

COURSE NAME: CUL103 Fundamentals of Food Preparation

Credit Value: 2
Total Course Hours: 28
Prerequisite Course(s): None
Corequisite Course(s): None

COURSE DESCRIPTION

The course provides a detailed study of basic food preparation theory based on the art of international classical cuisine. The student will learn the professional culinary techniques and methods of preparation of food, applying to the basics of stocks, soups, sauces and various meat, fish, seafood, poultry, vegetable, and egg dishes, including desserts. The emphasis is upon the fundamentals of culinary art, safety, food sanitation, personal hygiene, and professional attitude toward the art of cooking.

LAND ACKNOWLEDGEMENT

Canadore College resides on the traditional territory of the Anishinaabeg and within lands protected by the Robinson Huron Treaty of 1850. This land is occupied by the people of Nipissing First Nation since time immemorial.

PLAR INFORMATION

This course is not eligible for Prior Learning Assessment and Recognition.

COURSE LEARNING OUTCOMES

Upon completion of this course, the student will have reliably demonstrated the ability to:

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| <p>1.0 Understand the characteristics of food service kitchens.</p> <ul style="list-style-type: none">1.1 Describe similarities and differences of various types of kitchens.1.2 Define the term kitchen brigade.1.3 List the creators of classical cooking.1.4 Understand the fundamentals of classical cooking as a culinary art.1.5 Explain the different chef titles and functions.1.6 List the 10 physical expectations needed to assume the position of a chef.1.7 Summarize and explain the chef is many things. <p>2.0 Know the history of quantity cookery and the art of cooking.</p> <ul style="list-style-type: none">2.1 Explain typical responsibilities, training, and experience needed.2.2 Describe how sophisticated equipment and convenience foods do not substitute for cooking knowledge and skill.2.3 Explain the cuisine of ancient empires and of medieval Europe. | <p>3.0 Realize the importance of knowledge in safety and food sanitation when working in the kitchen.</p> <ul style="list-style-type: none">3.1 Explain why personal hygiene and grooming must be respected to protect own health as well as others.<ul style="list-style-type: none">3.1.1 Burns.3.1.2 Falls.3.1.3 Cuts.3.1.4 Strains.3.1.5 Back injuries.3.2 Explain how to prevent bacterial growth.3.3 Explain common sources of food-borne disease.3.4 Describe the four things bacteria needs to grow.3.5 Understand how food bacteria grows faster.3.6 Identify which food bacteria grows faster.3.7 Describe and understand what causes food spoilage.3.8 Explain and apply how to prevent the following:<ul style="list-style-type: none">3.8.1 Burns. |
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- 3.8.2 Falls.
- 3.8.3 Cuts.
- 3.8.4 Strains.
- 3.8.5 Back injuries.
- 3.9 Apply and follow the professional appearance uniform guide as posted in the food lab (B112).
- 3.10 Describe the three types of food poisoning.
- 3.11 Know what temperature is referred to as the danger zone for food.
- 3.12 Explain and apply how to prevent food-borne illnesses.
- 4.0 Apply basic tasks of preparation of the product.
 - 4.1 Explain and apply the procedures of preparing produce.
 - 4.2 Define and apply the seven cutting techniques.
 - 4.3 Explain the purpose of mise en place.
 - 4.4 Develop cutting skill and correct hand position for cutting.
 - 4.5 Apply and practice the 20 most popular methods of cutting and shaping of fruits and vegetables.
 - 4.6 Define and apply the six basic techniques of putting things together.
 - 4.7 Explain and use technical kitchen terms from the professional culinary guide.
- 5.0 Understand and apply the cooking process and how heat affects food components.
 - 5.1 Identify and use cooking equipment and functions.
 - 5.2 Explain and apply how to take care of fryers.
 - 5.3 Understand how to select and apply appropriate cooking procedures.
 - 5.4 Explain and apply the fourteen different cooking methods.
 - 5.5 Explain how heat affects food components.
 - 5.6 Identify the five moist-heat cooking methods.
 - 5.7 Identify the six dry-heat cooking methods.
- 6.0 Understand and apply converting recipes and how quantities are measured.
 - 6.1 Understand that recipes are basic patterns with many variations.
 - 6.2 Define a standardized recipe.
 - 6.3 Explain how quantities are measured.
 - 6.4 Describe the keys to converting recipes.
 - 6.5 Understand and establish familiarity with the metric system.
 - 6.6 Understand and establish familiarity in measuring temperature in both systems.
- 7.0 Identify the several fundamentals of cooking in building flavour, body, and texture.
 - 7.1 Identify and apply concepts and combinations of ingredients to build flavour in stocks.
 - 7.2 Explain and prepare the making of stocks
 - 7.3 List all the basic stocks and their functions.
 - 7.4 Identify and apply thickening agents and how to use them.
 - 7.5 Explain and apply seasoning techniques, selection of flavour builders, and the amount of spices and herbs.
 - 7.6 Describe and identify the differences between spices and herbs.
- 8.0 Identify and apply the making of basic soups.
 - 8.1 Identify by name the four categories of soups.
 - 8.2 Select and apply proper cooking techniques and ingredients for the four categories of soups.
 - 8.3 Describe and make a clarification.
 - 8.4 Recognize and apply appropriate garnishes and garnitures for soups.
 - 8.5 Describe and apply cooling and storing procedures for soups.
 - 8.6 List the most popular specialty soups.
 - 8.7 Apply special techniques for the making of cold soups.
- 9.0 Recognize and apply the methods of preparation for mother sauces and derivatives.
 - 9.1 Define the mother sauces.
 - 9.2 List by name the five mother sauces.
 - 9.3 Understand the structure of sauces.
 - 9.4 Understand the functions of sauces.
 - 9.5 Identify special sauces such as simple and compound butters.
 - 9.6 Understand and apply the following procedures for sauces:
 - 9.6.1 Cooling.
 - 9.6.2 Handling.

9.6.3 Storing.

9.7 List by name the derivatives and non-derivatives of sauces.

10.0 Identify and apply preparation methods for all types of vegetables and farinaceous foods.

10.1 Describe the two categories of vegetables.

10.2 Identify the most popular cereals.

10.3 Analyze the composition of pasta.

10.4 Explain how vegetables are a very important part of our diet.

10.5 Identify pasta by shape and size.

10.6 Explain and apply the proper cooking methods of pasta.

10.7 Explain how available and versatile vegetables are.

10.8 Explain and apply handling and storing of vegetables.

10.9 Explain the importance of proper cutting techniques for vegetables according to their cooking methods.

10.10 List the four colour categories that vegetables are grouped in.

10.11 Explain when potatoes are classified as new potatoes.

10.12 Explain how potatoes are graded.

10.13 Explain the two categories of potatoes.

10.14 List the four most popular ways of preparing potatoes.

10.15 Understand and apply handling and storing of potatoes.

10.16 Describe the composition of rice cereals and alternative starches.

10.17 Understand the process of milling rice cereals and farinaceous food.

10.18 Explain how to buy and store rice and cereals.

10.19 Explain the two methods of cooking rice.

10.20 Describe the principle of cooking cereals.

11.0 Recognize and apply cutting and cooking procedures for fin fish and shellfish.

11.1 Identify fin fish from two specific categories of fish.

11.2 Explain and apply the seven methods of fish cookery.

11.3 Explain how product knowledge is necessary to dictate the choice of

cooking method.

11.4 Identify mollusks and crustaceans.

11.5 List the five cooking methods used for shellfish.

11.6 Describe the importance of proper handling and storing of fish and shellfish.

11.7 Apply specific cutting techniques for fish and shellfish according to the dish prepared.

11.8 Describe the appropriate sauce and garniture that must be used for fish and shellfish in regard to the dish prepared.

12.0 Identify and apply cutting and cooking procedures for poultry dishes.

12.1 Select poultry according to its appropriate use in different dishes.

12.2 Describe the importance of proper handling and storing of poultry.

12.3 List the six cooking methods used for poultry.

12.4 Apply specific cutting techniques for poultry according to the dish prepared.

12.5 Describe the appropriate sauce and garniture that must be used for poultry dishes.

12.6 Explain how to make and serve poultry dressings or stuffings more safely.

13.0 Recognize and apply cutting and cooking procedures for meat (red, white, and wild).

13.1 Identify by name the various types of meat:

13.1.1 Red.

13.1.2 White.

13.1.3 Wild meat.

13.2 Explain the methods of cooking meats as related to its cut and grade.

13.3 Apply the seven cooking methods for meat.

13.4 Apply appropriate sauces and garnitures according to the meat dish prepared.

13.5 Understand the various ways to identify the degree of doneness for meats.

13.6 Apply specific cutting techniques for different types of meat according to the dish prepared.

13.7 Identify the most popular game and wild meat used on the market today.

14.0 Identify and apply breakfast cookery and

dairy products.

- 14.1 List the various factors that affect egg:
 - 14.1.1 Shape.
 - 14.1.2 Size.
 - 14.1.3 Colour.
- 14.2 Explain the uses of eggs in cooking in general.
- 14.3 Describe and apply the types of cooking methods for eggs.
- 14.4 Describe the three factors of egg grading.
- 14.5 Identify and prepare breakfast items from scratch.
- 14.6 List the three most used milk products.
- 14.7 Describe the classifications of cheese.
- 14.8 List the types of milk used from raw milk.
- 14.9 Explain and apply the two cardinal rules to follow when cooking with cheese.
- 15.0 Identify and apply the procedures of salad and sandwich making.
 - 15.1 Explain the two types of sandwiches.
 - 15.2 Explain the ten rules of sandwich making.
 - 15.3 Describe the two categories of salads.
 - 15.4 Apply the four basic components of salads.
 - 15.5 Identify various vinegar use in salad dressings.
 - 15.6 Explain the four basics of salad making.
 - 15.7 Apply sanitation rules when preparing salads and sandwiches.
- 16.0 Appreciate and practice professional discipline toward cooking.

- 16.1 Define and explain why synchronization and organization is mandatory in the kitchen.
- 16.2 Apply and understand the reason of strict discipline in maintaining a clean and safe working kitchen station.
- 16.3 Explain how to develop team support when working under pressure.
- 16.4 Understand the duty and professional attitude to perform professional cooking.
- 16.5 Realize the dollar value of food used in cooking.
- 16.6 Practice production discipline in coordination with other students.
- 17.0 Understand and apply how to sanitize utensils and kitchen equipment.
 - 17.1 Students will be using many utensils, pots, pans, and kitchen equipment. He/she will be assigned to the cleaning of the items mentioned above and learn the methods of the proper cleaning procedures using the correct soaps, detergents, and sanitizers to fulfill their job.
 - 17.2 Understand and apply safety when cleaning and handling the following:
 - 17.2.1 Hot pots.
 - 17.2.2 Pans.
 - 17.2.3 Stove.
 - 17.2.4 Grill.
 - 17.2.5 Griddle.
 - 17.2.6 Equipment found in each kitchen station.

GENERAL EDUCATION

This is not a General Education course.

PROGRAM OUTCOMES

This course contributes to the following Ministry of Colleges and Universities approved program learning outcomes (PLO):

Culinary Management

3. Contribute to and monitor adherence of others to the provision of a well-maintained kitchen environment and to the service of food and beverage products that are free from harmful bacteria or other contaminants, adhering to health, safety, sanitation and food handling regulations.

10. Develop strategies for continuous personal and professional learning to ensure currency with and responsiveness to emerging culinary techniques, regulations, and practices in the food service industry.

Culinary Skills

2. Apply basic food and bake science to food preparation to create a desired end product.
3. Contribute to and monitor adherence of others to the provision of a well-maintained kitchen environment and to the service of food and beverage products that are free from harmful bacteria or other contaminants, adhering to health, safety, sanitation and food handling regulations.
4. Ensure the safe operation of the kitchen and all aspects of food preparation to promote healthy work spaces and the responsible, efficient use of resources.

ESSENTIAL EMPLOYABILITY SKILLS OUTCOMES

This course contributes to the following Ministry of Colleges and Universities approved essential employability skills (EES) outcomes:

1. Communicate clearly, concisely, and correctly in the written, spoken, and visual form that fulfils the purpose and meets the needs of the audience.
2. Respond to written, spoken, or visual messages in a manner that ensures effective communication.
3. Execute mathematical operations accurately.
4. Apply a systematic approach to solve problems.
5. Use a variety of thinking skills to anticipate and solve problems.
6. Locate, select, organize, and document information using appropriate technology and information systems.
7. Analyse, evaluate, and apply relevant information from a variety of sources.
8. Show respect for the diverse opinions, values, belief systems, and contributions of others.
9. Interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals.
10. Manage the use of time and other resources to complete projects.
11. Take responsibility for one's own actions, decisions, and consequences.

EXTERNAL COURSE ACCREDITATIONS AND CONDITIONS

There are no external accreditations or conditions identified for this course.

COURSE EVALUATION

Evaluation Item	Weight
6 tests	80%
Final exam	20%

COURSE PASS GRADE

50

GRADING SYSTEM

A+:	90-100%	B+:	77-79%	C+:	65-69%	D:	50-54%	S - Satisfactory
A:	85-89%	B:	73-76%	C:	60-64%	F:	0-49%	I - Incomplete

A-: 80-84% B-: 70-72% D+: 55-59%

F- Repeat Course,
included in GPA
FS- Failure Supplemental
FR- Repeat course,
excluded from GPA

*For a complete chart of grades and descriptions, please see the Grading Policy.

LEARNING RESOURCES

Course Textbooks:

Required:

Title: Professional Cooking for Canadian Chefs
Author: Wayne Gisslen
Publisher:
Edition: 9th edition
Print ISBN: 978-1-119-42472-7
eBook ISBN:

Required:

*In House Manuals Cul 103 (available on D2L) Fall 2024

Resources listed on the course outline support the achievement of learning outcomes, and may be used throughout the course to varying degrees depending on the instructor's teaching methodology and the nature of the resource.

Technology requirements - <https://www.canadorecollege.ca/BYOD>

The Harris Learning Library's staff can help you find resources to support your learning - www.eclibrary.ca

LEARNING ACTIVITIES

Lecture and PowerPoints

DELIVERY MODE

This course may be delivered, in whole or in part, in a number of modalities, including In-Person, Remote (synchronous and/or asynchronous), hybrid, or Hyflex, as per accreditation and/or regulatory standards where appropriate. This information is identified on the course schedule (student and faculty).

RECORDING GUIDELINES

This class may be recorded by faculty of the College. Faculty will inform students when recording of the class

commences and ceases. 'Recorded' means that the audio-visual and chat portions of the class will be recorded and then be stored on the College or vendor provider server. They will be made available to students, but only for the express and sole use of those registered in this course. If you have any questions or concerns about this recording, please contact your instructor or the College's privacy officer at privacy.officer@canadorecollege.ca. Full recording guidelines can be found at: <https://cdn.agilitycms.com/canadore-college/academic-centre-of-excellence/Canadore%20Recording%20Guidelines.pdf>

ACADEMIC POLICIES

Canadore College is committed to the highest standards of academic integrity, and expects students to adhere to these standards as part of the learning process in all environments. The College's Academic Integrity policy seeks to ensure that all students understand their rights and responsibilities in upholding academic integrity and that students receive an accurate and fair assessment of their work. Please review the Academic Integrity policy (A-18) and other academic policies found on our website: <https://www.canadorecollege.ca/about/policies>.

COLLEGE POLICIES

- Protecting human rights in support of a respectful college community

For college policies please see: <http://www.canadorecollege.ca/about-us/college-policies>.

Accessibility Learning Services for Students with Disabilities - Student Success Services

Student Success Services provides comprehensive support to students. We aim to ensure that all students have equal access to educational opportunities and can succeed in their academic journey. Our services focus on reducing and eliminating barriers related to education through individualized accommodations and support. If you are a student with a disability, we encourage you to register with Accessible Learning by completing the Student Success – Accessible Learning Services Form (https://canadorecollege-accommodate.symplicity.com/public_accommodation/).

For more detailed information about the services offered, please visit our webpage: Student Success Services - (<https://www.canadorecollege.ca/support/student-success-services>). To connect with Student Success Services email studentsuccessnow@canadorecollege.ca or call 705.474.7600 ext 5205.

FIRST PEOPLES' CENTRE:

A culturally safe environment offering CONFIDENTIAL student focused services, drop in or make an appointment to access:

- One on one counselling
- Elder in residence program

- Peer tutoring
- Peer mentorship
- Lunch & learn workshops on study skills, self-care, life skills
- Learning Resource Centre

Drop by our offices at C254 College Drive, W103 Commerce Court or call 705 474 7600 Ext. 5961 College Drive / 5647 Commerce Court.

<https://www.canadorecollege.ca/experience/indigenous-student-experience>

WAIVER OF RESPONSIBILITY

Every attempt is made to ensure the accuracy of this information as of the date of publication. The college reserves the right to modify, change, add, or delete content.

HISTORICAL COURSE OUTLINES

Students use course outlines to support their learning. Students are responsible for retaining course outlines for future use in applications for transfer of credit to other educational institutions.