

SAN DIEGO COMMUNITY COLLEGE DISTRICT  
CONTINUING EDUCATION  
COURSE OUTLINE

**SECTION I**

**SUBJECT AREA AND COURSE NUMBER**

FDNT 682

**COURSE TITLE**

CULINARY ARTS AND SCIENCES II

**TYPE COURSE**

NON-FEE

VOCATIONAL

**CATALOG COURSE DESCRIPTION**

This course provides an introduction to the principles of meat and seafood cookery, garde manger, nutrition fundamentals, and restaurant economics. Topics will include: principles of protein identification and fabrication, vegetable, fruit, and starch identification and preparation, and international cuisine. Students will also learn about restaurant management, standards, and menu development including food costing. (FT)

**LECTURE/LABORATORY HOURS**

450

**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.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

3. Critical Thinking  
SDCE students critically process information, make decisions, and solve problems independently or cooperatively.
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. Students will learn basic meat and seafood fabrication and preparation.
2. Students will gain knowledge of essential nutrition fundamentals.
3. Students will gain knowledge of garde manger and a wide variety of vegetables, fruits, and starches.
4. Students will gain knowledge of a variety of international cuisines.
5. Students will gain knowledge of restaurant management, standards and menu development.

COURSE OBJECTIVES

1. Explain and demonstrate basic meat and seafood preparation.
2. Describe and prepare a wide variety of vegetable, fruit and starch dishes.
3. Define, identify, and discuss essential nutrition fundamentals.
4. Identify and explain culinary restaurant management principles.
5. Create and explain menus incorporating food costing.
6. Apply and explain the principles of garde manger in food preparation.
7. Identify and prepare a wide variety of international foods.

**SECTION II**

COURSE CONTENT AND SCOPE

1. Principles of Protein Preparation and Execution
  - 1.1. Proteins
    - 1.1.1. Meats
      - 1.1.1.1. Preparation
      - 1.1.1.2. Composition, identification, and selection
      - 1.1.1.3. Grading
      - 1.1.1.4. Purchasing and storing
      - 1.1.1.5. Primal, sub-primal, and fabricated cuts
      - 1.1.1.6. Marinating, barding, and larding
      - 1.1.1.7. Cooking meats
        - 1.1.1.7.1. Procedures and techniques
        - 1.1.1.7.2. Temperatures
        - 1.1.1.7.3. Methods of doneness
      - 1.1.1.8. Butchery
        - 1.1.1.8.1. Trussing methods

COURSE CONTENT AND SCOPE (CONTINUED)

- 1.1.1.8.2. Sectioning
- 1.1.1.8.3. Carving
- 1.1.2. Poultry
  - 1.1.2.1. Preparation
  - 1.1.2.2. Composition, identification, and selection
  - 1.1.2.3. Temperature
  - 1.1.2.4. Methods of doneness
  - 1.1.2.5. Marinating
  - 1.1.2.6. Butchery
    - 1.1.2.6.1. Trussing methods
    - 1.1.2.6.2. Carving
- 1.1.3. Fish and Shellfish
  - 1.1.3.1. Preparation
  - 1.1.3.2. Composition, identification, and selection
    - 1.1.3.2.1. Types of fish
      - 1.1.3.2.1.1. Flat fish
      - 1.1.3.2.1.2. Round Fish
      - 1.1.3.2.1.3. Shellfish
  - 1.1.3.3. Seafood fabrication
    - 1.1.3.3.1. Market forms
    - 1.1.3.3.2. Dressing and drawn
    - 1.1.3.3.3. Filleting
  - 1.1.3.4. Cooking methods
- 2. Cold Food Preparation (Garde Manger)
  - 2.1. Sandwiches and hors d'oeuvres
    - 2.1.1. Sandwiches
      - 2.1.1.1. Types
        - 2.1.1.1.1. Hot open face
        - 2.1.1.1.2. Hot closed face
        - 2.1.1.1.3. Cold open face
        - 2.1.1.1.4. Cold closed face
      - 2.1.1.2. Breads
      - 2.1.1.3. Spreads
      - 2.1.1.4. Fillings
    - 2.1.2. Hors d'oeuvres
      - 2.1.2.1. Canapes
      - 2.1.2.2. Cocktails
      - 2.1.2.3. Relish
      - 2.1.2.4. Dips
      - 2.1.2.5. Presentation and uses
  - 2.2. Charcuterie
    - 2.2.1. Introduction and types
      - 2.2.1.1. Forcemeats
      - 2.2.1.2. Terrines
      - 2.2.1.3. Pates
      - 2.2.1.4. Galantine
      - 2.2.1.5. Balontine

COURSE CONTENT AND SCOPE (CONTINUED)

- 2.2.2. Casing types
  - 2.2.2.1. Natural casings
    - 2.2.2.1.1. Hog intestines
    - 2.2.2.1.2. Caul fat
  - 2.2.2.2. Synthetic casings
- 2.2.3. Glazing procedures
  - 2.2.3.1. Aspic
  - 2.2.3.2. Chaufroid
- 2.2.4. Garnishes
  - 2.2.4.1. Platter garnishes
  - 2.2.4.2. Fruit carvings
  - 2.2.4.3. Vegetable carvings
- 3. Vegetable Cookery
  - 3.1. Classification and identification of vegetables
  - 3.2. Cooking vegetables
    - 3.2.1. Controlling
      - 3.2.1.1. Texture
      - 3.2.1.2. Flavor
      - 3.2.1.3. Color
      - 3.2.1.4. Nutrients
    - 3.2.2. Types of vegetables
      - 3.2.2.1. Fresh
      - 3.2.2.2. Pickled
      - 3.2.2.3. Canned
      - 3.2.2.4. Individual Quick Frozen (IQF)
      - 3.2.2.5. Dehydrated
    - 3.2.3. Vegetable botanical families
      - 3.2.3.1. Brassica (Cabbages)
      - 3.2.3.2. Fruit-vegetables
      - 3.2.3.3. Gourds and squashes
      - 3.2.3.4. Greens
      - 3.2.3.5. Mushrooms and Truffles
      - 3.2.3.6. Onions
      - 3.2.3.7. Pods and seeds
      - 3.2.3.8. Roots and tubers
      - 3.2.3.9. Stalks
- 4. Starch Cookery
  - 4.1. Potatoes
    - 4.1.1. Classification and identification of potatoes
    - 4.1.2. Cooking styles
    - 4.1.3. Nutrients
    - 4.1.4. Fresh and processed
  - 4.2. Rice and grains
    - 4.2.1. Classification and identification of rice and grains
    - 4.2.2. Regional styles
    - 4.2.3. Flavor
    - 4.2.4. Nutrients

COURSE CONTENT AND SCOPE (CONTINUED)

- 4.2.5. Rice cooking methods
  - 4.2.5.1. Risotto
  - 4.2.5.2. Boiled
  - 4.2.5.3. Pilaf
- 4.2.6. Grains cooking methods
- 4.3. Pastas and dumplings
  - 4.3.1. Classification and identification of pastas and dumplings
  - 4.3.2. Texture
  - 4.3.3. Flavor
  - 4.3.4. Color
  - 4.3.5. Nutrients
  - 4.3.6. Fresh and processed
- 4.4. Serving and holding of complementary dishes
  - 4.4.1. Al dente
  - 4.4.2. Seasoning
  - 4.4.3. Garnish
  - 4.4.4. Storage
- 5. Salads
  - 5.1. Types
    - 5.1.1. Tossed
    - 5.1.2. Composed
    - 5.1.3. Bound
  - 5.2. Ingredients
  - 5.3. Texture
  - 5.4. Flavor
  - 5.5. Color
  - 5.6. Portion control
  - 5.7. Nutrients
  - 5.8. Dressings
    - 5.8.1. Oil and vinegar
    - 5.8.2. Emulsified
    - 5.8.3. Creamed dressings
- 6. Fruits
  - 6.1. Classification and identification
  - 6.2. Texture
  - 6.3. Flavor
  - 6.4. Color
  - 6.5. Nutrients
  - 6.6. Botanical families
    - 6.6.1. Berries
    - 6.6.2. Citrus
    - 6.6.3. Exotics
    - 6.6.4. Grapes
    - 6.6.5. Melons
    - 6.6.6. Pomes
    - 6.6.7. Stone fruits
    - 6.6.8. Tropicals

COURSE CONTENT AND SCOPE (CONTINUED)

7. Nutrition

- 7.1. Food sources and major nutrient groups
  - 7.1.1. Proteins
    - 7.1.1.1. Amino acids
  - 7.1.2. Carbohydrates
    - 7.1.2.1. Simple carbohydrates
      - 7.1.2.1.1. Monosaccharides
        - 7.1.2.1.1.1. Glucose
        - 7.1.2.1.1.2. Fructose
        - 7.1.2.1.1.3. Galactose
      - 7.1.2.1.2. Disaccharides
        - 7.1.2.1.2.1. Lactose
        - 7.1.2.1.2.2. Maltose
        - 7.1.2.1.2.3. Sucrose
    - 7.1.2.2. Complex carbohydrates
      - 7.1.2.2.1. Starch
      - 7.1.2.2.2. Fiber
        - 7.1.2.2.2.1. Soluble
        - 7.1.2.2.2.2. Insoluble
  - 7.1.3. Lipids
    - 7.1.3.1. Cholesterol
    - 7.1.3.2. Saturated fats
    - 7.1.3.3. Unsaturated fats
    - 7.1.3.4. Hydrogenated fats
      - 7.1.3.4.1. Trans fats
  - 7.1.4. Vitamins
    - 7.1.4.1. Fat soluble
    - 7.1.4.2. Water soluble
  - 7.1.5. Minerals
    - 7.1.5.1. Trace minerals
    - 7.1.5.2. Major minerals
  - 7.1.6. Water
- 7.2. Essential nutrients
  - 7.2.1. Macronutrients vs. micronutrients
  - 7.2.2. Calories sources
- 7.3. Healthy recipe writing
  - 7.3.1. Calculating nutritional value of recipes
- 7.4. Dietary restrictions
  - 7.4.1. Food allergies and intolerances
    - 7.4.1.1. Common food allergies
    - 7.4.1.2. Allergies vs. intolerances
- 7.5. Nutrition labeling
  - 7.5.1. Government agency regulations
    - 7.5.1.1. Food and Drug Administration (FDA)
  - 7.5.2. Nutritional facts panel
  - 7.5.3. Nutritional food claims

COURSE CONTENT AND SCOPE (CONTINUED)

- 7.5.3.1. Low fat
- 7.5.3.2. Reduced fat
- 7.5.3.3. Fat free
- 7.5.3.4. Low Calorie
- 7.5.3.5. Sugar free
- 8. Management and Supervision
  - 8.1. Management responsibilities
  - 8.2. Major theories of management
    - 8.2.1. Management by objective
    - 8.2.2. Total quality management
  - 8.3. Effective communication
  - 8.4. Work climate and environment
  - 8.5. Job expectations
  - 8.6. New employee preparation
    - 8.6.1. Resume Writing
    - 8.6.2. Interviewing
    - 8.6.3. Recruiting
    - 8.6.4. Selecting
    - 8.6.5. Orientating
    - 8.6.6. Training
  - 8.7. Evaluation
  - 8.8. Organization
    - 8.8.1. Planning
    - 8.8.2. Controlling
    - 8.8.3. Delegating
- 9. The Written Menu
  - 9.1. Types of menus
    - 9.1.1. A la carte
    - 9.1.2. Tasting menu
    - 9.1.3. Static menu
    - 9.1.4. California menu
    - 9.1.5. Hybrid menu
  - 9.2. Menu terminology
  - 9.3. Standardized recipes
  - 9.4. Measurements and conversions
    - 9.4.1. Formatting
    - 9.4.2. Systems
    - 9.4.3. Conversions
      - 9.4.3.1. Yields
    - 9.4.4. Calculating costs
      - 9.4.4.1. Unit costs
      - 9.4.4.2. Recipe costs
      - 9.4.4.3. Selling costs
      - 9.4.4.4. As purchased costs
      - 9.4.4.5. Edible portion costs
      - 9.4.4.6. Controlling

COURSE CONTENT AND SCOPE (CONTINUED)

- 10. International Foods
  - 10.1. History, customs, and cultures of various international regions
    - 10.1.1. History
      - 10.1.1.1. Ingredients
      - 10.1.1.2. Cooking techniques
      - 10.1.1.3. Special equipment
      - 10.1.1.4. Ethnic terminology
      - 10.1.1.5. Regions
      - 10.1.1.6. Colonization
    - 10.1.2. Customs and cultures
      - 10.1.2.1. Religion
      - 10.1.2.2. Dietary restrictions and laws
  - 10.2. Countries of focus
    - 10.2.1. Classical cuisine
      - 10.2.1.1. France
      - 10.2.1.2. Italy
      - 10.2.1.3. Spain
      - 10.2.1.4. Greece
      - 10.2.1.5. Germany
      - 10.2.1.6. Great Britain
    - 10.2.2. Latin cuisine
      - 10.2.2.1. Mexico
      - 10.2.2.2. South America
      - 10.2.2.3. Caribbean
    - 10.2.3. World cuisine
      - 10.2.3.1. Africa
      - 10.2.3.2. India
      - 10.2.3.3. Middle East
    - 10.2.4. Asian cuisine
      - 10.2.4.1. China
      - 10.2.4.2. Japan
      - 10.2.4.3. Thailand
      - 10.2.4.4. Korea
      - 10.2.4.5. Vietnam

APPROPRIATE READINGS

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

1. *International Cuisine*, The Art Institute, Wiley Publishing, current edition
2. *Flavor Bible*, Karen Page and Andrew Dornenburg, Little Brown and Company, current edition
3. *Purchasing and Cost Control*, The Art Institute, Wiley Publishing, current edition
4. *The Book of Yields: Accuracy in Food Costing and Purchasing*, Francis T. Lynch, Wiley Publishing, current edition



### WRITING ASSIGNMENTS

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

1. Written presentation that illustrates the standard cuts of the butchery of meat products.
2. A statement on the importance of the correct temperature of protein cookery.
3. Nutritional evaluation of a personal intake plan.
4. Essay on the preservation of nutrients in cooking.
5. Creation of menus and recipes depicting yield and unit costs.
6. Summarization of employment requirements in the foodservice and hospitality industries.

### OUTSIDE ASSIGNMENTS

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

1. Create a collection of menus reflecting menu items that include protein sources, sandwiches, cold foods, vegetables, and starches.
2. Create a meal plan for an individual with special dietary needs.
3. Interview portfolio: A collection of interviews of industry professionals.
4. Employment portfolio: A collection of sources reflecting the student's preparation for employment.

### APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

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

1. Evaluate the importance of Garde Manger with regards to the past, present, and future of the culinary industry.
2. Develop a plan to evaluate personal nutrition for one week using [choosemyplate.gov](http://choosemyplate.gov).
3. Evaluation of nutrition loss in the process of cooking food.
4. Evaluating the roles of the manager, supervisor, and line employees.
5. Create a business plan for a restaurant or catering concept.

### 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. Project papers.
6. Term projects.

METHOD OF INSTRUCTION

Instruction will include lecture, laboratory, demonstrations, and student-centered approach that utilizes a variety of strategies that may include research projects, group discussions, peer instructions, audiovisual presentations, computer assisted instruction, textbooks, speakers, and field trips.

This course, or sections of this course, may be offered through distance education.

TEXTS AND SUPPLIES

Texts:

*On Cooking, Techniques From Expert Chefs*, Sarah R. Labensky, Alan M Hause, Prentice Hall Publishing, New Jersey, current edition  
*On Cooking, Techniques From Expert Chefs*, Study Guide, Sarah R. Labensky, Alan M Hause, Prentice Hall Publishing, New Jersey, current edition

PREPARED BY: Megan Leppert/Lee Blackmore/Donna Namdar    DATE April 13, 2015

REVISED BY: Megan Leppert    DATE: May 6, 2020

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