



## PRINCIPLES OF FOOD PRODUCTION I

Date 7/5/10

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1 - 6 - 3.0

**COURSE NUMBER:** HOS 101

**PREREQUISITE(S):** RDG 100, ENG 100

**CO-REQUISITE(S):** HOS 155

**COURSE DESCRIPTIONS** This is an introductory course in food preparation, including kitchen safety and sanitation. Emphasis is placed on the practical presentation of simple foods, terminology and techniques of preparation of nutritious quality food.

**TEXTBOOK(S):** ISBN#:  
Book Bundle

Labensky, On Cooking, 5<sup>th</sup> Edition and Study Guide, Prentice Hall: 2011

Stamm-Griffin, On Cooking Study Guide, Prentice Hall

Labensky, Labensky and Ingram, Prentice Hall Dictionary of Culinary Terms, 2<sup>nd</sup> Edition, Prentice Hall

**REFERENCE(S):** None

**OTHER REQUIRED MATERIALS, TOOLS, AND EQUIPMENT:** **Uniforms:** Must be worn to ALL lab classes and official school functions

1. SCC embroidered chef jacket (2 required)
2. Black and white check pants (1 required; 2 recommended)
3. Plain white T-shirt (worn underneath jacket)
4. White calotte flat hat (1 required; 2 recommended)
5. Apron (2 required; 3 recommended)
6. Non-skid, rubber sole shoes, black (clogs with holes in them are not permitted)

**Supplies:**

1. SCC knife kit (includes thermometer\*)
2. 3-ring binder notebook with dividers
3. Writing implements: pens, pencils, highlighters,

permanent markers/sharpies\*

\*Permanent markers/sharpies and thermometers are to be worn on the chef coat sleeve as part of the uniform

4. USB flash drive

**METHOD OF INSTRUCTION:**

Lecture, lab, guest speakers, demonstrations, field trips

**GRADING SYSTEM:**

90 - 100 = A  
80 - 89 = B  
70 - 79 = C  
60 - 69 = D  
Below - 60 = F

The standard mathematical procedure of rounding will be applied to arrive at a whole number percentage in final grade calculation.

**GRADE CALCULATION METHOD:**

Class Participation/Lab Performance	=	40%
Unit Tests	=	20%
Portfolio Project	=	15%
Final Written Exam	=	10%
Final Practical Exam	=	15%
	=	<u>100%</u>

**ATTENDANCE POLICY:**

The student is responsible for punctual and regular attendance in all classes, laboratories, clinical, practica, internships, field trips, and other required class activities. The College does not grant excused absences; therefore, students are urged to reserve their absences for emergencies. When illness or other emergencies occur, the student is responsible for notifying instructors and completing missed work if approved for late submission by instructors.

The student is tardy if not in class at the time the class is scheduled to begin and is admitted to class at the discretion of the instructor.

Instructors maintain attendance records. However, it is the student's responsibility to withdraw from a course. A student enrolling in and attending at least one course session remains enrolled until the student initiates a withdrawal.

Withdrawal Policy: During the first 75% of the course, a student may initiate withdrawal and receive a grade of W. A student cannot initiate a withdrawal during the last 25% of the course. Extenuating circumstances require documentation and approval by the appropriate department head and academic dean.

Absences for Religious Holidays: Students who are absent from class in order to observe religious holidays are responsible for the content of any activities missed and for the completion of assignments occurring during the period of absence. Students who anticipate their observance of religious holidays will cause them to be absent from class and do not wish such absences to penalize their status in class should adhere to the following guidelines:

1. Observance of religious holidays resulting in three or fewer consecutive absences: Discuss the situation with the instructor and provide written notice at least one week prior to the absence(s). Develop (in writing) and instructor-approved plan which outlines the make up of activities and assignments.
2. Observances of religious holidays resulting in four or more consecutive absences: Discuss the situation with the instructor and provide the instructor with written notice within the first 10 days of the academic term. Develop an instructor-approved plan with outlines the make up of activities and assignments.

**CLASSROOM  
CONDUCT:**

**ACADEMIC DISHONESTY:** Students are expected to uphold the integrity of the College's standard of conduct, specifically in regards to academic honesty. All forms of academic dishonesty including, but not limited to, cheating on assignments/tests, plagiarism, collusion, and falsification of information will call for disciplinary action. Disciplinary action imposed may include one or more of the following: written reprimand, loss of credit for assignment/test, termination from course, and probation, suspension, or expulsion from the College. For further explanation of this and other conduct codes, please refer to the Student Handbook.

**CELLULAR PHONES AND PAGERS/BEEPERS:** Cellular phones, pagers and beepers are not permitted to be turned on or used within the classroom. Use of these devices during

classroom time will be considered a violation of the student code as it relates to “disruptive behavior.”

**CLASS/LAB PROCEDURES:**

Students must master all HOS 101 competencies (documented below) in order to receive an overall passing grade in this course. Failure to master any one of the competencies will result in a failing grade for this semester. Mastery is considered 70% or higher on all practical exams, papers, projects, assignments and a 70% or higher average of all written tests and exams. Failure to receive 70% or higher for class requirements will result in failure of the course.

Students will adhere to all rules in the lab. The lab must be thoroughly cleaned before students are allowed to leave. Students are not dismissed until the instructor dismisses the class.

The following resource centers are available to students of Spartanburg Community College. Please visit, call or consult the College’s website to determine the hours of operation.

Resource	Location (East Building)	Phone Number
Advising Center	E-1	592-4990
Open Computer Lab (OCL)	E-5	592-4968
Tutorial Learning Center (TLC)	E-2	592-4715
Testing Center	E-3	592-4966

**ACCOMMODATIONS:**

Students who need special accommodations in this class because of a documented disability should notify Student Disability Services. You may contact Student Disability Services by calling, (864) 592-4811, toll-free 1-800-922-3679; via email through the Spartanburg Community College web site at [www.sccsc.edu/SDS/](http://www.sccsc.edu/SDS/); or by visiting the office located in the Dan Lee Terhune Student Services Building, room 112 of the Spartanburg Community College campus. By contacting Student Disability Services early in the semester, students with disabilities give the College an opportunity to provide necessary support services and appropriate accommodations.

**Program Director**

Chef Dawn Larrieu  
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**Program Department Chair**

Mrs. Karen Ravan  
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**COURSE OUTCOMES  
& OBJECTIVES:**

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

- I. Demonstrate of working knowledge of the food service industry
  1. Discuss the development of the modern food service industry
  2. Name key historical figures responsible for developing food service professionalism
  3. Explain the organization of classic and modern kitchen brigades
  
- II. Demonstrate a practical level of knowledge and familiarity with culinary terms, equipment, and safety and sanitation techniques
  1. Identify and use utensils, pots and pans, demonstrate safe practices using stoves, mixers, ovens, slicer, food processor, fryer, and flat top
  2. Demonstrate knife skills, handle tool and equipment operation, emphasizing proper safety techniques
  3. Identify the parts, components of a recipe
  4. Describe and use a standardized recipe
  5. Write a standardized recipe
  6. Utilize standard weights and measures to demonstrate proper scaling and measurement techniques
  7. Define and describe the following cooking and food preparation methods
    - Sauté
    - Bake
    - Roast

- Braise
  - Pan Fry
  - Deep Fry
  - Steam
  - Boil
  - Poach
  - Barbeque
  - Grill
  - Smoking
  - Curing
  - Drying
  - Fermenting
8. Prepare and evaluate a variety of foods using the various cooking techniques
  9. Prepare and evaluate roast meats, poultry, and fish to the correct doneness to develop the best flavor and texture in the finished dish
  10. Identify, utilize and evaluate herbs, spices, oils, vinegar, condiments, marinades and rubs
  11. Perform basic fabrication tasks with meat, poultry, seafood
  12. Define stock and describe its uses
  13. Identify different types of stocks
  14. List the basic ingredients needed for making stocks
  15. Describe the functions of the ingredients
  16. Describe the process of making stocks
  17. Prepare a variety of stocks
  18. Evaluate the quality of a properly made stock
  19. Define, describe and explain the purpose of sauces
  20. Identify and prepare the grade sauces
  21. Prepare a variety of non-grand/classical sauces
  22. List the basic ingredients needed for making grand and non-grand sauces
  23. Describe the functions of the ingredients in sauces
  24. Evaluate the quality of a properly made sauce
  25. Define and describe soup and identify its two basic categories
  26. Prepare a variety of soups from each category
  27. Describe the process making each category of soup
  28. Evaluate the quality of a properly made soup
  29. Identify a variety of fruits, vegetables, starches, legumes and grains

30. Prepare a variety of fruits, vegetables, starches, legumes and grains using the basic cooking methods
31. Evaluate the quality of prepared fruits, vegetables, starches, legumes, and grains
32. Define salad dressing and describe its purposes
  
33. Identify, define, and describe the types of salad dressings
34. Prepare a variety of salad dressing and evaluate the quality of each
35. Identify a variety of common greens
36. Prepare and dress greens for a salad
37. Evaluate the quality of properly prepared and dressed green salad
38. Identify, describe, and prepare a variety of composed salads
39. Evaluate the quality of composed salads
40. Identify and prepare a variety of breakfast meats
41. Evaluate the quality of prepared breakfast meats
42. Describe a variety of preparation techniques used in egg cookery
43. Cook eggs using a variety of preparation techniques
44. Evaluate the quality of prepared eggs
45. Identify and prepare a variety of breakfast batter products
46. Evaluate the quality of prepared breakfast batter products
47. Explain regulations for inspecting and grading of meats, poultry, seafood, eggs, dairy products, fruits and vegetables
48. Outline yield and quality grades and National Association of Meat Purveyors (NAMP) specifications for meats
49. Define and describe a variety of cheese categories
50. Discuss how various cheeses are made and their uses
51. Use cheese and an ingredient in recipes
52. Taste various cheeses and evaluate their quality