Adult Education Class Outline
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4.4420 Food Service and Hospitality

Date Posted:	8/17/2001
Title:	Cook
Prepared For:	Sacramento City USD
Submitted by:	

UPDATED: August 1997

I. COURSE TITLE: Cook

Total Hours: 180 Hours

COURSE DESCRIPTION:

This course provides a sequential course of study that prepares students for culinary careers. It requires mastery of fundamental skills and the acquisition of basic techniques related to baking and the food services industry.

II. MAJOR GOALS AND PURPOSES OF THE COURSE:

Students will receive instruction and hands-on training to prepare for employment in food services and related technologies.

III. PERFORMANCE OBJECTIVES:

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

A. Demonstrate proper safety techniques
B. Demonstrate proper sanitation techniques
C. Demonstrate an understanding of nutrition and food sciences
D. Demonstrate fundamental cooking skills understanding, including knife work, stock preparation, sauces, grilling, frying, and other techniques.
E. Demonstrate fundamentals of vegetable preparation.

F. Demonstrate ability to read and use recipes.
G. Demonstrate fundamental techniques of cafeteria service.

IV. INSTRUCTIONAL STRATEGIES:

Technical aspects of the subject will be presented to students in a classroom through lectures supported by visual and tactile aids. Classroom discussion and dialogue about the presented material and its application will be encouraged. Students will see and participate in demonstration of the various topics and techniques through a kitchen laboratory. Externship at local food establishments will be facilitated.

V. TIMES OF INSTRUCTION:

Units of Instruction	Approximate Hours
• Nutrition	15
• Food science	15
• Safety and sanitation	15
• Technology in food service	5
• Reading and writing in Food Service Occupations	5
• Computation in Food Service Occupations	5
• Verbal communication in Food Service Occupations	5
• Equipment	10
• Measurements - recipes	10
• Knife work and utensil work	10
• Stack preparation	10
• Sauces and stocks	10
• Soups	
• Grilling/broiling	10
• Deep frying	10
• Sauté	10
• Understanding the cooking of meats	10
• Understanding the cooking of poultry	5
• Understanding the cooking of fish and shellfish	5
• Understanding the cooking of vegetables	5
• Cafeteria service	10
• Grooming and hygiene	5
• Washing dishes, pots and pans	5
• TOTAL	**180**

VI. EVALUATION:

Students will be evaluated by the teacher through written exam, oral questioning and observation in the lab. A written evaluation will be done by the externship

site.

VII. REPETITION:

Students progressing at a less than normal rate who have had attendance of 90% or better or who may profit from repetition will be allowed to repeat the course.