



**M:** Course Objectives / Learning Outcomes

1. Discuss the chemical and physical composition of basic foods and how these impact on storage and preparation;
2. Develop and cost out standardized recipes, to convert quantities and measurements as required;
3. Discuss the importance and describe procedures of basic food handling;
4. Develop guidelines for organizing, equipping, staffing and maintaining a kitchen;
5. Discuss the basic procedures used by food operations in regards to purchasing; storage and quantity food production;
6. Use food production terminology;
7. Demonstrate an appreciation for the importance and techniques behind effective food presentation;
8. Discuss nutritional concerns with regard to food preparation;
9. Demonstrate appreciation for ethnic foods;
10. Discuss sustainability and food production.

**N:** Course Content:

1. Food Safe and food borne illness and food safety ;
2. Basic food science including function, structure, behaviour, for :
  - Salads
  - Fruit
  - Vegetables
  - Plant pigments, jams, jellies and pickles
  - Starch
  - Proteins
  - Eggs
  - Milk and Cheese
  - Meat poultry and fish
  - Muffin and tea biscuits
  - Cakes types and functions
3. Standardized recipes, recipe conversions, adjusting quantities, costing;
4. Kitchen layout and design, equipment selection and maintenance procedures;
5. Kitchen staffing;
6. Use of kitchen hand tools and simple cutting techniques;
7. Effective food presentation techniques and considerations;
8. Food service purchasing, storage and preparation;
9. Cooking terms and concepts;
10. Nutritional considerations in food service;
11. Composition and characteristics of ethnic cuisine;
12. Sustainable issues in food production.

**O:** Methods of Instruction

Laboratory demonstrations/ field trips/lecture

**P:** Textbooks and Materials to be Purchased by Students

To be chosen by instructor from selection below:

Labensky, On Cooking, Pearson

Gisslen, Professional Cooking for Canadian Chefs, Wiley

<b>Q:</b> Means of Assessment	
Attendance/ Participation	10%
Written/Oral Assignments	20-30%
Quizzes/Tests	10-20%
Midterm	20-30%
Final	20-30%
<b>R:</b> Prior Learning Assessment and Recognition: specify whether course is open for PLAR	
Open	

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Course Designer(s): Mark Elliott

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Education Council / Curriculum Committee Representative

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Dean: Robert Buller

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Registrar: Trish Angus