

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

FDNT 630

COURSE TITLE

CATERING

TYPE COURSE

NON-FEE

VOCATIONAL

CATALOG COURSE DESCRIPTION

Catering as a career. Plan menus and adapt recipes for family and commercial use. Learn quantity food preparation and serving techniques. Business practices and operations included.
(FT)

LECTURE HOURS

1 hour or more per week
(for a total of 20 hours)

LABORATORY HOURS

2 hours or more per week
(for a total of 10 hours)

ADVISORIES

NONE

RECOMMENDED SKILL LEVEL

NONE

INSTITUTIONAL STUDENT LEARNING OUTCOMES

1. Social Responsibility
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication
SDCE students demonstrate effective communication skills.
3. Critical Thinking
SDCE students critically process information, make decisions, and solve problems independently or cooperatively.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

4. Personal and Professional Development

SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self advocacy skills to cope with changing situations in their lives.

COURSE GOALS

1. An awareness of the basic principles of sound nutrition.
2. An awareness of the skills required to plan, prepare, and present interesting and nutritious menus, meals, and food products.
3. An awareness of quantity cooking techniques and recipe adaptation.
4. An awareness of the time and energy management and decision making skills used when purchasing food items, and in the planning, preparing, and serving meals.
5. An awareness of the need for practicing proper sanitation when handling food items and cooking equipment.
6. An awareness of the role the consumer plays in today's marketplace.
7. An awareness of current food controversies.
8. An awareness of resource (time and energy) management and safety in the home and workplace.
9. An awareness of the competencies needed to operate a small business.
10. An awareness that the course serves a dual purpose - preparation for the vocation/occupation of homemaking and pre-preparation for gainful employment.

COURSE OBJECTIVES

At the end of the course the student will demonstrate an ability:

1. To explain the principles of sound nutrition and identify food sources for various nutrients.
2. To define standards for the selection, preparation, and storage of food supplies.
3. To adapt recipes for quantity cooking.
4. Prepare food items for large groups.
5. To identify time management and decision-making skills used in the purchase, preparation and storage of food items.
6. To prepare foods using preparation and storage techniques that ensure proper sanitation and minimal nutritional loss.
7. To identify use and maintain kitchen equipment and cookware economically.
8. To identify and eradicate rodent and insect problems in the kitchen and other household areas.
9. To recognize the relationship between menu planning, food purchasing, preparation, and the storage of prepared and unprepared foods.
10. To discuss current food controversies.
11. To show skill development in some or all of the following areas:
 - 11.1. Menu planning.
 - 11.2. Purchasing of food and equipment supplies.
 - 11.3. Food storage.
 - 11.4. Food sanitation.
 - 11.5. Time management and decision-making.

COURSE OBJECTIVES (CONTINUED)

- 11.6. Estimating of food costs.
- 11.7. Food preparation.
- 11.8. Food decoration.
- 11.9. Food service.
- 11.10. Record keeping.
- 12. To identify and employ methods of resource (time and energy) management and safety in the home and workplace.
- 13. To define competencies needed to operate a small business.
- 14. To identify the skills acquired in the classroom that are transferable to the job market.

SECTION II

COURSE CONTENT AND SCOPE

- 1. Introduction to Nutrition
 - 1.1. Daily nutritional requirements - four food groups
 - 1.2. Effects on body's functions
 - 1.3. Food sources for various nutrients
 - 1.4. Changing need throughout the life cycle
 - 1.5. Food fads and fallacies
 - 1.6. Food additives
 - 1.7. Current food controversies
 - 1.8. Reliable sources of current nutrition information
- 2. Menu Planning and Food Preparation
 - 2.1. Menu planning
 - 2.2. Food preparation techniques for:
 - 2.2.1. Protein foods
 - 2.2.2. Fruits and vegetables
 - 2.2.3. Dairy products and eggs
 - 2.2.4. Grains, grain products, dry beans and peas, nuts and nut products
 - 2.2.5. Beverages
 - 2.2.6. Hors d'oeuvres
 - 2.2.7. Desserts
 - 2.2.8. Food decoration
 - 2.2.8.1. Pastry tube
 - 2.2.8.2. Fruit and vegetable garnishes
 - 2.2.8.3. Ring molds and carvings for beverages
 - 2.2.9. Cake decoration
 - 2.2.9.1. Pastry tube
 - 2.2.9.2. Color flow
 - 2.2.9.3. Stenciling
 - 2.2.9.4. Novelty cakes
 - 2.2.9.5. Tiered cakes
 - 2.2.9.6. Figure piping
 - 2.3. Holidays and special occasions
 - 2.3.1. Limited diets - recipe modification techniques

COURSE CONTENT AND SCOPE (CONTINUED)

- 2.3.1.1. Low or no sugar
- 2.3.1.2. Low sodium
- 2.3.1.3. Low cholesterol
- 2.3.1.4. Low or no fat
- 2.3.1.5. Low calorie
- 2.3.2. Quantity cooking
 - 2.3.2.1. Ingredient requirements
 - 2.3.2.2. Equipment requirements
 - 2.3.2.3. Sources of information
- 2.3.3. Breads/pastries
- 2.3.4. Salads
- 3. Food Service
 - 3.1. Table decoration
 - 3.2. Seating arrangements
 - 3.3. Serving
- 4. Selection of Food Items and Equipment
 - 4.1. Standards for selection of food and equipment supplies
 - 4.2. New products available in the marketplace
 - 4.3. Sources for food and equipment supplies
 - 4.4. Food advertising
 - 4.5. Label interpretation
 - 4.6. Food and Drug Administration
- 5. Sanitation
 - 5.1. Identification and prevention of food-borne illnesses
 - 5.2. Care and storage of food items and equipment
 - 5.3. Food preparation
 - 5.4. Household, kitchen, and personal cleanliness
 - 5.5. Effect of and control of rodents and insects
 - 5.6. Food handler course (optional)
- 6. Resource Management and Safety
 - 6.1. Time-saving and energy-saving techniques used in the purchase, preparation, service, and storage of food items and equipment
 - 6.2. Comparison shopping
 - 6.3. Prevention of food waste
 - 6.4. Energy-saving appliances and equipment available in the marketplace
 - 6.5. Safety
- 7. Marketing your Home Economic Skills and Products
 - 7.1. Identification of skills
 - 7.2. Market need survey
 - 7.3. Sources
 - 7.3.1. Specialty stores
 - 7.3.2. Demonstrator of food items and equipment
 - 7.3.3. Food service industry
 - 7.3.3.1. Restaurants
 - 7.3.3.2. Coffee shops and cafeterias
 - 7.3.3.3. Fast food shops
 - 7.3.3.4. Bakeries and delis

COURSE CONTENT AND SCOPE (CONTINUED)

- 7.3.3.5. Caterers
- 7.3.3.6. Hospitals, convalescent and nursing homes
- 7.3.4. Own business
 - 7.3.4.1. Record keeping
 - 7.3.4.2. Taxes
 - 7.3.4.3. Licenses
 - 7.3.4.4. Estimating costs
 - 7.3.4.5. Purchasing of supplies

APPROPRIATE READINGS

NONE

WRITING ASSIGNMENTS

NONE

OUTSIDE ASSIGNMENTS

NONE

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

NONE

EVALUATION

The student and the teacher will evaluate the success of the course using student evaluations of the course content and the teacher in addition to one or more of the following:

1. The student will demonstrate the ability to plan and prepare a meal or specific food items using the skills acquired in the classroom.
2. The student will set goals and evaluate the success of these goals upon completion of the course.
3. The student will list and define the competencies necessary to operate a small business.
4. Continued student attendance and participation in class activities.

METHOD OF INSTRUCTION

Lectures, demonstrations, films, guest speakers, discussions, field trips, and laboratory experience.

TEXTS AND SUPPLIES

The instructor will provide a copy of the course syllabus and all relevant handouts. The student will provide a pen/pencil, notebook, assigned textbook, and food and supplies necessary to learn specific food preparation techniques for each class/session (approximately \$3.00 per class/session).

PREPARED BY Judith Ewing/Marjorie Howe DATE June, 1986

DATA REVISED BY Instructional Services, SLOs Added DATE February 2, 2017

Instructors must meet all requirements stated in Policy 3100 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

San Diego Community College District Policy 3100
California Community Colleges, Title 5, Section 55002
Continuing Education Catalog