COURSE OUTLINE

Course Number  
HOS 101

Course Title  
Food Preparation I

Credits  
3(1/4)

Hours:  
Lecture/Lab/Other  
15/60/0

Co- or Pre-requisite:  
HOS 118

Revised Spring 2013

Catalog description (2011-2013 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:


Revision date:  
Spring 2013

Course coordinator:  
Douglas Fee 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 of the skills necessary for basic food preparation.
4. Become familiar with the ingredients of a wide variety of food products.
5. Become familiar with the effects of ingredients on the finished culinary dish.

Revised: 02/2013
6. Be able to evaluate foods in terms of flavor, aroma, appearance, texture, and presentation.
7. Demonstrate an understanding of all cooking methods reviewed in class.
8. Recognize recipes as a model for further development and adaptation including substitutions and quantities.
9. Demonstrate a culinary proficiency that will permit your advancement to HOS102.

Units of study in detail.

Unit I  Professionalism, Food Safety and Sanitation, Menus and Recipes, Units of Measure, and Tools and Equipment

*The student will be able to…*

- Demonstrate an understanding of industry standards in food safety and sanitation
- Demonstrate an understanding and working knowledge of properly handling using, cleaning, sanitizing and storing equipment
- Demonstrate an understanding of standardizes recipes and appreciation of different types and styles of menus
- Discuss and apply skills necessary for recipe conversion

Unit II Mise en Place, Knife Skills, Flavors and Flavorings, Dairy Products, and Principles of Cooking

*The student will be able to…*

- Classify and discuss dairy products and their role in culinary arts
- Practice proper knife techniques
- Discuss proper cooking methods and be ready to apply these techniques in future labs
- Identify various fresh herbs and spices and discuss their effect on flavor of finished product

Unit III Potatoes, Grains, and Pasta and Fruits and Vegetables

*The student will be able to…*

- Classify and discuss various types of potatoes grains and pasta and cooking methods employed
- Produce finished products following recipes and perform an evaluation and analysis of finished product

Unit IV Breakfast and Brunch, Sandwiches, Salads, and Dressings

*The student will be able to…*

- Produce finished products following recipes and perform an evaluation and analysis of finished product
- Apply Demonstrate
- Demonstrate a working knowledge of producing emulsified dressings and various salad types

Unit V Stocks and Sauces and Soups

*The student will be able to…*

- Produce finished products following recipes and perform an evaluation and analysis of finished product
- Prepare stocks and demonstrate a working knowledge of the techniques involved in creating clear stocks as well as brown and white stocks
- Apply knowledge of thickening agents to prepare sauces and soups
• Prepare and demonstrate a working knowledge of the mother sauces and development of small sauces
• Prepare various types of soups including cream and clear soups to proper flavor profile, degree of doneness and consistency applying

**Unit VI Principles of Meat Poultry and Game Cookery**

*The student will be able to…*

• Produce finished products following recipes and perform an evaluation and analysis of finished product
• Demonstrate a working knowledge of applying proper cooking methods to the proper cuts of meat and poultry.
• Employ proper mise en place practices during production of recipes including knife skills and preparation of pantry items
• Conduct an analysis’s of the finished meat poultry and game dishes and evaluate various strategies to alter outcomes in a favorable manner

**Unit VII Fish and Shellfish Cookery**

*The student will be able to…*

• Produce finished products following recipes and perform an evaluation and analysis of finished product
• Demonstrate a working knowledge of applying proper cooking methods to the proper cuts of meat and poultry.
• Employ proper mise en place practices during production of recipes including knife skills and preparation of pantry items
• Conduct an analysis’s of the finished meat poultry and game dishes and evaluate various strategies to alter outcomes in a favorable manner
Evaluation of student learning:

- Performance in Laboratory Session: 50%
- Completion of Study Guide: 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.

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

- a) Professional Ethics & Conduct
- b) Professional Appearance
- c) Safety & Sanitation
- d) Tools & Equipment
- e) Recipe & Menu Understanding
- f) Mise en Place
- g) Knowledge & Skills

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>
</thead>
<tbody>
<tr>
<td>Professional Ethics &amp; Conduct</td>
<td>Uncooperative; fails to successfully follow instructions 0-3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Works well with others during most opportunities; follows most instructions 4-6</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Works well with others; assists or shares knowledge; follows lesson instructions 7-10</td>
<td></td>
</tr>
<tr>
<td>Professional Appearance</td>
<td>No uniform (or no designated clothing) 1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Two or more areas (hair, uniform, or shoes) below standards 2-3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>One area (hair, uniform, or shoes) below standards 4-6</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Uniform complete &amp; thoroughly clean; hair neat (restrained as necessary) 7-10</td>
<td></td>
</tr>
<tr>
<td>Safety &amp; Sanitation</td>
<td>Two or more significant safety and/or sanitation standards violated 1-3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>One significant or two minor safety or sanitation standards violated 4-6</td>
<td></td>
</tr>
<tr>
<td></td>
<td>All safety &amp; sanitation standards maintained during class time 7-10</td>
<td></td>
</tr>
<tr>
<td>Tools &amp; Equipment</td>
<td>Needs assistance ≥70% of the time in operating equipment and/or tools 1-3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Operates all equipment or tools correctly, but requires assistance about 33% of the time 4-6</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Operates all equipment or tools correctly after instruction 7-10</td>
<td></td>
</tr>
<tr>
<td>Recipe &amp; Menu Understanding</td>
<td>Minimal knowledge of relevant recipes, ingredients &amp; menus (if applicable) 1-3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Understands at least 60% of the information about relevant recipes, ingredients &amp; menus (if applicable) 4-6</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Thorough understanding of all information about relevant recipes, ingredients &amp; menus (if applicable) 7-10</td>
<td></td>
</tr>
<tr>
<td>Mise en Place</td>
<td>Unprepared to work; maintenance of work area below standards 1-3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Preparation of work area or maintenance of area below standards 4-6</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Work area prepared &amp; maintained throughout class time 7-10</td>
<td></td>
</tr>
<tr>
<td>Knowledge &amp; Skills</td>
<td>Minimal knowledge and skills 0-10</td>
<td></td>
</tr>
<tr>
<td></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>
<td></td>
</tr>
<tr>
<td></td>
<td>Knowledgeable of at least75% of this topic's information and can demonstrate at least 75% of the relevant skills 21-30</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Well-versed in topic; performed all tasks as instructed or required 31-40</td>
<td></td>
</tr>
</tbody>
</table>

**Class Topic:**__________________________

**Total Points Possible:** 100

**Total Points Earned:**
CLASS OUTLINE

Session 1: Lecture: Introduction to HOS 101
Assignment:
- Read Chapter 1: Professionalism
- Read Chapter 2: Food Safety and Sanitation
- Read Chapter 3: Menus and Recipes
- Read Chapter 4: Tools and Equipment

Laboratory:
- Tour of Facilities
- Lockers
- 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

Session 2: Lecture: Mise en Place
Assignment:
- Read Chapter 5: Knife Skills
- Read Chapter 6: Flavors and Flavorings
- Read Chapter 7: Dairy Products
- Read Chapter 8: Mise en Place
- Read Chapter 9: Principles of Cooking

Laboratory:
- Knife Skills, Cutting, Chopping, Dicing, etc.
- Basic Herb Identification
- Salt and Pepper
- Spices

Session 3: Lecture: Potatoes, Grains and Pasta
Assignment:
- Read Chapter 22: Potatoes, Grains and Pasta

Laboratory:
- Prepare a variety of potato and grain recipes applying various cooking method

Quiz
- Quiz 1

Session 4: Lecture: Vegetables and Fruits
Assignment:
- Read Chapter 21: Vegetables
- Read Chapter 25: Fruits

Laboratory:
- Prepare a variety of fruit and vegetable recipes applying various cooking methods
Session 5: Lecture: Breakfast and Brunch
Assignment:
- Read Chapter 20: Eggs and Breakfast
- Read Chapter 25: Fruits
- Review Chapter 7 Dairy Products
Laboratory:
- Prepare various egg and breakfast recipes applying various cooking methods
Quiz
- Quiz 2

Session 6: Sandwiches, Salads and Dressings
Assignment:
- Read Chapter 24: Salads and Salad Dressings
- Read Chapter 26: Sandwiches
Laboratory:
- Prepare various sandwiches, salads and salad dressings
Quiz
- Quiz 3

Session 7: Lecture: Stocks
Assignment:
- Read Chapter 10: Stocks and Sauces
- Review Chapter 5: Knife Skills
Laboratory:
- Utilize knife skills and prepare various stock recipes
Quiz
- Quiz 4 (Practical & Knife Skills)

Session 8: Lecture: Sauces
Assignment:
- Review Chapter 10: Stocks and Sauces
- Review for midterm examination
Laboratory:
- Prepare the mother sauces and secondary sauces
Quiz
- Quiz 5

Session 9: Midterm Examinations: Practical and Written

Session 10: Lecture: Soups
Assignment:
- Read Chapter 11: Soups
- Read Chapter 12: Principles of Meat Cookery
Laboratory:
- Prepare soup recipes
Session 11: Lecture: Principles of Meat Cookery & Principles of Cooking

**Assignment:**
- Review Chapter 12: Principles of Meat Cookery
- Read Chapter 13: Beef
- Read Chapter 14: Veal
- Read Chapter 15: Lamb
- Read Chapter 16: Pork

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

Session 12: Lecture: Poultry and Game Cookery

**Assignment:**
- Review Chapter 12: Principles of Meat Cookery
- Read Chapter 17: Poultry
- Read Chapter 18: Game

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

Session 13: Lecture: Fish and Shellfish Cookery

**Assignment:**
- Read Chapter 19: Fish and Shellfish

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

**Quiz**
- Quiz 6

Session 14: Lecture: Final Exam Review

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

**Laboratory:**
- Student demonstrations

Session 15: Final Examinations: Practical and Written