

Montgomery County Community College  
 CUL 101  
 Culinary Foundations  
 3-3-0

### COURSE DESCRIPTION

This course introduces students to the Food Service Industry. Students will learn about common terms, kitchen essentials, techniques, basic mechanics and time management in the modern kitchen. Students will investigate kitchen ingredients such as herbs, spices, dairy products, grains, fruit, vegetables and fats as well as our role as culinarians and proper nutrition. Students will also practice reading and writing standardized recipes utilizing kitchen math as well as recipe scaling and costing. Students will apply previous knowledge of sanitary practices and compliance with laws and ordinances of the Department of Health.

### REQUISITES:

*Previous Course Requirements*

None

*Concurrent Course Requirements*

None

Learning Outcomes Upon successful completion of this course, the student will be able to:	Learning Activities	Demonstration In-class evaluations, Guided learning Evaluation
1. Identify common culinary and baking and pastry terms and techniques	Written assignments Lecture	Demonstration In-class evaluations, Guided learning Evaluation
2. Identify food service industry history, mechanics and equipment	Written assignments Lecture	Demonstration In-class evaluations, Guided learning Evaluation
3. Discuss food cost equations, kitchen measurements, and menu costing	Written assignments Lecture	Demonstration In-class evaluations, Guided learning Evaluation

4. Research common ingredients such as dairy, herbs, spices, grains, fruit, vegetables, fats, meat, poultry and fish	Written assignments Lecture Demonstration	Demonstration In-class evaluations, Guided learning Evaluation
5. Analyze time management practices on the demands of the food service industry	Written assignments Lecture	Demonstration In-class evaluations, Guided learning Evaluation
6. Apply knowledge of nutrition and healthy eating on the creation of menus	Written assignments Lecture	Demonstration In-class evaluations, Guided learning Evaluation
7. Explain the structure and components of food systems and analyze the relationship between nutritional health and food selection	Written assignments Lecture	Demonstration In-class evaluations, Guided learning Evaluation
8. Discuss and review common kitchen essentials to include: stocks, sauces, knife skills, mis en place and professionalism	Written assignments Lecture	Demonstration In-class evaluations, Guided learning Evaluation

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

#### Sequence of Topics:

1. Lecture: Course overview, History & Overview of the Foodservice Industry
2. Lecture: Tools and Equipment, Intro to Kitchen Math and Recipe Conversions
3. Lecture: Kitchen Math and Recipe Conversions, Cooking Terminology
4. Lecture: Culinary and Baking Terminology, Cooking Methods and Ingredients
5. Lecture: Cooking Methods and Ingredients, Kitchen Essentials, Mis en Place
6. Lecture: Mis en Place, Kitchen Organization (Time Management), Intro Menu Analysis & Nutrition
7. Lecture: Menu Analysis & Nutrition
8. Lecture: Review of Cooking Methods, Terms, and Kitchen Math
9. Final Exam

## LEARNING MATERIALS:

*Professional Cooking* by Wayne Gisslen – Publisher Wiley, New Jersey ISBN-13 978-1-118-63672-5 9<sup>th</sup> Edition

*Food Lovers Companion* by Saron Tyler Herbst – Publisher- Barrone’s Educational Series, New York ISBN- 0-7641-1258-9 Latest Edition

Other learning materials may be required and made available directly to the student and/or via the College’s Libraries and/or course management system.

## COURSE APPROVAL:

Prepared by: Stephen O’Donnell, CEC, AAC	Date: 1/2009
VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr.	Date: 5/19/2009
Revised by: Christopher Allen Tanner, CEC, WCC, CHE Director of The Culinary Arts Institute	Date: 3/21/2012
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 4/12/2012
Revised by: Christopher Allen Tanner, CEC, WCC, CHE Director of The Culinary Arts Institute	Date: 12/6/2012
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 1/14/2013
Revised by: Francine Marz, MBA, CEC Director of The Culinary Institute	Date: 8/24/2015
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 12/22/2015
Revised by: John De Pinto MLD, CEC Culinary Business Manager	Date: 3/23/2018
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 1/24/2019
Revised by: Joseph Jacques, CEPC	Date: 6/9/2021
VPAA/Provost or designee Compliance Verification: Gloria Oikelome, Ed.D.	Date: 6/9/2019
Revised by: Joseph Jacques, CEPC	Date: 6/27/2023
VPAA or designee Compliance Verification:	

A handwritten signature in cursive script that reads "Chae Sweet".

*This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.*