



MERCER
COUNTY COMMUNITY COLLEGE

COURSE OUTLINE

Course Number	Course Title	Credits
HOS 101	Food Preparation I	3
Hours: Lecture/Lab/Other	Co- or Pre-requisite	Implementation Semester & Year
1/4/0	HOS 118, HOS 111	Fall 2022

Catalog description:

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.

General Education Category:
Not GenEd

Course coordinator:
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Required texts & Other materials:

On Cooking: A Textbook of Culinary Fundamentals, 6/E, Labensky, Martel & Hause, 2018, Prentice Hall^[SEP] with Pearson **MyCulinarylab**

Course Student Learning Outcomes (SLO):

Upon successful completion of this course 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. [Supports ILGs # 1, 2, 3, 11; PLOs # 1, 5, 4]
2. Handle all equipment in a safe, sanitary and efficient manner from pre-preparation to preparation, serving and finally cleaning and storing. [Supports ILGs # 3, 11; PLOs # 1, 5]
3. Demonstrate an understanding the cooking methods and skills necessary for basic food preparation. [Supports ILGs # 1, 2, 3, 11; PLOs # 5, 6]
4. Become familiar with food product and the effects of ingredients on the finished culinary dish. [Supports ILGs # 1, 2, 3, 11; PLOs # 5, 6]
5. Be able to evaluate foods in terms of flavor, aroma, appearance, texture, and presentation. [Supports ILGs # 1, 2, 3, 11; PLOs # 5, 6, 8]
6. Recognize recipes as a model for further development and adaptation including substitutions and quantities. [Supports ILGs # 1, 2, 3, 11; PLOs # 4, 6]

Course-specific Institutional Learning Goals (ILG):

Institutional Learning Goal 1. Written and Oral Communication in English. Students will communicate effectively in both speech and writing.

Institutional Learning Goal 2. Mathematics. Students will use appropriate mathematical and statistical concepts and operations to interpret data and to solve problems.

Institutional Learning Goal 3. Science. Students will use the scientific method of inquiry, through the acquisition of scientific knowledge.

Institutional Learning Goal 11. Critical Thinking: Students will use critical thinking skills understand, analyze, or apply information or solve problems.

Program Learning Outcomes for Culinary Arts, Culinology and Management (PLO)

- 1, Apply safe and sanitary practices within any food production department compliant with laws and safety regulations.
4. Develop professional written and verbal communication and computational skills related specifically to hospitality.
5. Demonstrate proficiency in a variety of professionally recognized culinary / pastry skills / techniques.
6. Apply practical culinary / pastry techniques that stress creativity and innovation with respect to flavor and texture in food production
8. Create and critique high-quality food products with artistic designs.

Units of study in detail – Unit Student Learning Outcomes:

Unit I Professionalism, Food Safety and Sanitation, Menus and Recipes, Units of Measure, and Tools and Equipment [Supports Course SLO # 1, 2]

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 create prep list / timelines for assigned recipes.
- Discuss and apply skills necessary for recipe conversion

Unit II Mise en Place, Knife Skills, Flavors and Flavorings, Dairy Products, and Principles of Cooking [Supports Course SLO # 2, 3, 4]

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 dried and fresh herbs and spices and discuss their effect on flavor of finished products

Unit III Potatoes, Grains, and Pasta and Fruits and Vegetables [Supports Course SLO # 1, 4, 5]

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 [Supports Course SLO # 1, 4, 5, 6]

The student will be able to...

- Produce finished products following recipes and perform an evaluation and analysis of finished product
- Discuss what determines and enhances the quality of products in these categories in terms of ingredients and the finished product
- Demonstrate a working knowledge and techniques for producing the products from these categories and adapt and develop recipes

Unit V Stocks and Sauces and Soups [Supports Course SLO # 1, 4, 5]

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 [Supports Course SLO # 1, 4, 5, 6]

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 of the finished meat poultry and game dishes and evaluate various strategies to alter outcomes in a favorable manner and adapt and develop recipes

Unit VII Fish and Shellfish Cookery [Supports Course SLO # 1, 4, 5, 6]

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 of the finished meat poultry and game dishes and evaluate various strategies to alter outcomes in a favorable manner and adapt and develop recipes

Evaluation of student learning:

Performance in Laboratory Session	50%
My Culinary Lab Assignments	10%
Midterm Practical Exam	7.5%
Midterm Written Exam	7.5%
Final Practical Exam	7.5%
Final written exam	7.5%
Quiz Grade Average	10%