

I. CATALOG DESCRIPTION:

- A. Department Information:
Division: Science & Math
Department: Family and Consumer Science
Course ID: FCS 161
Course Title: Quantity Food Preparation
Units: 3
Lecture: 3 Hours
Laboratory: None
Prerequisite: FCS 160 or RM 160

- B. Catalog and Schedule Description:
Introduction to the scientific theory of the application of heat, and the changes that takes place in food during the cooking process. Includes handling of kitchen tools and equipment, analysis of budgets, and the proper techniques of preparing food for quantity production. This course is also listed as RM/FS 161.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: One

III. EXPECTED OUTCOMES FOR STUDENTS:

Upon completion of the course, the student should be able to:

- A. Compare and contrast the history and fundamentals of food preparation from primitive time to present.
- B. Formulate and express and evaluate from a management frame of reference decisions about the preparation of food.
- C. Identify, explain, and demonstrate the proper procedures for cooking quantity foods following the principles of thermal dynamics in the application of heat.
- D. Distinguish and utilize the proper techniques of modern cooking theory.
- E. Demonstrate time management skills in food preparation.

IV. COURSE CONTENT:

- A. Sanitation and safety
- B. Tools and equipment
- C. Cooking principles
- D. Mise en place
- E. Stocks and sauces
- F. Soups
- G. Meats
- H. Poultry
- I. Fish and shellfish
- J. Vegetables
- K. Potatoes and starches
- L. Salads and salad dressings
- M. Sandwiches
- N. Food presentations and garnish
- O. Creams, custards, puddings, frozen desserts, and sauces

V. METHODS OF INSTRUCTION:

- A. Methods of instruction could include the following components:
1. Weekly lecture time with a percentage of this time devoted to student participation discussion
 2. Assignments that require reading of course materials outside of regular class time
 3. The completion of assignments that involve the use of writing skills.
- B. Methods of Instruction may include any or the entire following component as well:
1. Presentations
 2. Use of audio-visual aids

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3. Demonstration experiments
4. Problem solving assignments
5. Computer aided instruction.

VI. TYPICAL ASSIGNMENTS:

- A. Create an original food dish and write the recipe and a paper about your creation.
- B. Create a vegetable dish by making up the recipe.
- C. Do a time management study of making a pie.

VII. EVALUATION(S):

- A. Methods of evaluation will consist of components that demonstrate the student's proficiency in course objective. These include:
 1. Written tests in the form of:
 - a) Question/answer
 - b) Essay: Example: Evaluate the principles of sanitation in food preparation, storage and clean up.
 2. Other methods may includes:
 - a) Test-false tests
 - b) Multiple choice tests
 - c) Matching item tests
 - d) Completion tests
 - e) Special projects
- B. Frequency of Evaluation:
 1. Monthly unit exams
 2. One midterm
 3. One final exam

VIII. TYPICAL TEXT(S):

Gesslen, Wayne, Professional Cooking, 4th Edition, 1999, John Wiley & Sons, Inc.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS: None