



PRINCIPLES OF FOOD PRODUCTION II

Course Syllabus

Date 11/29/11

C - L - CR
1 - 6 - 3.0

COURSE NUMBER: HOS 102

PREREQUISITE(S): HOS 101

CO-REQUISITE(S): None

COURSE DESCRIPTIONS: This course is a study of the preparation of food categories such as sauces, salads, baked products, meats, poultry, vegetables, etc. Special attention is given to presentation and garnishing.

TEXTBOOK(S): ISBN#: 0-13-136152X
Book Bundle

Labensky, On Cooking, 5th Edition and Study Guide, Prentice Hall: 2006

Stamm-Griffin, On Cooking Study Guide, Prentice Hall

Labensky, Applied Math for Food Service, Prentice Hall

Labensky, Labensky and Ingram, Prentice Hall Dictionary of Culinary Terms, 2nd 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. Black and white check pants
3. Plain white T-shirt (worn underneath jacket)
4. White calotte flat hat
5. White apron
6. Non-skid, rubber sole shoes, black (tennis shoes and 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
5. Calculator

METHOD OF INSTRUCTION:

Lecture/Lab

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	=	10%
Lab Performance	=	25%
Unit Tests	=	20%
Mid-Term Practical	=	10%
Portfolio Project	=	10%
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 102 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 Learning Center, located in the rooms E-2 & E-5 of the East Building, provides computers for your use. Check the website <http://www.sccsc.edu/resources/tutoring/tlc> or call 592-4968 for current semester operating hours.

ACCOMMODATIONS:

Students who need special accommodations in this class because of a documented disability should notify Student Disability Services by calling (864) 592-4818, toll-free 1-800-922-3679; via email through the SCC web site at www.sccsc.edu/resources/disabilities; or by visiting the office located in the East Building Room 30-B on the SCC Central campus. Contacting Student Disability Services early in the semester gives the College an opportunity to provide necessary support services and appropriate accommodations.

Inclement Weather Schedule:

- Check SCC Web Site: www.sccsc.edu
- Tune to **Channel-7** Local T.V. Station (CBS)
- Tune to an FM/AM Local radio station

Program Director

Chef Dawn Larrieu
592-4836

Program Department Chair

Mrs. Karen Ravan
592-4840
ravank@sccsc.edu

**COURSE OUTCOMES
& OBJECTIVES:**

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

- I. Basic Baking: To apply the fundamentals of baking science to the preparation of a variety of products. To use and care for equipment normally found in the bakeshop or baking area.
 1. Demonstrate proper selection of equipment and utensils for specific application.
 2. Identify ingredients used in baking.
 3. Demonstrate proper scaling and measurement techniques.
 4. Apply basic math skill to recipe conversions.
 5. Describe properties and list function of various ingredients.
- II. Beverage Management: To become familiar with and varieties of alcoholic and non-alcoholic beverages. To develop an appreciation for wine and food affinity. To explain laws and procedures related to responsible alcohol service.
 1. Discuss the basic production process for distillation and fermentation.
 2. Evaluate the relationship of beverages to food.
- III. Business and Math Skills: To perform mathematical functions related to foodservice operations.
 1. Perform basic math functions.
 2. Calculate food costs and percentages.
 3. Calculate labor costs and percentages.

4. Perform recipe yield conversions.
 5. Perform the process of recipe costing.
 6. Determine selling price of menu items.
 7. Identify marketing techniques which can increase sales and profitability.
- IV. Dining Room Service: To perform dining room service functions using a variety of types of service. To demonstrate an understand of quality customer service.
1. Describe American, English, French and Russian service.
 2. Discuss service methods such as banquets, buffets and catering and a la carte.
 3. Explain inter-relationships and work flow between dining room and kitchen operations.
- V. Food Preparation: To develop skills in knife, tool and equipment handling and apply principles of food preparation to produce a variety of food products. To operate equipment safely and correctly. To apply knowledge of laws and regulations relating to safety and sanitation in the kitchen.
1. Demonstrate knife skills, hand tool and equipment operation, emphasizing proper safety techniques.
 2. Demonstrate the ability to use and/or write a standardized recipe.
 3. Identify and use utensils, pots and pans and demonstrate safe practices using stoves, mixers, ovens, etc.
 4. Utilize standard weights and measures to demonstrate proper scaling and measurement techniques.
 5. Define and describe the following cooking techniques:
 - a. Sauté
 - b. Pan-fry
 - c. Deep fry
 - d. Roast
 - e. Bake
 - f. Pöele
 - g. Smoke-roast
 - h. Spit-roast
 - i. Barbecue
 - j. Grill
 - k. Broil
 - l. Braise

- m. Stew
 - n. Shallow-poach
 - o. Poach
 - p. Simmer
 - q. Boil
 - r. Steam
6. Perform basic fabrication tasks with meat, poultry, seafood and variety meats.
 7. Prepare and evaluate the quality of a variety of foods using the various cooking techniques for fruits, vegetables, legumes, grains, starch, dairy and proteins to include eggs, meats, seafood, poultry, and variety meats.
 8. Identify and use herbs, spices, oils and vinegar, condiments, marinades and rubs and evaluate the quality of the product.
 9. Prepare a variety of composed salads, green salads and salad dressings and evaluate the quality of each.
 10. Define stock and describe its uses.
 11. Identify different types of stocks.
 12. List the basic ingredients needed for making stocks.
 13. Describe the functions of the ingredients.
 14. Describe the process of making stocks.
 15. Prepare and evaluate the quality of a variety of stocks.
 16. Define, describe and explain the purpose of sauces.
 17. Identify and prepare the grand sauces.
 18. Identify and prepare a variety of non-grand/classical sauces.
 19. List the basic ingredients needed for making grand and non-grand sauces.
 20. Describe the functions of the ingredients in sauces.
 21. Evaluate the quality of a properly made sauce.
 22. Define and describe soup and identify its two basic categories.
 23. Describe the process of making each category of soup.
 24. Prepare and evaluate the quality of a variety of soups from each category.

VI. Garde Manger: To develop skills in producing a variety

of cold food products. To prepare items appropriate for buffet presentation, including decorative pieces.

1. Identify tools and equipment used in garde manger, emphasizing safety and sanitation procedures.
2. Explain the importance of presentation and garnishing for hors d'oeuvre, appetizers, and canapés.
3. Prepare a variety of hors d'oeuvre, appetizers, canapés and basic garnishes and evaluate the quality of the product.
4. Define aspic gelee and describe its functions. Demonstrate fundamental skills in the preparation and uses of aspic.
5. Evaluate the quality of aspic gelee and items coated with it.
6. Define and describe forcemeat and its various forms including pate, terrine, galantine, mousseline, and sausage.
7. Prepare, present and evaluate the quality of a variety of forcemeat products.
8. Demonstrate food presentation techniques using a variety of plates, platters and trays.
9. Evaluate the quality of prepared plates, platters and trays.
10. Produce decorative centerpieces (i.e. fruit, vegetable carvings, salt dough, tallow and ice carvings).
11. Define and describe various methods in which food is preserved (i.e. brining, salting, curing, and smoking).
12. Prepare foods for preservation and prepare preserved foods.
13. Evaluate the quality of preserved foods.
14. Define and describe a variety of cheese categories.
15. Discuss how various cheeses are made and their uses.
16. Use cheese as an ingredient in recipes.
17. Taste various cheeses and evaluate their quality.

- VII. Menu Planning: To apply the principles of menu planning and layout to the development of menus for a variety of types of facilities and service.
1. List basic menu planning principles.
 2. Identify principles of menu layout and design.
 3. Create menu item descriptions following established truth-in-menu guidelines.
 4. Apply principles of nutrition to menu development.

5. Determine menu prices utilizing proper cost controls and appropriate technology.
 6. Discuss importance of product mix, check average and their impact on profit contribution.
 7. Develop a menu layout for a foodservice operation.
 8. Discuss the availability of Food and Seasonal Menus.
 9. Discuss Menu Planning resources (Internet, professional and vendors).
- VIII. Nutrition: To describe the characteristics, functions, and food sources of the major nutrients and how to maximize nutrient retention in food preparation and storage. To apply the principles of nutrient needs throughout the life cycle to menu planning and food preparation.
1. Develop recipes and menus using dietary guideline recommendations, food guides and food labels.
 2. Evaluate recipes and menus using dietary guideline recommendations, food guides and food labels.
 3. Discuss characteristics, functions and best sources of each of the major nutrients.
 4. Discuss and demonstrate cooking techniques and storage principles and portion sizes for maximum retention of nutrients and effective weight management.
 5. Identify common food allergies and determine appropriate substitutions. (i.e. gluten, sugar, lactose free)
 6. Discuss contemporary nutritional issues (i.e. vegetarianism, heart healthy menus and religious dietary laws).
 7. Discuss marketing of healthy menu options.
- IX. Purchasing and Receiving: To understand the overall concept of purchasing and receiving practices in quality foodservice operations. To apply knowledge of quality standards and regulations governing food products to the purchasing function. To receive and store food and non-food items properly.
1. Discuss the flow of goods in a foodservice operation.
 2. Discuss how HACCP practices are addressed in the purchasing, receiving, storing, and issuing procedures.
 3. Describe formal and informal purchasing methods.

4. Analyze market fluctuations and product cost.
5. Discuss legal and ethical considerations of purchasing.
6. Explain regulations for inspecting and grading of meats, poultry, seafood, eggs, dairy products, fruits and vegetables.
7. Outline yield and quality grades and National Association of Meat Purveyors (NAMP) specifications for meats.
8. Evaluate received goods to determine conformity with user specifications.
9. Receive and store fresh, frozen, refrigerated and staple goods. Describe the importance of receiving and inspecting product as it enters the facility.
10. Define and describe par stock.
11. Describe proper procedures of issuing product according to requisition.

X. Sanitation: To develop and understanding of the basic principles of sanitation and safety and to be able to apply them in the foodservice operations. To reinforce personal hygiene habits and food handling practices that protects the health of the consumer.

1. Demonstrate good personal hygiene and health habits in a laboratory setting.
2. Demonstrate acceptable procedures when preparing potentially hazardous foods to include time/temperature principles.
3. List the major causes of food spoilage.
4. Define food spoilage indicators.
5. Outline the flow of food through an establishment and list the various ways contamination may be prevented along the pathway.
6. Outline the requirements for proper receiving and storage of both raw and prepared foods.
7. Develop cleaning and sanitizing schedule and procedures for equipment and facilities.
8. Identify proper methods of waste disposal and recycling.
9. Describe appropriate measures for insects, rodents and pest control eradication.
10. Demonstrate appropriate emergency policies for kitchen and dining room injuries.
11. Describe appropriate types and use of fire extinguishers used in the foodservice area.
12. Review laws and rules of the regulatory agencies

governing sanitation and safety in foodservice operations.