

SAN DIEGO COMMUNITY COLLEGE DISTRICT  
CONTINUING EDUCATION  
COURSE OUTLINE

**SECTION I**

**SUBJECT AREA AND COURSE NUMBER**

FDNT 684

**COURSE TITLE**

CULINARY ARTS ADVANCED II

**TYPE COURSE**

NON-FEE

VOCATIONAL

**CATALOG COURSE DESCRIPTION**

This course provides an overview of sustainable food systems, food and beverage management, front end operations and professional table service. Topics will include: farm-to-table concepts, purchasing and cost control, human resources and restaurant leadership and management. Students will also learn the basics of food and beverage pairing, as well as the preparation of seasonal dishes utilizing sustainable local ingredients. (FT)

**LECTURE/LABORATORY HOURS**

125

**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 are the recommended skill levels.

**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 farm-to-table concepts.
2. Students will gain a basic understanding of food and beverage management.
3. Students will gain an understanding of front end operations and table service.
4. Students will gain knowledge of human resources, restaurant management and supervision.
5. Students will gain an understanding of food and beverage pairing and preparation of seasonal dishes utilizing sustainable local ingredients.

COURSE OBJECTIVES

1. Analyze and explain farm-to-table concepts.
2. Describe and explain food and beverage management.
3. Explain and discuss all aspects of front end operations and table service.
4. Describe and explain human resources, restaurant management and supervision.
5. Describe the theories behind food and beverage pairing and utilizing sustainable local ingredients.

**SECTION II**

COURSE CONTENT AND SCOPE

1. Farm-To-Table/Sustainable Foods
  - 1.1. Farm-to-table history
    - 1.1.1. Historical perspective of the movement
    - 1.1.2. Farm-to-table terminology
    - 1.1.3. Organizations that support the movement
  - 1.2. Farm-to-table system
    - 1.2.1. Growing and harvesting
      - 1.2.1.1. Fallow
      - 1.2.1.2. Crop rotation
      - 1.2.1.3. Mixed crops
      - 1.2.1.4. Pesticides, herbicides, and insecticides
        - 1.2.1.4.1. Natural vs. chemical
      - 1.2.1.5. Fertilizers
        - 1.2.1.5.1. Natural vs. chemical
        - 1.2.1.5.2. Compost

COURSE CONTENT AND SCOPE (CONTINUED)

- 1.3. Food refining and processing
  - 1.3.1. Preservation methods
    - 1.3.1.1. Dehydrating
    - 1.3.1.2. Canning/pickling
    - 1.3.1.3. Freezing
    - 1.3.1.4. Milling/grinding
  - 1.3.2. Environmental effects/carbon foot print
    - 1.3.2.1. Fossil fuels used in transport
    - 1.3.2.2. Climate change
    - 1.3.2.3. Globalization of foods
    - 1.3.2.4. Non-tilling/disking
- 1.4. Kitchen waste management
  - 1.4.1. Packaging waste
    - 1.4.1.1. Minimally packed vs. traditional
    - 1.4.1.2. Reduce, reuse, recycle
  - 1.4.2. Food waste
    - 1.4.2.1. Composting
- 1.5. Sustainable meat and seafood
  - 1.5.1. Farm raised vs. wild caught
    - 1.5.1.1. Free range vs. agri-farm
    - 1.5.1.2. Aquaculture/aquifarming
  - 1.5.2. Slaughtering methods
  - 1.5.3. Slow food methods
    - 1.5.3.1. Natural vs. hormone and antibiotic raised
- 1.6. Genetically modified organisms
  - 1.6.1. Pros and cons
- 2. Front End Operations and Table Service
  - 2.1. Professional table service
    - 2.1.1. Styles of table service
      - 2.1.1.1. French
      - 2.1.1.2. Russian
      - 2.1.1.3. English
      - 2.1.1.4. American
    - 2.1.2. Basic rules of service
    - 2.1.3. Dining room chain of command
      - 2.1.3.1. Position description
      - 2.1.3.2. Position responsibilities
    - 2.1.4. Working at the guest's table
      - 2.1.4.1. Serving food and beverage
      - 2.1.4.2. Clearing food and beverage
      - 2.1.4.3. Tableside service
  - 2.2. Dining room organization and operation
    - 2.2.1. Employee prep work/side work of dining room
      - 2.2.1.1. Mise en place in wait station
      - 2.2.1.2. Mise en place in dining room
      - 2.2.1.3. Mise en place in bar
      - 2.2.1.4. Table settings

COURSE CONTENT AND SCOPE (CONTINUED)

- 2.2.1.5. Decorations
- 2.2.2. Restaurant fixtures
  - 2.2.2.1. Bar table
  - 2.2.2.2. Beer pull
  - 2.2.2.3. Lighting
- 2.2.3. Equipment
  - 2.2.3.1. Tableside service carts
  - 2.2.3.2. Espresso machine
- 2.2.4. Smallwares
  - 2.2.4.1. Linens
  - 2.2.4.2. Flatware
  - 2.2.4.3. Dishware
  - 2.2.4.4. Glassware
- 2.2.5. Personal equipment
  - 2.2.5.1. Crumber
  - 2.2.5.2. Corkscrew
- 2.3. Beverage service standards
  - 2.3.1. Beverage basics
    - 2.3.1.1. Wine service
    - 2.3.1.2. Mixed drinks
    - 2.3.1.3. Coffee/tea service
- 2.4. Banquets and functions
  - 2.4.1. Types of functions
  - 2.4.2. Arrangements for special events
  - 2.4.3. Styles of service
- 2.5. Front end operations
  - 2.5.1. Reservations and booking systems
  - 2.5.2. Schedule writing
    - 2.5.2.1. Reservations
    - 2.5.2.2. Work schedule
  - 2.5.3. Cashiering and revenue control
    - 2.5.3.1. Point of Sale (POS) system
    - 2.5.3.2. Cashing out and tipping out
    - 2.5.3.3. Methods of payment
  - 2.5.4. Controlling dining room costs
    - 2.5.4.1. Inventory control
    - 2.5.4.2. Portion control
    - 2.5.4.3. Asset management
  - 2.5.5. Merchandising and sales promotions
    - 2.5.5.1. Proper sales approach techniques
      - 2.5.5.1.1. Upselling
      - 2.5.5.1.2. Active behavior
  - 2.5.6. Customer service
    - 2.5.6.1. Customer expectations
    - 2.5.6.2. Guest categories
    - 2.5.6.3. Guest complaints

COURSE CONTENT AND SCOPE (CONTINUED)

- 2.5.6.3.1. Remedy solutions
- 2.5.6.4. Proper etiquette in guest interactions
- 3. Food and Beverage Management
  - 3.1. Beverage historical perspective
    - 3.1.1. Prohibition
    - 3.1.2. Influences on current food and beverage operations
    - 3.1.3. Origins of beverages
      - 3.1.3.1. Wine
      - 3.1.3.2. Beer
      - 3.1.3.3. Spirits
    - 3.1.4. Beverage Trends
      - 3.1.4.1. Sustainable
      - 3.1.4.2. Farm-to-table and organic wines
      - 3.1.4.3. Small custom batches
      - 3.1.4.4. Hand harvest grapes
  - 3.2. Beverage terminology
    - 3.2.1. Equipment terminology
    - 3.2.2. Measurement terminology
    - 3.2.3. Bar operations terminology
  - 3.3. Beverage tools and equipment
    - 3.3.1. Selecting equipment
    - 3.3.2. Maintenance and sanitation
    - 3.3.3. Small equipment
    - 3.3.4. Glassware
    - 3.3.5. Hose systems (CO2)
    - 3.3.6. Processing equipment
  - 3.4. Viticulture
    - 3.4.1. Wine production
      - 3.4.1.1. Terrior
        - 3.4.1.1.1. Soil
        - 3.4.1.1.2. Climate
        - 3.4.1.1.3. Water
      - 3.4.1.2. Harvest times
      - 3.4.1.3. Vineyard management
    - 3.4.2. Grape varieties
      - 3.4.2.1. Red
        - 3.4.2.1.1. Grape varieties
        - 3.4.2.1.2. Harvesting and processing
        - 3.4.2.1.3. Aging/oak options
          - 3.4.2.1.3.1. Oak
          - 3.4.2.1.3.2. Stainless
          - 3.4.2.1.3.3. Concrete
          - 3.4.2.1.3.4. Pyramid method
      - 3.4.2.2. White
        - 3.4.2.2.1. Grape varieties
        - 3.4.2.2.2. Harvesting and processing
        - 3.4.2.2.3. Bottling

COURSE CONTENT AND SCOPE (CONTINUED)

- 3.4.2.3. Rose
  - 3.4.2.3.1. Grape varieties
  - 3.4.2.3.2. Harvesting and processing
  - 3.4.2.3.3. Bottling
  - 3.4.2.3.4. Aging process
- 3.4.2.4. Sparkling
  - 3.4.2.4.1. Production methods
    - 3.4.2.4.1.1. Traditional method
    - 3.4.2.4.1.2. Tank method
    - 3.4.2.4.1.3. Transfer method
  - 3.4.2.4.2. Types of sparkling wines
    - 3.4.2.4.2.1. Champagne
    - 3.4.2.4.2.2. Prosecco
    - 3.4.2.4.2.3. D' asti
    - 3.4.2.4.2.4. Sekt
- 3.5. Brewed beverages
  - 3.5.1. Beer terminology
  - 3.5.2. Ingredient identification
  - 3.5.3. Production process
    - 3.5.3.1. Fermentation
      - 3.5.3.1.1. Types of yeast
    - 3.5.3.2. Germination
  - 3.5.4. Bottling
- 3.6. Liquor/Spirits
  - 3.6.1. Ingredient identification
  - 3.6.2. Aging procedures
  - 3.6.3. Types of spirits
    - 3.6.3.1. Vodka
    - 3.6.3.2. Gin
    - 3.6.3.3. Rum
    - 3.6.3.4. Tequila
    - 3.6.3.5. Scotch
    - 3.6.3.6. Whisky
    - 3.6.3.7. Bourbon
    - 3.6.3.8. Sherry
    - 3.6.3.9. Brandy
  - 3.6.4. Types of liquors
    - 3.6.4.1. Frangelico
    - 3.6.4.2. Baileys
    - 3.6.4.3. Amaretto
- 4. Food and Beverage Pairing
  - 4.1. Theories of food and wine pairing
    - 4.1.1. The eight S's of beverage tasting
    - 4.1.2. The six N's of food tasting
    - 4.1.3. Predominant flavors

COURSE CONTENT AND SCOPE (CONTINUED)

- 4.2. Wine flavor profiles
  - 4.2.1. White wine profiles
    - 4.2.1.1. Acidity
  - 4.2.2. Red wine profiles
    - 4.2.2.1. Tannins
    - 4.2.2.2. Malolactic fermentation (M.L.)
  - 4.2.3. Sparkling and dessert wine profiles
    - 4.2.3.1. Sugar content
    - 4.2.3.2. Fortified wines
- 4.3. Nonconventional pairing tools
  - 4.3.1. Palette
  - 4.3.2. Senses
  - 4.3.3. Cooking methods
  - 4.3.4. Ingredients
  - 4.3.5. Origins
  - 4.3.6. Proper glassware
  - 4.3.7. Temperature recommendations
    - 4.3.7.1. Hot vs. cold
- 5. Human Resources Management
  - 5.1. Recruiting and selection of employee
    - 5.1.1. Compensation
    - 5.1.2. Performance management
    - 5.1.3. Employee relations
  - 5.2. Employee retention
    - 5.2.1. Organizational culture and values
      - 5.2.1.1. Job security
    - 5.2.2. Job design/work
      - 5.2.2.1. Job/person match
      - 5.2.2.2. Time and work flexibility
    - 5.2.3. Career opportunities
      - 5.2.3.1. Training, mentoring, and developing
      - 5.2.3.2. Career planning and advancement
    - 5.2.4. Rewards
      - 5.2.4.1. Competitive pay
      - 5.2.4.2. Benefits
      - 5.2.4.3. Recognition
  - 5.3. Equal employment opportunity (EEO)
    - 5.3.1. Protected classes
    - 5.3.2. Bona fide occupational qualification (BFOQ)
    - 5.3.3. Major equal employment laws
      - 5.3.3.1. Civil Rights Act of 1964
      - 5.3.3.2. Civil Rights Act of 1991
      - 5.3.3.3. Sex/gender discrimination laws and regulations

COURSE CONTENT AND SCOPE (CONTINUED)

- 5.3.3.4. Americans with Disabilities Act (ADA)
- 5.3.3.5. Age Discrimination in Employment Act (ADEA)
- 5.3.3.6. Immigration Reform and Controls Act (IRCA)
- 5.4. Job Placement and Interview Process
  - 5.4.1. Pre-employment inquiries
  - 5.4.2. Job specifications and description
  - 5.4.3. Performance standards
  - 5.4.4. Internal recruiting methods
  - 5.4.5. External recruiting methods
  - 5.4.6. Resumes
  - 5.4.7. Ability tests
  - 5.4.8. Types of interview methods
  - 5.4.9. Background checks and reference checks
  - 5.4.10. Medical examinations
- 5.5. Legal pay systems
  - 5.5.1. Fair Labor Standards Act (FLSA)
  - 5.5.2. Pay grades
- 5.6. Risk management and worker protection
  - 5.6.1. Workers' compensation
  - 5.6.2. OSHA enforcement standards
- 5.7. Employee rights and responsibilities
  - 5.7.1. Employment-at-will (EAW)
- 6. Purchasing and Product Cost Control
  - 6.1. Purchasing and inventory
    - 6.1.1. Ordering ingredients/products
      - 6.1.1.1. Product/purchase specifications
        - 6.1.1.1.1. U.S. grade quality
        - 6.1.1.1.2. Acceptable trim
        - 6.1.1.1.3. Approved substitutes
    - 6.1.2. Measures of product quality
      - 6.1.2.1. Federal-government grades
      - 6.1.2.2. As Purchased (AP) prices
      - 6.1.2.3. Packers' brand
      - 6.1.2.4. Trade associations
    - 6.1.3. Selecting Purveyors
      - 6.1.3.1. Purveyor bidding rules
      - 6.1.3.2. Purveyor-restaurant relationship
      - 6.1.3.3. Types of purveyors
        - 6.1.3.3.1. One-stop shop/big box
        - 6.1.3.3.2. Local farmers
      - 6.1.3.4. Supplier selection criteria
        - 6.1.3.4.1. Delivery schedule
        - 6.1.3.4.2. Ordering procedure required by supplier
        - 6.1.3.4.3. Credit terms
        - 6.1.3.4.4. Minimum order requirements
        - 6.1.3.4.5. Merchandise variety
        - 6.1.3.4.6. Return policy



COURSE CONTENT AND SCOPE (CONTINUED)

- 6.1.3.4.7. Deposits required
- 6.1.4. Receiving inventory
  - 6.1.4.1. Receiving standards
  - 6.1.4.2. Invoice receiving
  - 6.1.4.3. Rejection of delivery
    - 6.1.4.3.1. Returning merchandise
  - 6.1.4.4. Types of receiving methods
    - 6.1.4.4.1. Standing-order receiving
    - 6.1.4.4.2. Blind receiving
    - 6.1.4.4.3. Odd-hours receiving
    - 6.1.4.4.4. Drop-shipment receiving
    - 6.1.4.4.5. Mailed deliveries
    - 6.1.4.4.6. Cash-on-delivery deliveries (COD)
- 6.1.5. Selection standards for products
- 6.1.6. Yield percentage
  - 6.1.6.1. Book of yields
  - 6.1.6.2. Trim test
- 7. Leadership, Management, and Supervision
  - 7.1. Functions of management
    - 7.1.1. Planning
    - 7.1.2. Organizing
    - 7.1.3. Staffing
    - 7.1.4. Coordinating
    - 7.1.5. Evaluating
    - 7.1.6. Decision Making
  - 7.2. Theories of people management
    - 7.2.1. Scientific management
    - 7.2.2. Human relations theory
    - 7.2.3. Participative management
    - 7.2.4. Humanistic management
  - 7.3. Leadership styles
    - 7.3.1. Theory X and Theory Y
    - 7.3.2. Situational leadership
    - 7.3.3. Transactional leadership
    - 7.3.4. Transformational leadership
  - 7.4. Managing cultural diversity in the workplace
    - 7.4.1. Establish a diversity and inclusion program
    - 7.4.2. Managing diversity issues
  - 7.5. Motivation
    - 7.5.1. Theories of motivation
      - 7.5.1.1. Motivation through fear
      - 7.5.1.2. Carrot-and-stick method
      - 7.5.1.3. Economic person theory
      - 7.5.1.4. Human relations theory
      - 7.5.1.5. Maslow's hierarchy of needs
        - 7.5.1.5.1. Physiological needs
        - 7.5.1.5.2. Safety needs

COURSE CONTENT AND SCOPE (CONTINUED)

- 7.5.1.5.3. Social needs
- 7.5.1.5.4. Ego needs
- 7.5.1.5.5. Need for self-fulfillment
- 7.5.1.6. Herzberg's motivation-hygiene theory
- 7.5.1.7. Reinforcement theory
- 7.6. Building a positive work climate
  - 7.6.1. Developing performance standards
    - 7.6.1.1. Job description
    - 7.6.1.2. Training
    - 7.6.1.3. Performance standard system
    - 7.6.1.4. Incentivize
  - 7.6.2. Team work and team building
    - 7.6.2.1. Empowerment
    - 7.6.2.2. Team challenges
    - 7.6.2.3. Coaching
- 7.7. Program and evaluating systems
  - 7.7.1. Creation of systems
  - 7.7.2. Implementation of systems
  - 7.7.3. Types of systems
    - 7.7.3.1. Job training programs
    - 7.7.3.2. Performance evaluations
    - 7.7.3.3. Discipline systems
    - 7.7.3.4. Employee assistance programs
    - 7.7.3.5. Incentive programs

APPROPRIATE READINGS

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

1. *Professional Dining Room Management*, Carol A. King, Van Nordstrand Reinhold Publishing, current edition
2. *Purchasing, Cost Control, and Menu Management*, Art Institute, Wiley Publishing, current edition
3. *Human Resources Management*, Robert L. Mathis, South-Western Cengage Learning, current edition
4. *Leadership Lessons From a Chef: Finding Time to Be Great*, Charles Carroll, Wiley Publishing, current edition
5. *Wine Wise*, Steven Kolpan, Brian H. Smith, and Michael A. Weiss, HMH Publishing, current edition

WRITING ASSIGNMENTS

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

1. Written presentation on sustainable food systems and the history of the farm-to-table movement.
2. Create a personal resume and portfolio for perspective employers.

### WRITING ASSIGNMENTS (CONTINUED)

3. Essay on the importance of employee compliance with equal employment opportunity (EEO) laws.

### OUTSIDE ASSIGNMENTS

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

1. Independent research on local farms in San Diego County, and conduct interviews with the farmers about their growing and harvesting techniques.
2. Observe a fine dining service, and evaluate the wait staffs' performance and service style.

### APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

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

1. Create a detailed employee handbook.
2. Develop a six-course menu utilizing local sustainable foods and execute a dinner service.

### 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, individual or group.

### 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

*What To Eat*, Marion Nestle, North Point Press, current edition  
*The Flavor Bible*, Karen Page and Andrew Dornenburg; Little, Brown, and Company  
Publishing, current edition

PREPARED BY: Megan Leppert and Lee Blackmore DATE April 21, 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