere, and service. In this unit, we'll discuss some of the principles of effective restaurant management.

Learning Objectives

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



Final Exam

Learning Objectives

- Review information acquired and mastered from this course up to this point.
- Take a course exam based on material from units seven to twelve in this course – the last six units. (Note: You will be able to open this exam only one time.)