SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

FDNT 671

COURSE TITLE

CULINARY ARTS I

TYPE COURSE

NON-FEE VOCATIONAL

CATALOG COURSE DESCRIPTION

This course provides an introduction to Culinary Arts/principles including food safety and sanitation. Special emphasis will be placed on kitchen safety. (FT)

LECTURE/LABORATORY HOURS

108

ADVISORIES

NONE

RECOMMENDED SKILL LEVEL

Eighth grade reading level; ability to communicate effectively in the English language, knowledge of general math; basic computation skills and basic computer skills.

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

The goals of this course are to prepare and pass the county food handlers exam. In addition, food safety and sanitation principles will be defined and implemented. Application of the principles of a safe work environment will be demonstrated.

COURSE OBJECTIVES

Upon successful completion of this course, the student will be able to:

1. Pass The San Diego County Food Handlers Exam.
2. Pass a general safety in working environments exam.
3. Define the three ways of food contamination in the kitchen.
4. Explain intoxication vs. infections.
5. Name and identify different types of food borne illnesses, sources and symptoms.
6. Define the “Temperature Danger Zone” and identify 10 critical control points in the kitchen.
7. Define a variety of safety regulations guided by HACCP, OSHA, and the ADA.
8. Explain the HAACP system.
9. Identify and discuss the role of microorganisms in relationship to food borne illness.
10. Demonstrate safe time/temperature food principles.
11. Outline the requirements for safe storage of foods.
12. Explain Material Safety Data Sheets (MSDS) and explain their importance in handling hazardous wastes.
13. Create safe cleaning and sanitation schedules.
14. Outline proper guidelines for pest control.
15. Demonstrate good personal hygiene practices.
16. Prepare a safety management program.
17. Outline emergency kitchen procedures.
18. Demonstrate proper use of fire extinguishers.
19. Discuss regulatory agencies impacting the foodservice industry.

SECTION II

COURSE CONTENT AND SCOPE

The following topics may be included in the framework of the course but are not intended as limits on content. The order of the presentation and relative emphasis may vary with each instructor.

1. Food Borne Pathogens
   1.1. Terminology relating to food borne illness

COURSE CONTENT AND SCOPE (CONTINUED)

1.2.
1.3. Food protection, illness and responsibility
1.4. Causes of food borne illness and injury
1.5. Bacteria growth requirements
1.6. Micro-organisms in food service operations
1.7. Spread of disease
1.8. Causes of food borne illness or injury
1.9. Symptoms, onset, source and foods involved in the most common food borne illness
1.10. Methods to control and prevent food borne illness or injury
1.11. Food protection and personal hygiene

2. Kitchen Control Measures and Systems
   2.1. Hazards and critical control systems (HACCP)
   2.2. Critical control points
   2.3. Safety Management:
      2.3.1. Bacterial growth curves
      2.3.2. Bacterial lag times
      2.3.3. Temperature danger zones
      2.3.4. Critical control points
3. Understanding the Flow of Food
   3.1. Health and safety codes
   3.2. Receiving
      3.2.1. Inspection
         3.2.1.1. Approved sources
         3.2.1.2. Examples of food inspection
         3.2.1.3. Evaluation of food products by color, texture, odor and temperature
   3.3. Storage
      3.3.1. FIFO system
      3.3.2. Non-refrigerated food items
      3.3.3. Refrigerated food items
      3.3.4. Chemicals, pesticides and non-food items
   3.4. Preparation
      3.4.1. Basic preparation and practices
      3.4.2. Thawing practices
      3.4.3. Small batch preparation
      3.4.4. Cross contamination
   3.5. Cooking
      3.5.1. Temperature effects
      3.5.2. Internal cooking temperatures
   3.6. Serving
      3.6.1. Holding temperatures
      3.6.2. Food and utensil contamination prevention
   3.7. Cooling, reheating and labeling
      3.7.1. Cooling and heat transfer
      3.7.2. Reheating temperatures
      3.7.3. Labeling requirements

COURSE CONTENT AND SCOPE (CONTINUED)

4. Safe and Sanitary Facilities
    4.1. Safe and unsafe work environments
    4.2. Create an inspection check list
    4.3. Sanitation tools and equipment
    4.4. Scheduled maintenance procedures
    4.5. First aid techniques

APPROPRIATE READINGS

Reading assignments may include but are not limited to the following:

Professional Cooking, 6th Edition, Chapter 2, Wayne Glisslen, Wiley and Sons Publishing, New York
On Cooking, Techniques From Expert Chefs, 3rd Edition, Chapters 2, 5, 6, Sarah R. Labensky, Alan M Hause, Prentice Hall Publishing, New Jersey
Cooking Essentials For The New Professional Chef, 8th Edition, Chapters 2, 4, Wiley and Sons Publishing, New York
The Professional Chefs Knife Kit, The Culinary Institute of America Wiley and Sons Publishing, New York

Information obtained on the Internet.

V.E.S.L. Food Service Training Manuals, San Diego Community College District.

WRITING ASSIGNMENTS

Writing assignments may include but are not limited to the following:

1. Creation of a flow chart depicting bacteria growth curves and lag times.
2. Creating a diagram illustrating the flow of contamination.
3. Designing a chart to record temperatures of cooling units.
4. Writing a summary on prevention of food borne illness.

OUTSIDE ASSIGNMENTS

Outside assignments may include but are not limited to the following:

1. Practicable application of proper personal hygiene standards.
2. Practicable application of safe food handling techniques.

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

Critical thinking assignments may include but are not limited to the following:

Comparison of professional versus personal food handling techniques.
Developing a Hazard Analysis Critical Control Plan (HACCP).

EVALUATION

Evaluation methods may include but are not limited to:

1. Attendance.
2. Class participation.
3. Lab Projects and demonstrations.
4. Quizzes and exams.
5. Field trips.
6. Project papers.
7. Term projects.

Upon successful completion of each individual course a Certificate of Course Completion will be issued. Upon successful completion of all 6 courses in the program a Certificate of Program Completion will be issued.

METHOD OF INSTRUCTION

Methods of instruction may include, but are not limited to:

1. Lectures.
2. Demonstrations.
3. Laboratory.
4. Field trips.
5. Audiovisual presentations.
6. Textbooks.
7. Computer assisted instruction.

TEXTS AND SUPPLIES

Texts:

Professional Cooking, 6th Edition, Wayne Glisslen, Wiley and Sons Publishing, New York
Professional Cooking, 6th Edition Study Guide, Wayne Glisslen, Wiley and Sons Publishing, New York

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DATA REVISED BY: Lee Blackmore DATE: 02-14-07

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