

# Syllabus

## Culinary Arts Semester A

### Course Overview

This one-semester course is intended to help you learn culinary skills. This course has 20 lessons organized into 5 units, plus 5 Unit Activities. Each lesson contains one or more Lesson Activities.

This course covers the history and development of the culinary arts; the basics of nutrition; and health, safety, and sanitation. It covers basic science principles used in cooking and various cooking methods. It also explores the culinary skills required to make a variety of items, ranging from stocks and soups to seafood and poultry to various breads and desserts.

You will submit the Unit Activity documents to your teacher, and you will grade your work on the Lesson Activities by comparing them with the given sample responses. The Unit Activities (submitted to the teacher) and the Lesson Activities (self-checked) are the major components of this course. There are other assessment components, namely the mastery test questions that feature along with the lesson; the pre- and post-test questions that come at the beginning and end of each unit, respectively; and an end-of-semester test. All of these tests are a combination of simple multiple-choice questions and technology enhanced (TE) questions.

### Course Goals

This course will help you meet the following goals:

- Learn about important figures and events that influenced the development of the culinary arts.
- Learn about the food service industry and explore the world's major cuisines.
- Describe the sources and function of nutrients and explore the principles of nutrition.
- Describe how to use and maintain commercial kitchen tools and equipment.
- Identify safe practices and legal responsibilities of food establishments.
- Learn various methods of food preparation.
- Learn how to prepare various items, such as basic stocks, sauces and soups, salads and appetizers, breakfast dishes, seafood, poultry, and meat dishes.

### Prerequisite Skills

Culinary Arts Semester A has the following prerequisites:

- basic math knowledge

- ability to visualize and apply creativity and innovation
- familiarity with the writing process and following guidelines
- ability to structure and process information

## **General Skills**

To participate in this course, you should be able to do the following:

- Perform basic operations on a computer.
- Perform online research using various search engines and library databases.
- Communicate through email and participate in discussion boards.

*For a complete list of the general skills required for participation in online courses, refer to the Prerequisites section of the Plato Student Orientation document, found at the beginning of this course.*

## **Credit Value**

Culinary Arts Semester A is a 0.5-credit course.

## **Course Materials**

- notebook
- computer with an internet connection and speakers or headphones
- Microsoft Word or equivalent
- Microsoft Excel or equivalent
- Microsoft PowerPoint or equivalent

## Course Pacing Guide

This course description and pacing guide is intended to help you stay on schedule with your work. Note that your course instructor may modify the schedule to meet the specific needs of your class.

### Unit 1: Introduction to Culinary Arts

#### Summary

In this unit, you will trace the origin and development of the culinary arts. You will also discuss important contributions made by chefs, notable culinary figures, and entrepreneurs. You'll analyze how trends in society influence trends in the food service industry. In addition, you'll examine the social and economic significance of the food service industry. Finally, you'll describe popular international cuisines.

Day	Activity/Objective	Type
1 day: 1	<b>Syllabus and Plato Student Orientation</b> <i>Review the Plato Student Orientation and Course Syllabus at the beginning of this course.</i>	Course Orientation
3 days: 2–4	<b>The History and Development of Culinary Arts</b> <i>Outline significant historical figures and events that influenced the development of the practice and profession of culinary arts.</i>	Lesson
3 days: 5–7	<b>Introduction to the Food Service Industry</b> <i>Discuss the food service industry.</i>	Lesson
3 days: 8–10	<b>A Culinary Journey</b> <i>Explore the world's major cuisines.</i>	Lesson
1 day: 11	<b>Space Jumble</b>	Game
3 days: 12–14	<b>Unit Activity/ Threaded Discussion—Unit 1</b>	Unit Activity
1 day: 15	<b>Post-test—Unit 1</b>	Assessment

## Unit 2: Health, Safety, and Sanitation

### Summary

In this unit, you will describe the functions of essential and nonessential nutrients and identify food sources of carbohydrates, fats, proteins, vitamins and minerals. You'll evaluate recipes for nutritional content and identify special dietary needs. You'll also identify common cooking tools, equipment, utensils, and appliances used in commercial kitchens. In addition, you'll learn practices for the safe and hygienic storage of raw, dry, and cooked food items. Further, you'll identify common foodborne illnesses and their causes and contamination. Finally, you'll examine food safety-related laws, Hazard Analysis Critical Control Point (HACCP) procedures, and the purpose of Material Safety Data Sheets.

Day	Activity/Objective	Type
3 days: 16–18	<b>Nutrition Basics</b> <i>Describe the sources and function of nutrients.</i>	Lesson
3 days: 19–21	<b>Health and Wellness</b> <i>Explore the principles of nutrition.</i>	Lesson
3 days: 22–24	<b>Commercial Tools and Equipment</b> <i>Describe how to use and maintain commercial kitchen tools and equipment.</i>	Lesson
3 days: 25–27	<b>Safety in the Kitchen</b> <i>Examine some safe practices to avoid potential health and safety hazards in kitchens.</i>	Lesson
3 days: 28–30	<b>Ethical and Legal Responsibilities</b> <i>Identify the ethical and legal responsibilities of food establishments toward their employees and customers.</i>	Lesson
1 day: 31	<b>Para Jumble</b>	Game
4 days: 32–35	<b>Unit Activity/Threaded Discussion—Unit 2</b>	Unit Activity
1 day: 36	<b>Post-test—Unit 2</b>	Assessment

## Unit 3: Culinary Basics

### Summary

In this unit, you will discuss the use of herbs, spices, vinegars, oils, and fats in enhancing the taste and appearance of food. You'll also learn about dry and moist cooking methods. You'll discuss mise en place and identify standard weights and measures. Finally, you'll learn about standardized recipes, portion sizes, and recipe yield.

<b>Day</b>	<b>Activity/Objective</b>	<b>Type</b>
3 days: 37–39	<b>Food Science</b> <i>Analyze the factors that affect food taste and choices.</i>	Lesson
3 days: 40–42	<b>Food Preparation Methods</b> <i>Examine various methods of food preparation.</i>	Lesson
3 days: 43–45	<b>Following Recipes</b> <i>Describe how to interpret and follow a recipe.</i>	Lesson
1 day: 46	<b>Thwack-a-Mole</b>	Game
3 days: 47–49	<b>Unit Activity/Threaded Discussion—Unit 3</b>	Unit Activity
1 day: 50	<b>Post-test—Unit 3</b>	Assessment

## Unit 4: Culinary Skills

### Summary

In this unit, you will discuss procedures to make the four basic stocks: white stock, brown stock, fish stock, and vegetable stock. You'll also learn to make the five main mother sauces and some soups. You'll identify various types of cheeses and learn to make salads and various salad dressings. Finally, you'll discuss traditional breakfast foods and explore ways to cook grains and starches.

Day	Activity/Objective	Type
3 days: 51–53	<b>Stocks, Sauces, and Soups</b> <i>Describe how to prepare stocks, sauces, and soups.</i>	Lesson
3 days: 54–56	<b>Cheeses, Salads, and Appetizers</b> <i>Describe a variety of cheeses, salads, and appetizers.</i>	Lesson
3 days: 57–59	<b>Breakfast Dishes, Sandwiches, and Beverages</b> <i>Describe how to prepare a variety of breakfast dishes, sandwiches, and beverages.</i>	Lesson
5 days: 60–62	<b>Grains and Starches</b> <i>Describe how to cook grains and starches, such as potatoes and pasta.</i>	Lesson
1 day: 63	<b>Para Jumble</b>	Game
3 days: 64–66	<b>Unit Activity/Threaded Discussion—Unit 4</b>	Unit Activity
1 day: 67	<b>Post-test—Unit 4</b>	Assessment

## Unit 5: More Culinary Skills

### Summary

In this unit, you will learn to select and prepare different types of fish and shellfish. You'll identify the different types of poultry, describe various marinades, and learn to cook poultry. You'll also identify different cuts of meat, learn techniques for tenderizing meats, and learn to cook meat dishes. In addition, you'll categorize vegetables and fruits, learn how to cut vegetables in different ways, and prepare some dishes that have vegetables or fruits as the main ingredient. Finally, you'll identify types of flours and leavening agents and learn techniques for baking yeast breads and rolls, quick breads, pastries, and desserts.

Day	Activity/Objective	Type
3 days: 68–70	<b>Seafood</b> <i>Describe how to prepare and cook seafood items.</i>	Lesson
6 days: 71–73	<b>Poultry</b> <i>Describe how to prepare and cook poultry items.</i>	Lesson
3 days: 74–76	<b>Meats</b> <i>Describe how to prepare and cook meat dishes.</i>	Lesson
3 days: 77–79	<b>Vegetables and Fruits</b> <i>Identify various vegetables and fruits and describe how to prepare and cook them.</i>	Lesson
3 days: 80–82	<b>Baking Techniques</b> <i>Demonstrate knowledge of baking skills and baked products.</i>	Lesson
1 day: 83	<b>Space Jumble</b>	Game
4 days: 84–87	<b>Unit Activity/Threaded Discussion—Unit 5</b>	Unit Activity
1 day: 88	<b>Post-test—Unit 5</b>	Assessment
1 day: 89	<b>Semester Review</b>	
1 day: 90	<b>End-of-Semester Test</b>	Assessment