

Introduction to Culinary Arts and Hospitality

MISSION VALLEY REGIONAL OCCUPATIONAL PROGRAM INTRODUCTION TO HOSPITALITY COURSE OUTLINE

1. Course Title:

Introduction to Culinary Arts and Hospitality

2. CBEDS Title:

Food and Hospitality Services

3. CBEDS Number:

4420

4. Job Titles/DOT Codes:

Cook Apprentice (Hotel & Restaurant)	313.361-018
Cook, Cold Meat (Hotel & Restaurant)	313.361-034
Cook, Fast Food (Hotel & Restaurant)	313.374-010
Pantry Goods Maker (Hotel & Restaurant)	317.384-010
Cook Helper (Hotel & Restaurant)	317.687-010
Caterer Helper	319.677-010
Food Service Worker/Hospital	319.677-014
Sous Chef (hotel & rest.)	313.131-026

5. Course Description:

This course provides entry-level, upgrade and/or preparation for advanced training in hospitality, tourism, recreation and food service occupations. Employment possibilities include guest relations, banquet/catering or food and beverage services, housekeeping, guest service clerk, recreation assistant, host/hostess, establishment guide and lodging facilities attendant. Instruction covers the following areas: assessing personal/career goals, career preparation standards, occupational safety, guest satisfaction, security and emergency procedures, hospitality services, waiter/waitress, host/hostess, lodging occupations, travel related occupations, housekeeping/room attendant, proper use of the telephone, and guest services.

Course Accreditation Description

The Culinary Arts program at Mission Valley ROP will be adhering to the standards of the American Culinary Federation Accreditation program and the ProStart certificate program, which is supported by the National Restaurant Association Educational Foundation. ProStart is specifically geared toward grades 11 and 12. Students can earn their accreditation by completing these courses and then taking the exams offered by either or both organizations.

ProStart exams are administered exclusively through colleges and other educational institutions. Once a student has registered through the National Restaurant Association Educational Foundation, they receive an ID number and complete the accredited course. The American

Introduction to Culinary Arts and Hospitality

Culinary Federation accreditation is administered through the association and is based on factors that include education and work experience.

6. Hours:

90 hours

7. Prerequisites:

None

8. Date of Creation:

August 25, 2011

Date Updated:

November 8, 2018

9. Course Outline:

	<i>Career Preparation Standards</i>	Hours
	Necessary skills for any occupation (<i>MVROP ESLR #1</i>)	
I.	Workplace Basic Skills and Behaviors	Integrated throughout course
	A. Apply skills learned in class	
	B. Analyze information and makes decisions	
	C. Communicate verbally and in writing	
	D. Work independently and as a team member in a diverse workplace	
	E. Work reliably, responsibly, and ethically	
	<i>Career Technical Skills</i>	
	Occupational competencies (<i>MVROP ESLR #2</i>)	
II.	Introduction to the Profession	5
	A. Discuss the history of culinary arts	
	B. Identify career opportunities for culinary professionals	
	C. Compare attributes of a culinary professional	
	D. Study the challenges of the restaurant industry	
III.	Tools and Ingredients in the Professional Kitchen	5
	A. Identify equipment	
	B. Describe parts of a knife, types of knives, sharpening knives	
	C. Select hand tools	
	D. Demonstrate small equipment	
	E. Compare pots, pans, and molds	
	F. Explain large equipment use	
IV.	Food and Kitchen Safety	7.5
	A. Recognize foodborne illness	

Introduction to Culinary Arts and Hospitality

- B. Detect cross contamination
 - C. Identify the food danger zone
 - D. Examine hazard analysis critical control points (HACCP)
 - E. Demonstrate food serving safety
 - F. Perform cleaning and sanitizing
 - G. Know how to keep pests out
 - H. Recognize health and hygiene
 - I. Define fire safety
 - J. Demonstrate dress for safety
 - K. Indicate regulations, inspections, and certifications (OSHA)
 - L. Discuss drugs and alcohol in the workplace
- V. The Basics of Nutrition and Food Science** 5
- A. Identify calories
 - B. Discuss carbohydrates, fibers, fats, cholesterol, proteins
 - C. Examine water
 - D. Study vitamins and minerals
 - E. Read and identify antioxidants
 - F. Chart dietary guidelines and recommendations
 - G. Demonstrate serving sizes
 - H. Evaluate heat transfer
 - I. Compare the effects of heat on starches and sugars
 - J. Define denaturing proteins
 - K. Describe the function of cooking fats
 - L. Identify state of and function of water in cooking
 - M. Recognize forming emulsions
- VI. Business Functions** 5
- A. Identify and manage time, money, materials, facilities, and human resources within a culinary business.
 - B. Recognize areas of administration, operations, personnel, finance, legal, production, distribution, services, and marketing within the culinary industry.
 - C. Purchasing and cost analysis
- VII. Menus and Recipes** 5
- A. Read a recipe
 - B. Measure ingredients accurately
 - C. Use recipe conversion factors (RCF) to convert yields
 - D. Convert portion sizes
 - E. Convert volume measurements to weight
 - F. Convert to common unit of measure
 - G. Calculate “as purchased cost” (APC)
 - H. Calculate yield of fresh fruits and vegetables
 - I. Calculate edible portion quantity using yield percentage (EPQ)
 - J. Calculate edible portion cost
 - K. Use recipes effectively

Introduction to Culinary Arts and Hospitality

	L.	Measure lab experiments	
VIII.		The World of Hospitality	7.5
	A.	Food and Beverage	
	B.	Lodging	
	C.	Recreation	
	D.	Travel and Tourism (Business and Pleasure)	
	E.	Hospitality – Past, Present, and Future	
IX.		Food and Beverage Industry	20
	A.	Types of Food Services Businesses	
		1. Quick Service	
		2. Full Service	
		3. Catering	
		4. Hotel and Club Food Service	
		5. Institutional Food Service	
		a. Schools	
		b. Healthcare	
		c. Stadium and Arenas	
X.		Lodging Industry	10
	A.	Hotels	
	B.	Bed and Breakfast	
	C.	Resorts	
	D.	Hotel/Motel	
XI.		Careers	20
	A.	Chef	
	B.	Baker	
	C.	Restaurant Manager	
	D.	Nutrition Services	
	E.	Business Owner	
	F.	General Manager	
		1. Gulf Club	
		2. Hotel	
	G.	Agriculture	
		1. Perry Farms	
		2. Ardenwood Farms	
		3. Regan Nursery	
		<i>Career Path Strategies</i>	
		Strategic planning for a career (<i>MVROP ESLR #3</i>)	
XII.		Job Employment Skills	Integrated throughout course
	A.	Develop a plan to achieve career goals.	
	B.	Use effective job search strategies.	

Introduction to Culinary Arts and Hospitality

C. Demonstrate an awareness of the importance of lifelong learning.

Hours

90

10. Additional Items:

a. **Articulation Agreement(s):** This course is not articulated with a community college.

b. **UC/CSU a-g Status:** This course is not approved as a UC/CSU course.

c. **Instructional Strategies:**

- Lecture
- Group Discussion
- Projects
- Reading Assignments
- Oral Questioning
- Multimedia
- Hands-on Practice
- Demonstration
- Team Learning
- Labs
- Simulations

d. **Instructional Materials:**

This course uses the text, student workbook and the final exam from Reynolds, J. S., *Hospitality Services – Food and Lodging* (second edition). Students are encouraged to search out other materials related to the subjects being discussed in class including books, television programming, videos, professional organizations, and other culinary professionals. Each lesson will consist of student objectives, reading assignments, chapter exercises, and labs.

e. **Certificate Competency List:**

Career Preparation Standards

- ◀ Use effective workplace basic skills and behaviors
- ◀ Develop job employment skills
- ◀ Identify Business Functions of the Culinary Industry

Career Technical Skills

- ◀ Describe Menus and Recipes
- ◀ Explain Basic Nutrition and Food Science
- ◀ Demonstrate Food and Kitchen Safety
- ◀ Identify Tools and Ingredients in the Professional Kitchen
- ◀ Identify Different Careers in Hospitality
- ◀ Identify Different Positions Within Hospitality Professions
- ◀ Develop an Awareness of Hospitality and Tourism Functions