# COURSE OUTLINE

<table>
<thead>
<tr>
<th>Course Number</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
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<tbody>
<tr>
<td>HOS 101</td>
<td>Food Preparation I</td>
<td>3(1/4)</td>
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<table>
<thead>
<tr>
<th>Hours:</th>
<th>Co- or Pre-requisite:</th>
<th>Implementation</th>
</tr>
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<tbody>
<tr>
<td>Lecture/Lab/Other</td>
<td>HOS 118 HOS 111</td>
<td>Fall 2018</td>
</tr>
<tr>
<td>15/60/0</td>
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**Catalog description (2017-2018 Catalog):**

Introduction to the principles, skills, and techniques associated with the culinary arts, involving various cooking methods including classic and modern techniques. Identification of various kitchen staples, food products, and equipment used within the commercial food operation. Hands-on activities require the preparation of a wide variety of recipes. Chef whites required. 1 lecture/4 laboratory hours.

**Required texts/other materials:**


**MyCulinarylab**

**Revision date:** Spring 2018  
**Course coordinator:** Douglas Fee 609 570-3447  
feed@mccc.edu

**Course Competencies/Goals:**

*The student will be able to:*

1. Use industry standards in the safe and sanitary practices of preparing, handling, and storing of all food products and recognize wholesome and safe food products.
2. Handle all equipment in a safe, sanitary and efficient manner from pre-preparation to preparation, serving and finally cleaning and storing.
3. Demonstrate an understanding the cooking methods and skills necessary for basic food preparation.
4. Become familiar with food product and the effects of ingredients on the finished culinary dish.
5. Be able to evaluate foods in terms of flavor, aroma, appearance, texture, and presentation.
6. Recognize recipes as a model for further development and adaptation including substitutions and quantities.
Evaluation of student learning:

Performance in Laboratory Session  50%
My Culinary Lab Assignments  10%
Midterm Practical and Written Exam  15%
Final Practical and written exam  15%
Quiz Grade Average  10%

**Students earning below a C as a final grade will not be permitted to enter into HOS 102.**

The lecture component of this course will include up to a 50-minute session, reviewing a wide variety of skills necessary to successfully participate in the laboratory component of the course. Due to the nature of the vast amount of materials, you are responsible for completing all reading and written assignments BEFORE the start of each lecture and laboratory session. Failure to do so will not permit you to successfully accomplish your laboratory assignments.

The laboratory component of this course will consist of approximately 4 hours per session. Some sessions may require more time than others. The laboratory session will consist of students working either in pairs or individually. Each student pair or individual will be assigned a variety of recipes; after the preparation of each recipe, the student will evaluate the culinary creation for texture, color, taste, method of cooking, and techniques they could or should have used to improve or create correct recipe products.

Coursework will include work begun in class and completed by the student individually or as part of a group depending on the assignment. Tests will be given to determine if the students are retaining the information discussed in class and reinforced through assignments.

Handson portion of the course will determine 50% of the students’ grade and will include the criteria on the attached Lab/Kitchen Performance Rubric.

**Attendance:**

All classes are mandatory. Ten points will be deducted for each class missed up to thirty points or three classes. Any student who misses three classes will not complete the course. All classes will start on time. Three late arrivals will count for one missed class.

**Proper Uniform:**

- All students must be in full uniform by the second class.
- If a student is not in complete uniform by the second class, or at any time when required to be in uniform, the student would have five points deducted for each occurrence.
- Students must be in uniform for both lecture and laboratory sessions.
Laboratory Notice:

Personal hygiene is extremely important in the culinary environment; therefore, all students:

- Will be required to wear a clean uniform
- Will be personally odor-free
- Will have clean fingernails — no nail polish or acrylics
- Will have hair tied back and under a cap
- Will not wear jewelry on the hands or wrists except for a wedding band.
- Will not come to class ill.

Any student with open sores or wounds must wear bandages and plastic protective gloves throughout the entire lab session. Courtesy and respect will be required at all times.

Laboratory Supplies:

- Each student is required to bring a plastic-coated binder or folder to hold recipes, handouts, notes and other information that is required to complete assignments.
- **Required uniform for all lecture and lab sessions:**
  - White chef jacket
  - White, black or checked pants
  - Bimetal pocket thermometer or digital thermometer
  - White chef hat or bakers cap
  - White bib apron
  - Two side towels
  - Non-slip sole shoes (no sandals)

Please remember to be in uniform by the second scheduled class of the semester, that you must be in uniform for every class, and to bring required text to all classes.

 Courtesy and Common Sense

Please make every attempt to come to all class sessions, to come on time and stay until the end of the class unless you have notified the instructor you are leaving early. There may be a time when you are unavoidably late for class or leave early. If that is the case please choose a seat near the room entrance. Once the class session has begun, please do not leave the room and re-enter unless it is an emergency. If you must miss a class it is you are still responsible for all material covered, for announcements made in your absence and for acquiring any materials that may have been distributed in class. It is important to stay focused on the class discussion. For this reason, only one person at a time in the class should be speaking. Side conversations are distracting for surrounding students and the instructor. Please also remember to turn off any pager or cell phone, or set it to vibrate so you do not distract the class.
Academic Integrity Statement:

Any student who a) knowingly represents work of others as his/her own. b) uses or obtains unauthorized assistance in the execution of any academic work, c) or gives fraudulent assistance to another student is guilty of cheating. Violators will be penalized in accordance with established college policies and procedures.

Reasonable Accommodations for Students with Documented Disabilities

Mercer County Community College is committed to supporting all students in their academic and co-curricular endeavors. Each semester, a significant number of students document disabilities, which may require learning, sight, hearing, manual, speech, or mobility accommodations to ensure access to academic and co-curricular activities. The college provides services and reasonable accommodations to all students who need and have a legal entitlement to such accommodations.

For more information regarding accommodations, you may visit the Office of Academic Support Services in LB 218, or contact the office at (609) 570-3422 / stinsona@mccc.edu.
The instructor completes this for each student for each lab session. If the topic covers two class periods one Lab/Kitchen Performance Rubric may be completed instead of two forms (instructor's choice).

**Class Topic:** Needs to be entered in the last box on bottom of form for each lab session.

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Points Awarded According to these Performance Parameters</th>
<th>Points Earned</th>
</tr>
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<tbody>
<tr>
<td><strong>Professional Ethics &amp; Conduct</strong></td>
<td>Uncooperative; fails to successfully follow instructions 0-3</td>
<td>Works well with others during most opportunities; follows most instructions 4-6</td>
</tr>
<tr>
<td><strong>Professional Appearance</strong></td>
<td>No uniform (or no designated clothing) 1</td>
<td>Two or more areas (hair, uniform, or shoes) below standards 2-3</td>
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<tr>
<td><strong>Safety &amp; Sanitation</strong></td>
<td>Two or more significant safety and/or sanitation standards violated 1-3</td>
<td>One significant or two minor safety or sanitation standards violated 4-6</td>
</tr>
<tr>
<td><strong>Tools &amp; Equipment</strong></td>
<td>Needs assistance ≥70% of the time in operating equipment and/or tools 1-3</td>
<td>Operates all equipment or tools correctly, but requires assistance about 33% of the time 4-6</td>
</tr>
<tr>
<td><strong>Recipe &amp; Menu Understanding</strong></td>
<td>Minimal knowledge of relevant recipes, ingredients &amp; menus (if applicable) 1-3</td>
<td>Understands at least 60% of the information about relevant recipes, ingredients &amp; menus (if applicable) 4-6</td>
</tr>
<tr>
<td><strong>Mise en Place</strong></td>
<td>Unprepared to work; maintenance of work area below standards 1-3</td>
<td>Preparation of work area or maintenance of area below standards 4-6</td>
</tr>
<tr>
<td><strong>Knowledge &amp; Skills</strong></td>
<td>Minimal knowledge and skills 0-10</td>
<td>Knowledgeable of at least 50% of this topic's information and can demonstrate at least 50% of the relevant skills 11-20</td>
</tr>
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**Class Topic:** __________________________

Total Points Possible: 100

Total Points Earned:
CLASS OUTLINE

Assignment for next class includes reading each chapter as assigned AND completing assignments for those chapters in on MYCULINARYLAB:

Session 1: Lecture: Introduction to HOS 101
Today's Laboratory:
- Tour of Facilities, Review Safety and Sanitation Procedures
- Equipment Identification and its use, Cookware
- Procedures for the Cleaning and Storing of all equipment and supplies
- Measuring and Portioning Devices
- Units of Measure used in the Culinary Kitchen
- Standardized Recipes

Assignment:
- Read Chapter 1: Professionalism
- Read Chapter 4: Menus and Recipes
- Read Chapter 5: Tools and Equipment (pg 73-76)
- Read Chapter 6: Knife Skills
- Read Chapter 9: Mise en Place

Session 2: Lecture: Mise en Place
Today's Laboratory:
- Knife Skills, Cutting, Chopping, Dicing, etc.
- Basic Herb Identification
- Salt and Pepper
- Spices
- Roux

Assignment:
- Read Chapter 10: Principles of Cooking
- Read Chapter 23: Potatoes, Grains and Pasta
- Read Chapter 7: Flavors and Flavorings

Session 3: Lecture: Potatoes, Grains and Pasta
Today's Laboratory:
- Prepare a variety of potato and grain recipes applying various cooking methods

Quiz
Quiz (mis en place and measurements)

Assignment:
- Read Chapter 22: Vegetables
- Read Chapter 26: Fruits
- Read Chapter 5: Tools and Equipment (pg 77-92)

Session 4: Lecture: Vegetables and Fruits
Today's Laboratory:
- Prepare a variety of fruit and vegetable recipes applying various cooking methods

Assignment:
- Read Chapter 21: Eggs and Breakfast
- Read Chapter 25: Fruits
- Read Chapter 8 Dairy Products
Session 5: Lecture: Breakfast and Brunch

Today's Laboratory:
- Prepare various egg and breakfast recipes applying various cooking methods

Quiz
- Quiz (Practical / Knife Skills)

Assignment:
- Read Chapter 25: Salads and Salad Dressings
- Read Chapter 27: Sandwiches

Session 6: Sandwiches, Salads and Dressings

Today's Laboratory:
- Prepare various sandwiches, salads and salad dressings

Assignment:
- Read Chapter 11: Stocks and Sauces
- Review Chapter 6: Knife Skills

Session 7: Lecture: Stocks and sauces

Today's Laboratory:
- Utilize knife skills and prepare various stock recipes
- Prepare the mother sauces and secondary sauces

Assignment:
- Review for midterm examination

Session 8: Midterm Examinations: Practical and Written

Assignment:
- Read Chapter 12: Soups
- Read Chapter 13: Principles of Meat Cookery

Sessions 9: Lecture: Soups

Today's Laboratory:
- Prepare soup recipes

Quiz
- Quiz (cooking methods)

Assignment:
- Review Chapter 13: Principles of Meat Cookery
- Read Chapter 14: Beef
- Read Chapter 15: Veal
- Read Chapter 16: Lamb
- Read Chapter 17: Pork
Session 10: Lecture: Principles of Meat Cookery & Principles of Cooking

**Todays’ Laboratory:**
- Prepare various beef, veal, lamb and/or pork recipes applying various cooking methods

**Assignment:**
- Review Chapter 12: Principles of Meat Cookery
- Read Chapter 18: Poultry
- Read Chapter 19: Game

Session 11: Lecture: Poultry and Game Cookery

**Todays’ Laboratory:**
- Prepare various poultry and/or game recipes applying various cooking methods

**Assignment:**
- Read Chapter 20: Fish and Shellfish

Session 12: Lecture: Fish and Shellfish Cookery

**Todays’ Laboratory:**
- Prepare fish and/or shellfish recipes applying various cooking methods.

**Assignment:**
- Read Chapter 20: Fish and Shellfish

Session 13: Lecture: Final Exam Review

**Todays’ Laboratory:**
- Student demonstrations

**Quiz:**

**Assignment:**
- Review for Final Examination
- Review Primer

Session 14: Final Examinations: Practical and Written