

Culinary Arts, Semester A

Course Overview

Culinary Arts, Semester A, is a one-semester course that is intended to help you gain an understanding of the history and development of the culinary arts. This course covers the basics of nutrition; and health, safety, and sanitation. In addition, the course explains the basic science principles used in cooking and various cooking methods. Finally, the course describes culinary skills required to make a variety of items, ranging from stocks and soups to seafood and poultry to various breads and desserts.

Course Goals

By the end of this course, you will:

- Identify significant historical figures and events that influenced the development of the practice and profession of the culinary arts.
- Categorize segments in the food service industry, identify factors that influence choice of location, and analyze the industry's economic and social significance.
- Identify the world's major cuisines.
- Identify the sources and function of nutrients.
- Identify food sources of nutrients and explain food allergies.
- Select appropriate kitchen utensils, tools, and cleaning procedures, and identify types of cuts used for vegetables.
- Identify contaminants and select safe practices to avoid potential health and safety hazards in kitchens.
- Identify public health agencies and choose methods to ensure safety and optimal utilization of resources in food establishments.
- Identify the factors that affect food taste and choices.
- Compare various methods of food preparation.
- List the steps in food preparation and identify factors to consider when preparing a dish.
- Define stock, identify the main ingredients and uses of different sauces, and classify soups.
- Select appropriate cheeses, state the main components of a salad, differentiate between different types of dressings, and compare appetizers.
- Identify different types of breads and pastries and list the steps to prepare some breakfast dishes.
- Identify different types of grains, pastas, potato dishes, and sauces and choose the correct way to cook them.

- Categorize seafood, identify safety measures to consider when buying it, list steps to prepare it, and choose appropriate accompaniments.
- Classify chicken breeds, identify ideal temperatures for cooking poultry, select an appropriate marinade, and list steps for cooking poultry.
- Select appropriate techniques for preparing and cooking different types of meat.
- Identify vegetable cuts and select appropriate procedures for preparing and cooking vegetables and fruits.
- Identify the purpose of various ingredients in bread-making and select appropriate ingredients and techniques when baking.

General Skills

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

- Complete basic operations with word-processing software, such as Microsoft Word or Google Docs.
- Perform online research using various search engines and library databases.
- Communicate through email and discussion boards.

For a complete list of general skills that are required for participation in online courses, refer to the Prerequisites section of the 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 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 identify significant historical figures and events that influenced the development of the practice and profession of the culinary arts. You will also categorize segments in the food service industry, and identify factors that influence choice of location. Then, you will analyze the industry's economic and social significance. Finally, you will identify the world's major cuisines.

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

Unit 2: Health, Safety, and Sanitation

Summary

In this unit, you will identify the sources and function of nutrients. You will also identify food sources of nutrients and explain food allergies. Then, you will select appropriate kitchen utensils, tools, and cleaning procedures, and identify types of cuts used for vegetables. You will also identify contaminants and select safe practices to avoid potential health and safety hazards in kitchens. Finally, you will identify public health agencies and choose methods to ensure safety and optimal utilization of resources in food establishments.

Day	Activity/Objective	Type
3 days: 16–18	Nutrition Basics <i>Identify the sources and function of nutrients.</i>	Lesson
3 days: 19–21	Health and Wellness <i>Identify food sources of nutrients and explain food allergies.</i>	Lesson
3 days: 22–24	Commercial Tools and Equipment <i>Select appropriate kitchen utensils, tools, and cleaning procedures, and identify types of cuts used for vegetables.</i>	Lesson
3 days: 25–27	Safety in the Kitchen <i>Identify contaminants and select safe practices to avoid potential health and safety hazards in kitchens.</i>	Lesson
3 days: 28–30	Ethical and Legal Responsibilities <i>Identify public health agencies and choose methods to ensure safety and optimal utilization of resources in food establishments.</i>	Lesson
1 day: 31	Para Jumble	Game
4 days: 32–35	Unit Activity/Threaded Discussion—Unit 2	Unit Activity/ Discussion
1 day: 36	Post-test—Unit 2	Assessment

Unit 3: Culinary Basics

Summary

In this unit, you will identify the factors that affect food taste and choices. You will also compare various methods of food preparation. Finally, you will list the steps in food preparation and identify factors to consider when preparing a dish.

Day	Activity/Objective	Type
3 days: 37–39	Food Science <i>Identify the factors that affect food taste and choices.</i>	Lesson
3 days: 40–42	Food Preparation Methods <i>Compare various methods of food preparation.</i>	Lesson
3 days: 43–45	Following Recipes <i>List the steps in food preparation and identify factors to consider when preparing a dish.</i>	Lesson
1 day: 46	Thwack-A-Mole	Game
3 days: 47–49	Unit Activity/Threaded Discussion—Unit 3	Unit Activity/ Discussion
1 day: 50	Post-test—Unit 3	Assessment

Unit 4: Culinary Skills

Summary

In this unit, you will define stock, identify the main ingredients and uses of different sauces, and classify soups. You will also select appropriate cheeses, state the main components of a salad, differentiate between different types of dressings, and compare appetizers. Then, you will identify different types of breads and pastries and list the steps to prepare some breakfast dishes. Finally, you will identify different types of grains, pastas, potato dishes, and sauces and choose the correct way to cook them.

Day	Activity/Objective	Type
3 days: 51–53	Stocks, Sauces, and Soups <i>Define stock, identify the main ingredients and uses of different sauces, and classify soups.</i>	Lesson

Day	Activity/Objective	Type
3 days: 54–56	Cheeses, Salads, and Appetizers <i>Select appropriate cheeses, state the main components of a salad, differentiate between different types of dressings, and compare appetizers.</i>	Lesson
3 days: 57–59	Breakfast Dishes, Sandwiches, and Beverages <i>Identify different types of breads and pastries and list the steps to prepare some breakfast dishes.</i>	Lesson
3 days: 60–62	Grains and Starches <i>Identify different types of grains, pastas, potato dishes, and sauces and choose the correct way to cook them.</i>	Lesson
1 day: 63	Para Jumble	Game
3 days: 64–66	Unit Activity/Threaded Discussion—Unit 4	Unit Activity/ Discussion
1 day: 67	Post-test—Unit 4	Assessment

Unit 5: More Culinary Skills

Summary

In this unit, you will categorize seafood, identify safety measures to consider when buying it, list steps to prepare it, and choose appropriate accompaniments. You will also classify chicken breeds, identify ideal temperatures for cooking poultry, select an appropriate marinade, and list steps for cooking poultry. Then, you will select appropriate techniques for preparing and cooking different types of meat. You will also identify vegetable cuts and select appropriate procedures for preparing and cooking vegetables and fruits. Finally, you will identify the purpose of various ingredients in bread-making and select appropriate ingredients and techniques when baking.

Day	Activity/Objective	Type
3 days: 68–70	Seafood <i>Categorize seafood, identify safety measures to consider when buying it, list steps to prepare it, and choose appropriate accompaniments.</i>	Lesson

Day	Activity/Objective	Type
3 days: 71–73	Poultry <i>Classify chicken breeds, identify ideal temperatures for cooking poultry, select an appropriate marinade, and list steps for cooking poultry.</i>	Lesson
3 days: 74–76	Meats <i>Select appropriate techniques for preparing and cooking different types of meat.</i>	Lesson
3 days: 77–79	Vegetables and Fruits <i>Identify vegetable cuts and select appropriate procedures for preparing and cooking vegetables and fruits.</i>	Lesson
3 days: 80–82	Baking Techniques <i>Identify the purpose of various ingredients in bread-making and select appropriate ingredients and techniques when baking.</i>	Lesson
1 day: 83	Space Jumble	Game
4 days: 84–87	Unit Activity/Threaded Discussion—Unit 5	Unit Activity/ Discussion
1 day: 88	Post-test—Unit 5	Assessment
1 day: 89	Semester Review	
1 day: 90	End-of-Semester Test	Assessment