# CARIBBEAN TOURISM LEARNING SYSTEM (CTLS)

## ASSOCIATE DEGREE IN APPLIED SCIENCE

# CULINARY ARTS CORE

**REVISED CURRICULUM HANDBOOK**

**2007**

**A COMPONENT OF THE CARIBBEAN TOURISM LEARNING SYSTEM (CTLS)**
**CIDA/CPEC/EU FUNDED PROJECT**

# CARIBBEAN TOURISM LEARNING SYSTEM (CTLS)

## CARIBBEAN COMMON CORE CURRICULUM


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## THE CARIBBEAN TOURISM HUMAN RESOURCE COUNCIL (CTHRC)

**The Caribbean Tourism Organization (CTO) spearheaded the setting up of the Caribbean Tourism Human Resource Council (CTHRC) in 1998 and has undertaken to incorporate the work of this Council into its Human Resource Department. The CTHRC is the regional authority, with the political mandate to set standards for tourism education and training, agree on the programmes and provide the institutional accreditation and programme validation for extra-regional institutions and programmes. It has the authority to direct the course of tourism education and training in the region.**

**The Council which acts as an umbrella agency for tourism human resource development in the Caribbean, will serve to develop and upgrade its tourism human resources at all levels of the education system, thus ensuring a highly competent tourism workforce, aimed at enhancing the region's overall competitiveness towards the achievement of sustainable tourism development.**

**The overall goal of the Caribbean Tourism Human Resource Council is to "develop and promote a systematic and coordinated approach to human resources planning, research, education and training in Caribbean tourism to meet the demands of a globally competitive tourism environment".**

## The Caribbean Tourism Learning System (CTLS)

**The CTLS is one that facilitates a strategic and coordinated tourism education and training strategy for the Caribbean. The CTLS aims to raise the level of professionalism of tourism workers to meet international standards and global competitiveness.**

**The key elements of the Caribbean Tourism Learning System are:**

- **Unified core curriculum for different levels of certification at the tertiary level of education**
- **Use of occupational standards linked to the core curriculum**
- **Tourism modules for primary and secondary schools**
- **Public awareness and career awareness at the secondary school level**
- **Exchange programmes for students, industry employees and tourism educators under the Tourism Internship Exchange System (TIES) programme**
- **Student and industry employee mobility throughout the region**
- **Self-regulatory quality assurance systems for public and private sector tourism education and training service providers**
- **Programme articulation to facilitate transfer of credits between institutions**

# TABLE OF CONTENTS

## PART ONE
## INTRODUCTION TO CULINARY ARTS CORE


| | | |
|---|---|---|
| Culinary Arts Cores | | i |
| Introduction | | ii |
| Curriculum Course Structure | | iii |
| Sample Format | | iv |
| Synopsis of Courses | | vi |


## PART TWO
## CULINARY ARTS CORE COURSES


| | | |
|---|---|---|
| 1 | Food Preparation 1 | 1 |
| 2 | Baking Technology 1 | 6 |
| 3 | Sanitation, Safety and Hygiene | 10 |
| 4 | Kitchen Organization | 15 |
| 5 | Food Preparation 2 | 17 |
| 6 | Food and Beverage Cost Controls | 20 |
| 7 | Food Science and Nutrition | 25 |
| 8 | Food & Beverage Service | 28 |
| 9 | Food Preparation 3 | 34 |
| 10 | Baking Technology 2 | 37 |
| 11 | Wines & Spirits | 40 |
| 12 | International Cuisine | 44 |
| 13 | Quantity Food Production and Service | 46 |
| 14 | Food Art Presentation | 48 |

# CULINARY ARTS CORE

## Specialty Courses/Topic Areas

Specialty Core Courses are 3 – Credit (theory) and 4 – 6 Credit Courses (practical) offered along with General Education and Business Core Subjects.

1 Food Preparation 1

2 Baking Technology 1

3 Sanitation, Safety and Hygiene

4 Kitchen Organization

5 Food Preparation 2

6 Food and Beverage Cost Controls

7 Food Science and Nutrition

8 Food & Beverage Service

9 Food Preparation 3

10 Baking Technology 2

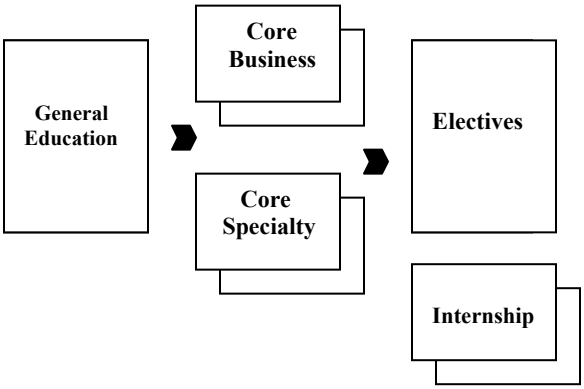
11 Wines & Spirits

12 International Cuisine

13 Quantity Food Production and Service

14 Food Art Presentation

## Common Core Courses




Graduates are prepared for employment at management-trainee positions within the industry and are eligible for transfer into degree programmes.

# INTRODUCTION

The Tourism/Hospitality Industry must be staffed at all levels by individuals who are well equipped with the knowledge, skills and appropriate attitudes to satisfy the demands of this dynamic industry.

This global training can best be realized through a dedicated partnership between the specialized educational institutions and the tourism sector. A partnership such as this should effectively garner the requisites of the industry, thereby making it possible to provide students with the essentials to contribute to a prosperous Tourism/Hospitality Industry.

***Credit Hours***

The learning outcomes for the Culinary Arts Studies Core are listed. The theory courses are calculated as 15 hours per credit with a minimum of 45 hours of instruction and practical courses are calculated at 30 hours per credit with a maximum of 4-6 credits per course.

In addition to general education courses, core business courses and electives agreed to by industry leaders and educators, each Associate Degree programme will offer a range of specialty courses.

It is highly recommends that 80 – 84 credits be considered as the maximum requirement for this Associate Degree.

***Programme Objectives***

This programme was developed as an important component of the Caribbean Tourism Learning System (CTLS). It addresses the growing need for a common, competency-based curriculum and provides the employers with potential employees who possess a sound theoretical and practical base.

The programme is designed to:

- improve the level of professionalism of an ever changing tourism and hospitality industry.
- educate and train productive and employable people in a global community.
- provide consistent delivery of core content so employers will have realistic expectations of graduates with an Associate Degree in Culinary Arts Studies.
- ensure transferability and articulation with other colleges and universities within the region and where relevant, meet regional occupational standards.

***Work Experience***

The Associate Degree programmes include a work experience component which allows students to gain practical skills and observe and apply management principles and theories.

***Duration of Programme***

The programmes take two years of full-time study or three years of part-time study. Individual courses can also be offered as continual education courses.

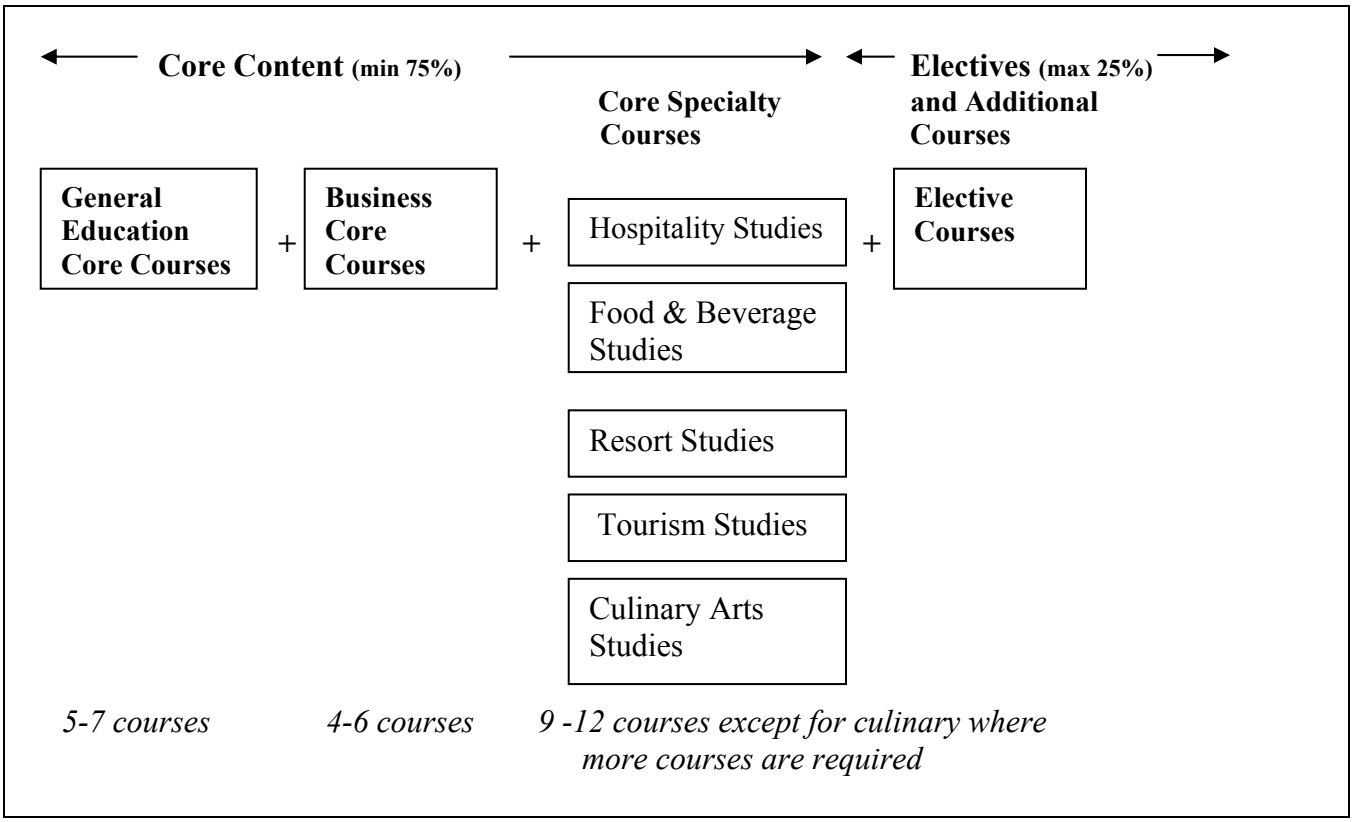
***Entry Requirements***

- A minimum of four (4) subjects (CSEC) General, grades 1 – 3 or equivalent. A pass in English Language is compulsory.

**or**

- Mature student status – a person who has reached his/her 25th birthday.

# CURRICULUM COURSE STRUCTURE



# CULINARY ARTS (SAMPLE FORMAT)

## YEAR 1
## SEMESTER 1

| COURSE CODE | COURSE | HOURS T | HOURS P | CREDITS |
|---|---|---|---|---|
| | ***CORE BUSINESS*** | | | |
| | Introduction to Tourism/Hospitality | 45 | | 3 |
| | ***CULINARY ARTS*** | | | |
| | Food Preparation 1 | 30 | 60 | 4 |
| | Baking Technology 1 | 30 | 60 | 4 |
| | Sanitation, Safety & Hygiene | 45 | | 3 |
| | ***GENERAL EDUCATION*** | | | |
| | English & Communication | 45 | | 3 |

## YEAR 1
## SEMESTER 2

| | | | | |
|---|---|---|---|---|
| | ***CORE BUSINESS*** | | | |
| | Information Technology | 30 | 30 | 3 |
| | ***CULINARY ARTS*** | | | |
| | Food Preparation 2 | 30 | 60 | 4 |
| | Food Science and Nutrition | 45 | | 3 |
| | Food and Beverage Service | 30 | 60 | 4 |
| | Butchery Techniques | 30 | 30 | 3 |
| | ***GENERAL EDUCATION*** | | | |
| | Caribbean Studies | 45 | | 3 |
| | Internship ***(Summer Course)*** | | 480 | 6 |

# CULINARY ARTS (SAMPLE FORMAT)

## YEAR 2
## SEMESTER 1

| COURSE CODE | COURSE | HOURS T | HOURS P | CREDITS |
|---|---|---|---|---|
| | ***CULINARY ARTS*** | | | |
| | Food Preparation 3 | 30 | 60 | 4 |
| | Baking Technology 2 | 30 | 60 | 4 |
| | Wines and Spirits | 45 | | 3 |
| | Kitchen Organisation | 45 | | 3 |
| | ***GENERAL EDUCATION CORE*** | | | |
| | Maths & Statistics | 45 | | 3 |
| | Language Studies 1 | 45 | | 3 |

## YEAR 2
## SEMESTER 2

| | | | | |
|---|---|---|---|---|
| | CORE ***BUSINESS*** | | | |
| | Quality Customer Care | 45 | | 3 |
| | Accounting 1 | 45 | | 3 |
| | ***CULINARY ARTS*** | | | |
| | International Cuisine | 30 | 90 | 4 |
| | Quantity Food Production and Service | 30 | 90 | 4 |
| | Food and Beverage Cost Controls | 45 | | 3 |
| | ***GENERAL EDUCATION CORE*** | | | |
| | Language Studies 2 | 45 | | 3 |
| | Food Art Presentation ***(Summer Course)*** | 15 | 90 | 4 |

# SYNOPSIS OF COURSES

**FOOD PREPARATION 1**
An introductory course to familiarize the students with the theory and practice of kitchen operations. The student will gain knowledge of kitchen terminology, equipment use and the basic techniques of food preparation.

**BAKING TECHNOLOGY 1**
This introductory course is designed to provide the student with a basic knowledge of Cake and Pastry Making techniques and to provide practical competence while learning new skills within the patisserie department. Students will be introduced to traditional cake and pastry specialties suitable for different food outlets.

**SANITATION, SAFETY AND HYGIENE**
This course will provide students with information on basic microbiology, safety, personal hygiene, general handling of food. Local legislation for the food service industry will be examined.

**KITCHEN ORGANIZATION**
This course will provide the student with knowledge and skills used in designing the layout of a commercial kitchen. Emphasis will be placed on the planning and the selection of equipment.

**FOOD PREPARATION 2**
This course is designed to provide the student with a continuation and expansion of knowledge in practical food preparation and to equip the student with a broader knowledge of food preparation including carving, buffet preparation, creation of show pieces including fruit and vegetable carvings.

**FOOD AND BEVERAGE COST CONTROLS**
Learners will be introduced to standards and procedures that increase the probability of food and beverage operations in the industry with emphasis on controlling cost and maximizing sales. Purchasing procedures will be examined.

**FOOD SCIENCE & NUTRITION**
This course will examine the scientific method and the chemical and physical changes that occur during preparation, processing and storage of food products. Basic principles of nutrition, and micro-biology as it relates to chemical and physical charges to food will also be examined.

**FOOD AND BEVERAGE SERVICE**
The learner will be introduced to the technical skills and psychology of service. Theory, concepts and performance will be emphasized. The various types of services, equipment, furniture and service items used will be examined.

**FOOD PREPARATION 3**
This is a capstone course where students will demonstrate all skills and knowledge acquired during their programme of studies. Emphasis will be on creativity and the use of local and regional products to produce meals for formal dining experiences.

**BAKING TECHNOLOGY 2**
This course is designed to introduce the students to advanced techniques in baking. Continental specialties suitable for fine dining and commercial outlets will be examined.

**WINES & SPIRITS**
This course will focus on wines, spirits, liqueurs and beers. Production methods, service of the product and regions of origin will be examined. This course also involves tasting sessions.

**INTERNATIONAL CUISINE**
This course will focus on foods and cooking styles of many nations. Menu production reflecting on nations that have impacted international cuisines will be examined.

**QUANTITY FOOD PRODUCTION & SERVICE**
This course is designed to assist students in the developing competence in the operation of food preparation areas to identified operational standards. It also enables students to make an enlightened contribution to current industrial practice and development of culinary arts within the business environment.

**FOOD ART PRESENTATION**
Students will be introduced to the concepts of food arts. Emphasis will be on presentation, design and use of alternative commodities. The investigation of the effects of food art and presentation as a marketing tool will be examined.

# 1 FOOD PREPARATION 1

**Prerequisite:** None **Credits:** 4

**Overview**

An introductory course to familiarize the students with the theory and practice of kitchen operations. The student will gain knowledge of kitchen terminology, equipment use and the basic techniques of food preparation.

**General Objectives**

This course is designed to:

1 enable students to build confidence and fundamental practical skills in food preparation to acceptable market standards
2 develop an awareness of safe working environment and monitoring of safe practices
3 finish and critically assess products taking into account, design, colour, flavour and portion control.
4 become familiar with up-to-date food legislation affecting production and storage of products.

**Learning Outcomes**

Upon successful completion of this course, the learner will:

1 prepare a variety of food products and dishes according to world market standards
2 describe the principals of heat transfer in the cooking process

**Topics**

**1.0 Orientation of Kitchen and Related Facilities**

**Objectives**

Upon completion of the topic the student will be able to:

1.1 identify key personnel of areas
1.2 identify the different areas of the kitchen and name their functions
1.3 identify and locate storeroom
1.4 define the different types of storage facilities
1.5 identify dish washing and pot washing area

**Content**

- The Kitchen Brigade
- Kitchen and Store Room orientation

**2.0 Equipment**

**Objectives**

Upon completion of the topic the student will be able to:

2.1 identify large and small equipment
2.2 select and operate large and small equipment
2.3 identify and describe the function of hand tools and utensils
2.4 identify measuring devices
2.5 practice weighing and measuring techniques
2.6 operate dish washing machine
2.7 discuss methods of equipment care, cleaning and maintenance
2.8 implement equipment care, cleaning and maintenance

**Content**

- Kitchen equipment and utensils
- The care and maintenance of equipment

**3.0 Kitchen Terminology**

**Objectives**

Upon completion of the topic the student will be able to:

3.1 define local and French terms
3.2 define culinary terms

**Content**

- Local and French culinary terms

**Maintenance and Handling of Knives**

**Objectives**

Upon completion of the topic the student will be able to:

4.1 identify types of knives with:
- straight blades

- serrated edges

4.2 identify other cutting tools and related implements
4.3 keep knives clean complying with food safety relations
4.4 keep knives sharp, using safe sharpening methods
4.5 store knives correctly after use
4.6 carry out work in an organized, efficient and safe manner
4.7 select knives appropriate to the tasks and type of food
4.8 use cutting surfaces which are clean and ready to sue
4.9 handle knives safely
4.10 select and purchase knives

**Content**

- Knife identification
- Knife use and care

**5.0 Methods of Cooking**

**Objectives**

Upon completion of the topic the student will be able to:

5.1 describe conduction, convection and radiation
5.2 demonstrate the preparation and cooking of selection of dishes illustrating a variety of cooking methods.
5.3 define and describe the methods of cookery

**Content**

- Definition of conduction, convection and radiation
- Moist and dry methods of cookery

**6.0 Herbs and Spices**

**Objectives**

Upon completion of the topic the student will be able to:

6.1 recognize commonly used herbs and spices used in food processing
6.2 identify common herbs

**Content**

- Origins and cultivation of herbs and spices

**7.0 Flavourings**

**Objectives**

Upon completion of the topic the student will be able to:

7.1 describe and list ingredients for Bouquet Garni, Mirepois, Duxelle and Studded onion
7.2 demonstrate the use of the basic flavourings

**Content**

- Preparation of basic flavourings

**8.0 Stocks and Soups**

**Objectives**

Upon completion of the topic the student will be able to:

8.1 define white, brown fish stock
8.2 prepare, cook and reduce white, brown and fish stock.
8.3 define sauces and gravies
8.4 list basic ingredients of the following sauces and define the methods of preparation:
- brown
- white
- blond
- independent

8.5 prepare and serve a variety of sauces and gravies according to established standards
8.6 name a variety of derivatives from each basic hot sauce.
8.7 discuss the use of convenience sauces
8.8 list the derivatives of Mayonnaise Sauce and Hollandaise Sauce
8.9 list common proprietary sauces and condiments
8.10 describe preparation methods and list ingredients of pan gravy and roast gravy
8.11 discuss the use of gravy browning and convenience gravies
8.12 prepare and serve a variety of cold sauces
8.13 identify dehydrated bases
8.14 make stock from concentrates

8.15 classify, name and prepare a various of soups

**Content**

- Classification of stocks
- Classification of sauces and gravies
- Classification of soups
- The use of convenience stocks, sauces, soups and gravies

## 9.0 Sandwiches

**Objectives**

Upon completion of the topic the student will be able to:

9.1 list basic ingredients for bread making
9.2 prepare, cook and serve bread and rolls
9.3 define the stages of methods of bread making
9.4 prepare and serve a variety of sandwiches in accordance with recipe and customer requirements
9.5 name the appropriate bread for different kinds of sandwiches.
9.6 suggest the appropriate fillings for different kinds of sandwiches
9.7 suggest suitable garnishes and presentation methods

**Content**

- Sandwiches
- Basic principles of bread making
- The history of the sandwich
- Classification of sandwiches
- Garnishes and presentation methods of sandwiches

## 10.0 Preparation and Service of Simple Appetizers

**Objective**

Upon completion of the topic the student will be able to:

10.1 prepare and serve a variety of simple appetizers in accordance with recipe and customer requirements:
- simple appetizers
- juices
- fruits
- cold (assorted vegetables)
- hot (quiche, etc)

**Content**

- Classification of simple appetizers
- Preparation techniques

## 11.0 Vegetables

**Objectives**

Upon completion of the topic the student will be able to:

11.1 prepare, cook and serve fresh, frozen, preserved and pulse vegetables
11.2 prepare, cook and serve root, stem, flower, fruit, leaf, pulse, dried and fungi type vegetables
11.3 identify the types of vegetables
11.4 explain how to handle and store raw and cooked vegetables
11.5 explain the method of preparing, cooking and serving all types of vegetables
- Fresh
- Frozen
- Convenience

**Content**

- Classification of vegetables
- The use of convenience vegetables
- Storage of vegetables

## 12.0 Fish and Seafood Cookery

**Objectives**

Upon completion of the topic the student will be able to:

12.1 classify and describe cuts/whole fish and shell fish suitable for cooking in the following methods: poaching, grilling, baking and frying
12.2 prepare a variety of fish dishes using the methods of poaching, grilling, shallow frying and baking.

**Content**

- Classification of fish and shellfish
- Cuts of fish

- Methods of cooking fish and shellfish

**13.0 Meat and Poultry Cookery**

**Objectives**

Upon completion of the topic the student will be able to:

13.1 define the term meat
13.2 identify cuts of meat and offal on blank illustrations of the carcasses of lamb, veal/beef, pork/ham
13.3 classify and describe suitable cuts of meat that can be prepared using the following methods stewing, boiling, braising, sautéing
13.4 prepare, serve and garnish a variety of meat dishes using the above methods of cookery
13.5 define the term poultry
13.6 describe, prepare, cook and garnish a variety of poultry dishes popular using the methods of poaching, deep frying, sautéing, roasting

**Content**

- Definition of meat
- Cooking methods of meat
- Cuts of meat
  - veal
  - Beef
  - Lamb
  - Pork
- Definition of offal
- Cooking methods for offal
- Classification of poultry
- Cooking methods of poultry
- Cuts of poultry

**14.0 Preparation of Desserts**

**Objectives**

Upon completion of the topic the student will be able to:

14.1 classify and identify the types of desserts
14.2 prepare puddings, gelatin desserts, specialty desserts (soufflés, baked alaska, babas)
14.3 use convenient desserts

**Content**

- Classification and preparation of desserts
- Convenience desserts

**15.0 Baking Bread and Rolls**

**Objectives**

Upon completion of the topic the student will be able to:

15.1 identify the function and use of ingredients
15.2 classify baking products
15.3 prepare, proof and bake bread and rolls

**Content**

- Classification of basic breads and doughs
- Preparation techniques for baking breads and rolls

**16.0 Basic Pastry, Cakes and Cookies**

**Objectives**

Upon completion of the topic the student will be able to:

16.1 prepare and bake pastry (short or flaky, sweet, choux, puff)
16.2 prepare and bake cakes (butter type, sponge and angel types)
16.3 prepare and apply frostings and icings
16.4 prepare and bake basic cookies

**Content**

- Classification and preparation of basic pastries
- Preparation of basic sponges
- Preparation of basic frostings and icings
- Basic cookie making techniques

**Instruction Format**

Lecture
Demonstration
Practical Food Preparation

**Assessment and Evaluation**

The continuous assessment for this course takes the following form:

- Two (2) theory papers which account for 40% of the final mark
- Four (4) practical assessments which account for 60% of the final mark

**Recommended Text**

Practical Professional Cookery, 3rd Edition, H L Crackwell & R J Kaufmann; published by Thomson Learning.

Theory of Catering, 9th Edition, Kinton & Cesarani, Published by Hodder and Stoughton.

The New Professional Chef, 7th Edition; Linda Glick Conway; published by the Culinary Institute of America, New York, Van Nostrand Reinhold

Food Preparation and Cooking, NVQ Levels 1 and 2; Roy Hayter. London Hotel and Catering Training Company and MacMillan Press Ltd.

Fundamentals of Menu Planning, 2nd Edition; McVety, Ware and Levesque.

Fundamentals of Menu Planning, 2nd Edition; McVety, Ware and Levesque.

**Resources**

New Professional Chef, 7th Edition, Editor L G Conway; published by Culinary Institute of America (Van Nostrand Reinhold).

***Equipment***

12 inch Chef's knife
1 Paring knife
1 Boning knife
1 Vegetable Peeler
1 16 inch Piping Bar
1 No. 8 Star Tube
1 12 inch Spatula
1 Pizza Wheel

**Attendance**

Students are encouraged to attend all class sessions as all information presented may not be covered in the required text. Participation of students is an integral component of the learning process.

# 2 BAKING TECHNOLOGY 1

**Prerequisite:** None **Credits:** 4

**Overview**

This introductory course is designed to provide the student with a basic knowledge of Cake and Pastry Making techniques and to provide practical competence while learning new skills within the patisserie department. Students will be introduced to traditional cake and pastry specialties suitable for different food outlets.

**General Objectives**

This course is designed to:

1 provide practical competence while learning new skills within the patisserie department.
2 develop an awareness of safe working environment and monitoring of safe practices
3 finish and critically assess products taking into account, design, colour, flavour and portion control.
4 become familiar with up-to-date food legislation affecting production and storage of products.

**Learning Outcomes**

Upon successful completion of this course, the learner will:

1 apply knowledge of pastry technology and basic techniques in pastry making.
2 apply the fundamentals of cake and pasty making to the preparation of a variety of products.
3 use and care for equipment normally found in the bake shop or baking area.

**Topics**

**1.0 Equipment**

**Objective**

Upon completion of the topic the student will be able to:

1.1 operate the various large and small equipment in the bake shop

**Content**

- Orientation of the bake shop
- Baking equipment and utensils

**2.0 Quick Breads**

**Objectives**

Upon completion of the topic the student will be able to:

2.1 list types and characteristics of ingredients used in quick breads.
2.2 use the techniques for measuring, mixing, baking, and cooking
2.3 discuss the faults - causes and corrections.
2.4 prepare and serve a variety of muffins, short cakes, pancakes and waffles and local sweet bread.

**Content**

- Characteristics of ingredients used in quick breads
- Methods of measuring ingredients
- Mixing and baking techniques
- Faults, causes and corrections in the baking of quick breads
- Methods of preparation of quick breads

**3.0 Basic Batters and Doughs**

**Objectives**

Upon completion of the topic the student will be able to:

3.1 list the ingredients and principles for making pastry.
3.2 outline characteristics and functions of ingredients
3.3 discuss the need for accuracy in measuring ingredients.
3.4 distinguish between batters and doughs.
3.5 list advantages and disadvantages of mixing and rolling dough by machine or hand
3.6 discuss the methods and techniques of baking and decorating.
3.7 relate the necessity and purpose of using formulas

3.8 prepare, present and serve a variety of pastry items using short, sweet and choux pastry.
- Short Crust Pastry
- Sweet Pastry
- Blitz Puff Pastry
- Choux
- Flans
- Tarts

3.9 discuss and apply the techniques of mixing, preparation baking, testing, temperature and time control.
3.10 list the faults, causes and corrections in pastry making.
3.11 prepare and serve a number of batters, cakes and cookies.

**Content**

- Principles of pastry making
- The measuring of ingredients

**4.0 Yeast Products**

**Objectives**

Upon completion of the topic the student will be able to:

4.1 describe the techniques related to yeast activity, preparation and proofing of dough.
4.2 select and prepare pans for baking.
4.3 identify the functions and use of ingredients.
4.4 outline the principles of mixing, proofing and baking
4.5 prepare a variety of breads and rolls
- white bread
- whole wheat bread
- crisp rolls
- soft rolls
- local bread

4.6 prepare and serve a variety of yeast products.
- Doughnuts
- Savarins
- Rum Babas

**Content**

- Characteristics of yeast
- The functions and use of ingredients for yeast products

**5.0 Puddings**

**Objectives**

Upon completion of the topic the student will be able to:

5.1 discuss the types, preparation and procedures, using fruits and nuts.
5.2 outline the methods of steaming and time required.
5.3 discuss the types, purpose and use of various starches and sweetening agents.
5.4 emphasize techniques of garnishing and methods of serving.
5.5 prepare and serve a variety of puddings.
- Steamed
- Starch thickened
- Self thickened

**Content**

- Characteristics of pudding
- Methods of cooking puddings
- Methods of garnishing and serving a variety of puddings

**6.0 Cream Pie Fillings and Pasty Cream**

**Objectives**

Upon completion of the topic the student will be able to:

6.1 discuss and record the types and methods of preparing various fillings.
6.2 describe the portioning and techniques of filling pie shells.
6.3 prepare a variety of pies and desserts using cream pie filling and pastry cream.

**Content**

- The preparation of pie fillings and pastry creams
- Methods of portioning
- Techniques of filling pie shells

**7.0 Simple Desserts**

**Objectives**

Upon completion of the topic the student will be able to:

7.1 describe methods of preparation for the named dessert.
7.2 list the fresh fruit in season.
7.3 describe the methods and techniques of preparing fruit including:
- Slicing
- Peeling
- Skinning
- Dicing
- Pureeing

7.4 prepare, present and serve a variety of simple desserts.
- Jellies
- Egg Custard
- Ice cream desserts
- Trifle
- Fruit and other sweets

**Content**

- Preparation techniques for fresh fruit
- Preparation techniques for jellies
- Preparation techniques For egg custards desserts
- Preparation techniques for trifle
- Preparation techniques for ice cream desserts

**8.0 Sponge Cakes**

**Objectives**

Upon completion of the topic the student will be able to:

8.1 discuss the importance of types and characteristics of ingredients.
8.2 list the kinds of additives used to produce various sponges.
8.3 outline the techniques for mixing and special methods for obtaining maximum yield including:
- oven loading techniques
- kinds of filling and topping

8.4 prepare a variety of sponge cakes including:
- Sponge sandwich
- Swiss Roll
- Chocolate Log
- Butter Sponge
- Sponge Drops and fingers
- Victoria Sponge Sandwich

**Content**

- The characteristics of ingredients using sponge cakes
- Additives used to produce a variety of sponges
- Techniques of mixing sponges
- Types of fillings used in sponges

**9.0 Frostings**

**Objectives**

Upon completion of the topic the student will be able to:

9.1 discuss the reasons and techniques of sifting.
9.2 discuss and record the effect of heat on various ingredients.
9.3 describe the types and purposes of various liquids used in frostings.
9.4 describe methods and techniques for mixing and applying frosting and fillings.
9.5 prepare and apply
- Fondants
- Butter Icing
- Decorative icings

**Content**

- Characteristics of frostings
- Techniques for mixing and applying frostings and fillings

**Instruction Methods**

Lecture
Demonstration
Practical

**Assessment and Evaluation**

The continuous assessment for this course takes the following form:

- Two (2) theory papers which account for 40% of the final mark
- Four (4) practical assessments which account for 60% of the final mark

**Recommended Text**

The Professional Pastry Chef, Bo Friberg

**Resources**

Patisserie, 2nd Edition. L J Hannemann; published by Butterworth Heinemann.

New Professional Chef, 7th Edition, Editor L G Conway; published by Culinary Institute of America (Van Nostrand Reinhold).

Text

Handout

**Attendance**

Students are encouraged to attend all class sessions as all information presented may not be covered in the required text. Participation of students is an integral component of the learning process.

# 3 SANITATION, SAFETY AND HYGIENE

**Prerequisite:** None **Credits: 3**

**Overview**

This course will provide students with information on basic microbiology, safety, personal hygiene, general handling of food. Local legislation for the food service industry will be examined.

**General Objectives**

This course is designed to:

1 present the rules of personal hygiene and the importance of adhering to safety rules and regulations.
2 introduce the causes and prevention of food poisoning and to introduce the requirements of safety in the workplace.
3 introduce local legislation relating to the food service industry

**Learning Outcomes**

Upon successful completion of this course, the learner will:

1 discuss how contamination of food can occur in a food service establishment.
2 describe the effect and consequences of food borne illness.
3 apply sound practices to prevent the possibility of food poisoning.
4 identify measures/procedures that will reduce or eliminate accidents in food preparation and service areas.

**Topics**

**1.0 How Food Handling Practices Cause Foodbourne Illness**

**Objectives**

Upon completion of the topic the student will be able to:

1.1 explain the concept/idea of food safety to other food handlers/employees/customers
1.2 discuss the types of hazards involved in food preparation
1.3 recognize the challenges to food safety in their particular kind of food business operation
1.4 identify the factors that influence the growth of micro-organisms
1.5 illustrate by simulation/role-play, selected conditions that are associated with hazards in handling food.
1.6 explain what is meant by the "temperature danger zone" in food safety
1.7 relate The kinds of food borne illness that may result from unsafe food handling

**Content**

- The concept of food safety in the business environment
- The definition of "micro-organism"
- Factors that influence the growth of micro-organisms
- The definition of food borne illness

**2.0 How Personal Hygiene Affects Food Safety**

**Objectives**

Upon completion of the topic the student will be able to:

2.1 distinguish between personal health and personal hygiene
2.2 identify the kinds of organisms found on the human body, that may cause food contamination
2.3 illustrate the link between personal hygiene and food safety
2.4 demonstrate the principles of personal hygiene appropriate to safe food handling
2.5 explain why persons with the following conditions should not be involved in food preparation: fever, diarrhea, upset stomach, nausea, vomiting, sore throat, sinus infection, coughing, sneezing, dizziness
2.6 identify conditions and illnesses that must be reported to the employer or other authorities if the individual is a food handler

**Content**

- Principles of personal hygiene
- The linkages between personal hygiene and food safety

- Characteristics of food contamination

**3.0 Sanitation Practices Relating to Purchasing and Receiving**

**Objectives**

Upon completion of the topic the student will be able to:

3.1 explain the characteristics of safe sources in the context of food safety
3.2 identify safe sources of foods and food products
3.3 adjust receiving schedules in keeping with food safety time:temperature requirements
3.4 state selected characteristics of wholesome foods and food products, by category: fruit & vegetables, canned foods, meats and poultry, eggs, fish, dairy products, dry goods
3.5 explain the safety implications of "critical dates" labelling, specifically the following: "expiry", "use by", "best by", "manufactured on", in keeping with national standards
3.6 determine what changes they need to make to existing practices in order to meet food safety requirements
3.7 participate constructively with employees and health personnel in food inspection activities

**Content**

- Safe sources of food and food products
- Local food safety standards

**4.0 Safe Food Storage Practices**

**Objectives**

Upon completion of the topic the student will be able to:

4.1 explain the meaning of storage in the context of food handling establishments and their supplier.
4.2 illustrate by example the types of food storage and their distinguishing characteristics
4.3 state and maintain safe-zone temperatures for raw and cooked foods
4.4 store chemicals safely in relation to food components and food products
4.5 store food handling equipment and utensils safely
4.6 identify and discuss low cost, efficient storage strategies that are suited to the business operation

**Content**

- Types of food storage facilities
- Definition of "safe-zone"
- Sanitation of food handling equipment and utensils
- Cost effective storage

**5.0 Safe Freezing, Thawing and Reheating**

**Objectives**

Upon completion of the topic the student will be able to:

5.1 distinguish between cooking and reheating
5.2 practice safe reheating
5.3 practice safe methods of thawing
5.4 practice safe freezing
5.5 apply time-temperature principles in practical situations

**Content**

- Definition of cooking and reheating
- Safe methods of reheating
- Safe methods of thawing
- Safe methods of freezing

**6.0 Cleaning and Sanitizing Practices to Promote Food Safety**

**Objectives**

Upon completion of the topic the student will be able to:

6.1 differentiate between cleaning and sanitizing
6.2 explain what is meant by a food contact surface
6.3 identify the types of cleaning agents and sanitizers that may be used safely in a food handling operation
6.4 identify, plan, implement and monitor a basic cleaning schedule which ensures that areas,

utensils and equipment are cleaned and sanitized
6.5 clean and sanitize based on the "3 sink principle", using either a 3-compartment sink or a safe alternative
6.6 use cleaning agents and sanitizers safely in the food handling operation
6.7 store cleaning and sanitizing chemicals safely
6.8 store cleaned and sanitized items safely

**Content**

- Definition of cleaning
- Definition of sanitizing
- Cleaning agents and sanitizers
- Cleaning methods
- Sanitizing methods
- Methods of storing chemicals safely

**7.0 Vector Control**

**Objectives**

Upon completion of the topic the student will be able to:

7.1 list the diseases that the vectors spread.
7.2 list the indicators that show the presence of the vectors.
7.3 identify vector control measures.
7.4 explain and demonstrate the safe use of chemicals in vector control.

**Content**

- Definition of vector
- Methods of identification of vector presence
- Vector control methods

**8.0 Legislation (Local and International)**

**Objectives**

Upon completion of the topic the student will be able to:

8.1 differentiate between the Act and the Regulation.
8.2 list the relevant regulations and dates they were enacted.
8.3 state the requirements for the registration and licensing of food premises and vehicles.
8.4 list the legal requirements for the satisfactory layout of food establishment.
8.5 list the penalties for the contravention of the regulations.
8.6 outline the functions of Environmental Health Officers as described in the regulations.

**Content**

- Environmental health regulations
- The functions of Environmental Health Officers

**9.0 Principles of HACCP**

**Objectives**

Upon completion of the topic the student will be able to:

9.1 define HACCP
9.2 state the preparation processes that are involved in selected foods
9.3 create a basic flow diagram/description of selected preparation and serving processes
9.4 demonstrate safe ways of tasting, touching and smelling foods
9.5 identify the types of hazards that may occur in selected preparation and serving processes for a cooked food and a food that is served uncooked
9.6 identify the stages at which these hazards may occur in the processes of preparation and serving
9.7 distinguish between a "control point" and a "critical control point"
9.8 identify the critical control points in a "preparation flow" for a specific finished product typically prepared in the food establishment
9.9 relate preparation and serving practices to selected basic Health Services Regulations.
9.10 discuss the importance of the introduction to the principles of HACCP on the traditional methods of food purchasing, storage and preparation
9.11 describe the role of the local National Standards Institute and the Ministry of Health in implementing the guidelines articulated in HACCP

**Content**

- Definition of HACCP
- Definition of control point
- Definition of critical control point
- Relationship of HACCP to health regulation
- HACCP vs traditional approach to food preparation and service.

**10.0 Food Preservation**

**Objectives**

Upon completion of the topic the student will be able to:

10.1 define "food preservation"
10.2 state three principles of food preservation
10.3 define the term "additive"
10.4 list at least four reasons for preserving food
10.5 discuss at least five methods of food preservation
10.6 define the terms "pasteurization" and "UHT"

**Content**

- Principles of food preservation
- Reasons for preserving food
- Methods of food preservation

**11.0 Refuse/Waste Disposal**

**Objectives**

Upon completion of the topic the student will be able to:

11.1 define the terms "refuse", "rubbish", "garbage" and "waste"
11.2 list the different types of refuse
11.3 state the characteristics/properties of refuse
11.4 discuss the storage of refuse before collection
11.5 identify final disposal sites
11.6 discuss suitable methods of solid and liquid waste disposal and state their advantages
11.7 identify potential hazards of improper waste disposal

**Content**

- Characteristics and types of refuse
- Storage of refuse
- Refuse disposal methods

**12.0 Safety Issues**

**Objectives**

Upon completion of the topic the student will be able to:

12.1 define the local legislation dealing with safety at work
12.2 describe the types of accidents that may occur and indicate the causes
12.3 discuss preventative measures
12.4 establish an accident prevention code

**Content**

- Local/regional legislation relating to safety at work
- Types of accidents that may occur in the work place
- Development of an accident code policy

**13.0 Fires**

**Objectives**

Upon completion of the topic the student will be able to:

13.1 discuss local fire regulations.
13.2 state the types of fire extinguishers that should be used for specific fires.
13.3 demonstrate the correct use of fire extinguishers.
13.4 state procedures to be followed in case of fire.
13.5 recognize the importance of memorizing the emergency fire station number

**Content**

- Types of fires.
- Causes and prevention.
- Procedure in the handling of fires

**14.0 Basic First Aid Techniques (Red Cross)**

**Objective**

Upon completion of the topic the student will be able to:

14.1 describe simple first aid for minor burns, cuts electric shock and drowning casualties, etc.

**Content**

- Treatment of burns, cuts and electric shocks
- Resuscitation techniques

**Instruction Format**

Lecture
Discussion
Demonstration
Guest Lecturer
Field trips

**Assessment and Evaluation**

- Sanitation and Safety
  - one group project – 10%
  - a mid-term test - 15%
- First-Aid
  - three practical assessments - 15%
- Final theory exam (combines the sanitation and safety and first aid components) - 60%

**Recommended Text**

Applied Food Service Sanitation, National Restaurant Association, Wiley, John & Sons.

Hygiene for Management. London: Highfield Publications, 1998. Springer, Richard A.

Food Poisoning and Food Hygiene. London: Arnold, 1998. Hobbs, Betty C. and Roberts, Diane

Food Hygiene, Health and Safety. London: Longman, 1998. Stretch, a and Southgate, H.

The Essential Guide to food Hygiene and Safety. Surrey: Eaton Publications, 1997. Aston, Graham and Tiffney, John.

**Attendance**

Students are encouraged to attend all class sessions as all information presented may not be covered in the required text. Participation of students is an integral component of the learning process.

# 4 KITCHEN ORGANIZATION

**Prerequisite:** None **Credits:** 3

**Overview**

This course will provide the student with knowledge and skills used in designing the layout of a commercial kitchen. Emphasis will be placed on the planning and the selection of equipment.

**General Objectives**

This course is designed to:

1 develop in the student an awareness of all aspects of planning and design in the development of a new-refurbishment of a food service area, i.e. restaurant.
2 provide an opportunity for the student to investigate the effects of cost and associated problems, in designing and maintaining food and beverage areas.
3 enable the student to gain an understanding of the choices available in current industrial practices, associated with designing and maintaining food and beverage areas.
4 provide varied opportunities for the development of common skills through team work, research and meeting targets.
5 apply and evaluate energy management principles with particular reference to finance.

**Learning Outcomes**

Upon successful selection completion of this course, the learner will:

1 organize a kitchen using specific layout techniques.
2 plan and design the layout of a kitchen.
3 discuss the importance of equipment and facility maintenance.
4 evaluate the effects of a kitchen on the overall Food and Beverage operation.
5 discuss the criteria for equipment selection.

**Topics**

**1.0 Planning, Design and Layout**

**Objective**

Upon completion of the topic the student will be able to:

1.1 state the basic factors in kitchen design and layout

**Content**

- Identification, assessment: equipment requirements
- Sources of supply
- Application of ergonomic principles
- Budgets available
- Costing factors: long, short term, to life costs
- Equipment Functions and adaptations
- Work-study

**2.0 Budgeting Issues**

**Objective**

Upon completion of the topic the student will be able to:

2.1 evaluate various budgets in relation to preparation, significance and control.

**Content**

- Forecasting equipment requirements
- Equipment purchase, lease, hire
- Inventories
- Maintenance agreements
- Capital budgets, capital investments:
  - Plant and light equipment
  - Depreciation
  - Renewal and Repairs
- Operational Budgets:
  - Costs, Sales
  - Labour
  - Overheads

**3.0 Legislation**

**Objective**

Upon completion of the topic the student will be able to:

3.1 apply up-to-date relevant legislation to the design and maintenance of food operation premises.

**Content**

- Contracts
- Hygiene Regulations
- Health and Safety Regulations
- Food Safety Act
- Check Lists
- Fire Safety Act

**4.0 Principles of Design and Maintenance**

**Objective**

Upon completion of the topic the student will be able to:

4.1 apply the principles of design and maintenance of food operations premises to variety of difference situations and evaluate the short and long term implications.

**Content**

- Energy usage
- Efficient use of services
- Ventilation
- Wastage and disposal

**5.0 Cleaning Programmes**

**Objective**

Upon completion of the topic the student will be able to:

5.1 assess, evaluate and control various cleaning programmes.

**Content**

- Cleaning programmes
- Staff induction
- Equipment plan and equipment maintenance and cleaning
- Retrieval, evaluation,
- Reporting procedures
- Control procedures

**Instruction Format**

Lecture
Field trip
Discussion
Multi-media presentations

**Assessment and Evaluation**

The assessment for this course takes the form of:

- Two (2) quizzes - 20%
- One group project - 20%
- A theory exam - 60%

**Recommended Text**

Food Service Facilities Planning, Edward a Kazarian

Theory of Catering, 9th Edition, Kinton Ceserani and Foskett; published by Hodder and Stoughton.

**Resources**

Food Service Facilities Planning, E a Kazarian; published by Van Nostrand Reinhold.

**Attendance**

Students are encouraged to attend all class sessions as all information presented may not be covered in the required text. Participation of students is an integral component of the learning process.

# 5 FOOD PREPARATION 2

**Prerequisite:** Food Preparation 1 **Credits:** 4

**Overview**

This course is designed to provide the student with a continuation and expansion of knowledge in practical food preparation and to equip the student with a broader knowledge of food preparation including carving, buffet preparation, creation of showpieces including a basic fruit and vegetable carving.

**General Objectives**

This course is designed to:

1 upgrade the skills developed in Food Preparation 1
2 expose the student to basic butchery techniques
3 develop competence in the operation of the garde manger to identified operational standards
4 develop an awareness of safe working environment and monitoring of safe practices

**Learning Outcomes**

Upon successful completion of this course, the learner will:

1 develop skills in the production of a variety of hot and cold products.
2 demonstrate the cutting and processing of meats.
3 prepare items appropriate for buffet presentation.

**Topics**

**1.0 Sauces**

**Objectives**

Upon completion of the topic the student will be able to:

1.1 define the term glazing
1.2 demonstrate the art of glazing
1.3 define The term butter sauces and list the derivatives
1.4 explain the term "chaudfoid" and describe method of preparation.

**Content**

- The glazing of sauces
- Butter sauce and derivatives
- The preparation of chaudfoid

**2.0 Appetizers**

**Objectives**

Upon completion of the topic the student will be able to:

2.1 list the categories of appetizers
2.2 define, prepare and serve a selection of pate
2.3 explain the terms "canapés" and "savouries"
2.4 prepare a variety of canapés and cocktail savouries

**Content**

- Preparation of paté
- Canapés and savouries

**3.0 Soups**

**Objectives**

Upon completion of the topic the student will be able to:

3.1 discuss a variety of specialty soups
3.2 prepare a variety of local and international soups

**Content**

- Specialty soups (local and international)

**4.0 Fish and Shellfish**

**Objectives**

Upon completion of the topic the student will be able to:

4.1 explain the terms "deep fried", "steamed" and "stewed" as it relates to fish and shellfish.

4.2 identify and describe popular method of cooking local and imported fish and seafood.

**Content**

- The methods of preparing local and imported fish and seafood

**5.0 Meat and Poultry**

**Objectives**

Upon completion of the topic the student will be able to:

5.1 define basic meat-, fish- and poultry-cutting terms and demonstrate a variety of cuts
5.2 explain the terms roasted, pêole, barbecued and baked as it relates to meat and poultry.
5.3 prepare a variety of meat and poultry dishes using the roasted, pêole, barbecued and baked methods of cookery.

**Content**

- Definition of meat, fish and poultry cuts
- Meat, fish and poultry processing
- Methods of preparing and cooking meat and poultry (pêole, barbecued, baked)

**6.0 Jellies and Aspics**

**Objectives**

Upon completion of the topic the student will be able to:

6.1 describe the methods of preparing traditional and convenient aspics and jellies
6.2 demonstrate the use of aspics and jellies

**Content**

- The preparation of aspics and jellies
- How to use aspics and jellies

**7.0 Game**

**Objectives**

Upon completion of the topic the student will be able to:

7.1 explain the term "game".
7.2 outline the use of game on local, regional and international menus
7.3 prepare a variety of dishes using game

**Content**

- Techniques of preparing and cooking game

**8.0 Carving**

**Objectives**

Upon completion of the topic the student will be able to:

8.1 explain the term carving
8.2 demonstrate how to carve a variety of meats

**Content**

- Techniques of carving

**9.0 Flambé**

**Objectives**

Upon completion of the topic the student will be able to:

9.1 define the term "flambé"
9.2 identify cuts of meat, poultry and seafood suitable for flambé
9.3 demonstrate the "flambé" technique

**Content**

- Flambé as a method of cookery

**10.0 Buffet**

**Objectives**

Upon completion of the topic the student will be able to:

10.1 explain the important factors of hot and cold buffet presentations.
10.2 demonstrate a number of hot and cold buffet dishes
10.3 demonstrate buffet presentation techniques

**Content**

- Definition of a buffet
- Buffet presentation techniques
- Preparing the buffet menu

**11.0 Desserts**

**Objectives**

Upon completion of the topic the student will be able to:

11.1 explain the terms "soufflé", "parfait", "bombes" and "sorbets".
11.2 prepare and serve a variety of the above desserts.

**Content**

- Techniques of preparing soufflés, parfaits, bombes and sorbets

**12.0 Show Pieces**

**Objectives**

Upon completion of the topic the student will be able to:

12.1 demonstrate a number of fruit and vegetable carvings

**Content**

- Principles of carving fruits and vegetables

**Instruction Format**

Lecture
Demonstration
Practice
Multi-media presentations

**Assessment and Evaluation**

The continuous assessment for this course takes the following form:

- Two (2) theory papers which account for 40% of the final mark
- Four (4) practical assessments which account for 60% of the final mark

**Recommended Text and Resources**

Practical Professional Cookery, 3rd Edition, H L Crackwell and R J Kaufmann; published by Thomson Learning.

New Professional Chef, 7th Edition, Editor L G Conway; published by Culinary Institute of America (Van Nostrand Reinhold).

Fundamentals of Menu Planning, 2nd Edition; McVety, Ware and Levesque.

Fundamentals of Menu Planning, 2nd Edition; McVety, Ware and Levesque.

**Attendance**

Students are encouraged to attend all class sessions as all information presented may not be covered in the required text. Participation of students is an integral component of the learning process.

# 6 FOOD AND BEVERAGE COST CONTROLS

**Prerequisites:** **Credits: 3**

**Overview**

Learners will be introduced to standards and procedures that increase the probability of food and beverage operations in the industry with emphasis on controlling cost and maximizing sales. Purchasing procedures will be examined.

**General Objectives**

This course is designed to:

1 emphasize the importance of controlling cost and maximizing sales
2 stress the importance of the profit margin, what it means to the organization and the role which controls "play" in the enhancement of the profit factor
3 introduce to students a "working example" of controls which contributes to the Food and Beverage Control System

**Learning Outcomes**

Upon successful completion of this course, the learner will:

1 identify financial controls in the Hospitality Industry.
2 analyze the different costs pertinent to food and beverage operations.
3 implement internal controls for deliveries, receiving, inventory, cash handling, audit process, accounts payable and payroll.
4 identify and explain the principles of effective purchasing.
5 identify the various criteria as they relate to the quality of products.

**Topics**

**1.0 An Introduction to Food and Beverage Control**

**Objectives**

Upon completion of the topic the student will be able to:

1.1 explain what is meant by the Hospitality Industry
1.2 list some of the components which make up the Hotel
1.3 explain and differentiate between Commercial Food Services and Institutional Food Services.

**Content**

- Travel and Tourism, the Hospitality Segment
- How Hotels are departmentally organized
- Identification of Commercial and Food Institutional Food Services.

**2.0 Management Functions**

**Objectives**

Upon completion of the topic the student will be able to:

2.1 list and briefly discuss the various functions that management performs
2.2 list and explain what is meant by the Food and Beverage "Flow of Costs"
2.3 explain the importance of Food Control Systems within a Food Operation.

**Content**

- Planning, Organizing, coordinating, Staffing, Directing, and controlling.
- The Operating Control Cycle
  - Purchasing
  - Receiving
  - Storing
  - Issuing
  - Production
- Controlling: an important aspect of Management Function:
  - The establishment of standards
  - The Measurement of Operating Results

- The Comparison of actual results with standards
- The taking of Corrective Action
- Reviewing Corrective Action

### 3.0 The Purchasing and Receiving Functions

**Objectives**

Upon completion of the topic the student will be able to:

3.1 distinguish between perishable and non-perishable food items and the purchasing thereof
3.2 describe a market quotation sheet and an order form
3.3 list four common methods by which suppliers may profit from an operation's poor receiving practices.
3.4 list four standard practices that the Food Operation may use to ensure an effective Receiving System.
3.5 complete and explain the use of the daily Food Receiving Report.

**Content**

- Purchasing perishable and non-perishable items.
- The functions of the Market Quotation sheet
- The Order Form and Food Deliveries
- Methods of fraud in food deliveries:
  - failing to meet specifications
  - watering and Icing products
  - Invoicing high-quality items for low quality items delivered
  - Invoice Overcharging
  - Incorrect pricing as a result of bulk weighing
  - Putting goods directly into storage areas
  - Delivering goods outside normal receiving
- Standard Receiving Practices
  - Item count
  - Item Weighing
  - Check amounts and prices against market quotation sheet
  - Quality Check
  - Spot check of cases
  - Follow-up action on short deliveries, or deliveries that do not match specifications
  - Immediate storage of all Food Items received
- The daily Food Receiving Report

### 4.0 Storage and Issuing of Food Items

**Objectives**

Upon completion of the topic the student will be able to:

4.1 explain the reason for the proper storage and Issuing functions within Food establishments
4.2 list at least four practices adopted by Food operations to prevent against food spoilage
4.3 list at least six methods which a food operation may adopt to secure its food merchandise
4.4 describe the duties and responsibilities of the Food Storekeeper
4.5 explain the purpose of the Issuing Function and how it is normally carried out.

**Content**

- The purpose of the Storage and Issuing Functions
- Prevention of Spoilage and Theft
  - Adequate Locking and security system
  - Effective Key Control system
- Adequate delegated responsibility for the Merchandise on hand
- Practices to prevent Food Spoilage
  - Improper Storage temperatures
  - Excessive Storage Periods
  - Lack of Adequate Ventilation
  - Failure to segregate Food properly
  - Lack of proper sanitation
  - Excessive delays between time of receipt and proper storage
- Responsibilities of Storekeeper
  - Keeping storage area clean and dry
  - Ensuring merchandise is used before spoiling
  - Ensuring equipment is in good working order
- The Food Issuing Function
  - Proper Authorization for issuing
  - The food requisition For

**5.0 Inventory Control**

**Objectives**

Upon completion of the topic the student will be able to:

5.1 illustrate hoe the perpetual inventory system functions to account for food merchandise
5.2 distinguish between the following forms of inventory: Open Inventory, Book Inventory, and Actual Inventory.
5.3 explain and demonstrate how inventory turnover is computed.

**Content**

- Storeroom Inventory
  - Bin Cards
  - Perpetual Inventory System
- Book Inventory
  - Opening Inventory + Storeroom Purchases - Storeroom Inventory = closing Inventory
  - Open Stock Inventory
  - Actual Inventory
  - Inventory Turnover

**6.0 Food and Beverage Standards**

**Objectives**

Upon completion of the topic the student will be able to:

6.1 define Standard Purchase Specifications
6.2 compile a standard recipe for a particular item and explain its function.
6.3 calculate and explain standard yield.
6.4 explain how standard portions are derived.
6.5 define Food Costs and Standard Beverage Costs.

**Content**

- Standard Purchase Specifications
- Standard Recipes
  - How to develop standard Recipes
- Standard Yields
  - How to develop standard yields
  - The Cost per servable pound
  - The Cost factor
- Standard Portion Sizes
- Standard Portion Costs
  - How to calculate Standard Dinner Costs
  - How to Calculate Standard Portion Costs
  - Special standard costs for beverage control
- Standard Food Costs
  - How to calculate standard costs per meal
- Standard Beverage Costs

**7.0 The Food Cost Percent**

**Objectives**

Upon completion of the topic the student will be able to:

7.1 compile the statistics required of a daily Food Cost Form, calculate daily Food Cost and Food Cost Percentage, and explain Food Cost as a control measure.
7.2 compile accumulated food costs, and explain how the adjustments affect the final inventory balance.

**Content**

- How to calculate a daily Food Cost Percent
  - The Daily Food Cost Form
  - Transfers to the Food Department
  - Transfers from the Food Department
  - Employees meals and promotional meals
- How to calculate accumulated Food Cost
  - Month end adjustments
  - Difference between book inventory and actual inventory
  - Open stock inventory

**8.0 Beverage Control Cost**

**Objectives**

Upon completion of the topic the student will be able to:

8.1 list at least five ways in which theft or fraud can occur in a bar
8.2 discuss the use of requisitions as a basis for beverage cost control
8.3 discuss necessary practices for effective cost control, such as the use of standard recipes
8.4 measuring devices, and the value of a spillage allowance.

8.5 briefly discuss the standard cost control method, and given appropriate information, solve problems using this method.

**Content**

- Methods of theft or fraud:
  - under pouring drinks
  - practice of Bar Personnel using personally purchased bottles
  - the Dilution of liquor
  - recording individually sold drinks as a full bottle
  - Recording sold drinks as spilled or complimentary
  - Substituting low quality liquor for a high quality one
  - Overcharging drinks especially to a high tab.
- Beverage requisition
- Beverage Standard Recipes
- The use of measuring devices
- How to establish drink selling prices
- Why Full Bottle sales should be separated.
- Spillage allowance
- Standard Beverage cost control
- Reporting Beverage Revenue

**9.0 Procedures for Comparison and Analysis**

**Objectives**

Upon completion of the topic the student will be able to:

9.1 identify variances between standard and actual Food and Beverage costs and discuss reasons for the variance.
9.2 discuss suitable recommendations for the correction of the variance.

**Content**

- The analysis of Food and Beverage Reports.
- How to identify variances in Food and Beverage Costs.

**10.0 The Control of Food and Beverage Sales Income**

**Objectives**

Upon completion of the topic the student will be able to:

10.1 Discuss methods for the control of Food and Beverage Revenue.

**Content**

- Guest Check Control Systems
  - Manual and automated systems.
- The Collection of Sales Income
  - Sales Income Reports

**Instruction Format**

1 Lectures will form the basis for the presentation of the information.
2 Flip charts and overhead projector will be used to enhance the study and learning processes where the data to be presented proves to complex.
3 Situational Learning will take place where students will be encouraged to carry out specified practical assignments in order to enhance the learning climate. Examples will include, but will not necessarily be limited to:
  - compiling and pricing a food inventory
  - designing, costing and pricing their own recipes using realistic market prices
  - carrying out an actual yield test, if possible within a kitchen environment.
  - designing a function sheet and costing all the requirements of the menu.
  - pricing the function in consideration of the expenses incurred and giving specified net.
  - profit criteria.

**Assessment and Evaluation**

- 6-8 classroom exercises - 10%
- One mid-term test - 40%
- Final exam - 50%

**Recommended Text**

Cost Control for the Hospitality Industry, 2nd Edition,. Coltman Michael M.

Principles of Food, Beverage & Labour Cost Control, Paul Dittmer

**Resources**

Planning and Control for Food & Beverage Operations, Jack Ninemeir

**Attendance**

Students are encouraged to attend all class sessions as all information presented may not be covered in the required text. Participation of students is an integral component of the learning process.

# 7 FOOD SCIENCE & NUTRITION

**Perquisites:** Food Sanitation and Safety
**Credits:** 3

**Overview**

This course will examine the scientific method and the chemical and physical changes that occur during preparation, processing and storage of food products. Basic principles of nutrition, and micro-biology as it relates to chemical and physical charges to food will also be examined.

**General Objectives**

This course is designed to assist students to:

1 emphasize the importance of scientific knowledge to food preparation
2 recognize the role of food service providers in relation to customers' wants and needs
3 raise awareness of the relevant concerns regarding diets and healthy eating
4 select commodities, work out combinations and cookery methods that provide for specified dietary needs.

**Learning Outcomes**

Upon completion of the topic the student will be able to:

1 discuss the basic concepts of nutrition and food science and their importance in food preparation and storage.
2 initiate and develop a sense of responsibility of which cooks/chefs must be aware when preparing food for public consumption
3 distinguish between the facts and myths about nutrition as they relate to ethnicity, religion and health challenges
4 examine the laws and their relationship to consumer protection
5 discuss the changes that occur to food products during production and storage.
6 prepare written reports on food quality using the principle method of food science.
7 develop and execute scientifically sound experiments to evaluate ingredient functionality and changes that occur to food products during production and storage.

**Topics**

**1.0 Basic Anatomy and the Importance of Good Nutrition**

**Objectives**

Upon completion of the topic the student will be able to:

1.1 define nutrients
1.2 outline functions of nutrients and identify their sources
1.3 define and discuss the term "nutrition" and its importance in the Culinary Arts
1.4 discuss the fundamentals of human structure and function
1.5 differentiate between nutrition and malnutrition
1.6 define human nutrition
1.7 discuss nutrition related diseases
1.8 discuss nutrition as it relates to vegetarians
1.9 discuss ethnic and religious challenges to nutrition
1.10 discuss what is meant by food allergens
1.11 discuss the effects of heat, oxidation, water, alkali on nutritional elements.

**Content**

- Principles of nutrition
- Human structure and function
- Challenges to human nutrition

**2.0 Principles of Chemistry and Microbiology in the Preparation of Food**

**Objectives**

Upon completion of the topic the student will be able to:

2.1 discuss the chemistry of food composition
2.2 discuss the function of fats, proteins and carbohydrates
2.3 list enzymes, flavours, colours, vitamins and food additives

2.4 sample a variety of foods that include food additives
2.5 discuss food laws and regulations
2.6 state the basic local labeling requirements and nutritional labeling

**Content**

- The effects of cooking on a variety of foods
- The use of additives in food
- Legislation relating to food

**3.0 Chemistry and Preservation of Foods**

**Objectives**

Upon completion of the topic the student will be able to:

3.1 define food preservation
3.2 discuss the shelf life of food commodities and some beneficial/harmful events in the microbiology of foods
3.3 discuss alcoholic, acetic acid, yeast and lactic acid fermentation
3.4 define "food spoilage"
3.5 list food-borne and waterborne pathogens
3.6 explain and describe microbial growth
3.7 discuss sensory evaluation of food commodities

**Content**

- Food spoilage
- Fermentation
- Food-bourne and water-bourne pathogens and microbial growth in foods

**4.0 Principles of HACCP**

**Objective**

Upon completion of the topic the student will be able to:

4.1 discuss practical application of HACCP.

**Content**

- The importance of HACCP
- The application of HACCP

**5.0 Chemical and Physical Changes to Foods**

**Objective**

Upon completion of the topic the student will be able to:

5.1 analyze the chemical and physical changes that occur in a variety of food commodities when processed:
- Colour and texture of vegetables.
- Wheat and egg products.
- Starches and gelatin
- Dairy products.
- Enzyme proteins.
- Meat proteins.
- Fruit ripening.

**Content**

- Analysis of chemical and physical changes that occur in food commodities when processed

**Instruction Format**

Lectures
Practical exercises
Visual aids
Discussions
Demonstrations
Labs

**Assessment and Evaluation**

- Two (2) quizzes - 20%
- One group assignment - 20%
- A final examination - 60%

**Recommended Texts**

The Theory of Catering, 9th Edition, Ronald Kinton, Victor Ceserani and David Foskett; published by Hodder and Stoughton.

Nutrition Made Simple; Versada S. Campbell and Dinesh P. Sinha

Science of Food; John Wiley and Sons

**Resources**

Nutrition for Food Service and Culinary Professionals, K E Drummond and L M Brefere; published by Wiley and Sons.

Introductory Foods; Bennion, Marion, Prentice Hall.

On Food and Cooking, Harold McGee.

**Attendance**

Students are encouraged to attend all class sessions as all information presented may not be covered in the required text. Participation of students is an integral component of the learning process.

# 8 FOOD AND BEVERAGE SERVICE

**Prerequisite:** None **Credits:** 4

**Overview**

The learner will be introduced to the technical skills and psychology of service. Theory, concepts and performance will be emphasized. The various types of services, equipment, furniture and service items used will be examined.

**General Objectives**

This course is designed to:

1 expose students to restaurant and bar service
2 enhance the students by developing their technical, practical and professional skills to allow them to function with minimum supervision
3 upgrade the sales and marketing skills so that the student may competently and confidently give suggestions to customers which will increase the profit base of the operation
4 develop attitudes to quality and value in respect of people, management and customer care

**Learning Outcomes**

Upon successful completion of this course, the learner will:

1 identify and describe the various food and beverage service positions
2 describe and demonstrate selling skills required in a food and beverage operation.
3 perform various service styles.
4 identify types and functions of tableware.
5 demonstrate the various service techniques and management techniques.
6 calculate customer bills
7 demonstrate customer-handling skills.
8 prepare and present the check and file restaurant summary sheets.
9 outline duties and responsibilities of food and beverage service personnel.

**Unit 1 – Basic Food Service**

**Topics**

**1.0 Introduction to Food and Beverage Service Operations**

**Objectives**

Upon completion of the topic the student will be able to:

1.1 outline the different types of food service organizations
1.2 describe staffing structures for various establishments
1.3 discuss the qualities of good food service staff and their responsibilities to the customer, management and fellow workers.
1.4 describe the importance of teamwork
1.5 list the duties to be carried out by the restaurant staff.
1.6 compile a job roster
1.7 state the importance of courtesy, tact, patience and good humour in the working situation.
1.8 describe the inter-relationship of the food and beverage department with other departments within the establishment.

**Content**

- Types of Service Organization
- Staffing
- Duties of the Restaurant Brigade
- Inter-relationship with other Departments

**2.0 Types and Styles of Food Service**

**Objective**

Upon completion of the topic the student will be able to:

2.1 describe the types and styles of food service offered by a variety of establishments

**Content**

- Cafeteria/snacks bars.
- American/Russian/French.
- Combination.
- Hospital and school meals service.

**3.0 Equipment**

**Objectives**

Upon completion of the topic the student will be able to:

3.1 identify large and small equipment in the food service and ancillary service areas
3.2 identify and describe the function and care of hand tools and equipment
3.3 list the safety measures that should be taken when using equipment in the food service area
3.4 describe appropriate cleaning procedures for all equipment.

**Content**

- Large equipment.
- Small equipment.
- Hand tools and utensils.
- Safe equipment usage.
- Care and cleaning of equipment.

**4.0 Menu Knowledge**

**Objectives**

Upon completion of the topic the student will be able to:

4.1 define the term "menu"
4.2 name the different kinds of menus
4.3 explain a variety of menu terms
4.4 list foods that may be cooked to order and indicate the cooking times
4.5 identify terms that are used to denote the degree of cooking required.
4.6 list and describe the major points that should be considered when compiling a menu.

**Content**

- Brief history.
- Types of menu:
  - table d'hote
  - a la carte
  - special
- Menu terminology
- Factors affecting menu compilation.

**5.0 Menu Composition**

**Objectives**

Upon completion of the topic the student will be able to:

5.1 classify and describe a variety of dishes and name their accompaniment
5.2 identify the necessary equipment for lay-up and service of particular course.
5.3 discuss reasons for the sequence of courses, and give examples of smaller menu compositions.
5.4 explain the factors affecting the customer's choice of a meal
5.5 identify the courses that form the menu for breakfast, luncheon, dinner and indicate their usual order.

**Content**

- Appetizers
- Soups
- Fish dishes
- Poultry and game
- Vegetables
- Salads
- Sweets
- Cheese
- Fresh fruit.
- After dinner candies.

**6.0 Preparation and Service of Non-Alcoholic Beverage**

**Objective**

Upon completion of the topic the student will be able to:

6.1 classify and describe methods of preparation and service of non-alcoholic beverages.

**Content**

- Tea and variations.
- Coffee and variations.
- Chocolate and malted milk.
- Mineral waters.
  - natural
  - manufactured
- Syrups.

- Fruit juices.
- Squashes.

**7.0 Stillroom Preparations**

**Objectives**

Upon completion of the topic the student will be able to:

7.1 describe the correct procedures for preparing pots, pats, and curls of butter
7.2 name a variety of toasts and indicate which dishes they accompany.
7.3 name the methods of preparing limes, lemons and oranges for service with tea, etc.
7.4 suggest methods of preparing the salt cruet to ensure that the salt flows freely.
7.5 define the term "proprietary sauce".
7.6 name a variety of brands of proprietary sauces.
7.7 classify and name popular jams and jellies and preserves, and indicate the meals in which they will be served.

**Content**

- Butter.
- Toasts and breads.
- Milk, sugar (for coffee and tea).
- Sliced lemon and orange.
- Condiments.
- Proprietary sauces
- Jellies, preserves, etc.

**8.0 Preparation of the Dining Room for Food Service**

**Objectives**

Upon completion of the topic the student will be able to:

8.1 discuss the procedures for preparing the dining room for service.
8.2 illustrate suitable table arrangements for the dining room taking into consideration, the room size, type and style of service and space allocation per person.
8.3 select the appropriate table linens
8.4 state the appropriate table linens.
8.5 state reasons for the careful handling of linens.
8.6 discuss methods of bundling linen for the laundry.
8.7 list a variety of napkin folds and suggest when they can be best used.
8.8 indicate the reasons for careful handling of napkins
8.9 name and describe a variety of glasses
8.10 discuss the use of table decorations/buffet decorations
8.11 identify the appropriate crockery, cutlery and flatware for the service of specific meals and describe their functions.
8.12 list the items required for complete table settings for the service of breakfast, luncheon and dinner.

**Content**

- Preparation procedures.
- Table arrangement.
- Linen.
- Napkin folds.
- Glassware.
- Floral arrangements.
- Crockery, cutlery and flatware.
- Table settings: breakfast setting; luncheon setting; dinner setting and special occasions

**9.0 The Service Procedures**

**Objectives**

Upon completion of the topic the student will be able to:

9.1 describe the service procedure
9.2 interpret the daily menus
9.3 describe a variety of methods of serving rolls
9.4 describe methods of preparing water for service.
9.5 outline how to take a customer's order correctly and discuss reasons why orders should be written clearly.
9.6 describe clearing techniques of crockery, cutlery and flatware.
9.7 discuss a variety of techniques of serving desserts.
9.8 discuss methods of serving tea and coffee.
9.9 discuss methods of presenting the bill.

**Content**

- Greeting and seating.
- Present the menu.
- Offering rolls and butter.
- Pouring water.
- Taking the order.
- Removing excess cutlery and flatware (in the case of table d'hote) or placing cutlery and flatware (in the case of a la carte).
- Service and clearing of all courses up to and including main course.
- Crumbing down.
- Service of dessert.
- Presentation of bills.

### 10.0 Methods of Payment of Bills

**Objectives**

Upon completion of the topic the student will be able to:

10.1 list the methods in which customers may pay for their meals.
10.2 calculate the authorized additional percentages
10.3 discuss the correct procedures of handling cash, and the correct use of the cash register.

**Content**

- Vouchers
- Credit cards
- Cash
- Cheques
- Correct handling of cash

### 11.0 Social Skills

**Objectives**

Upon completion of the topic the student will be able to:

11.1 discuss the social skills that are necessary for the smooth running of the restaurant.
11.2 discuss methods of dealing with customer complaints, and unusual situations.

**Content**

- Human relations
- Handling customer complaints

## Unit 2 – Advanced Food Service

**Topics**

### 12.0 Gueridon Service

**Objective**

Upon completion of the topic the student will be able to:

12.1 clear, prepare and light lamp and generally handle the gueridon inside a crowded dining room

**Content**

- Techniques of preparation used in Gueridon service

### 13.0 Special Service

**Objective**

Upon completion of the topic the student will be able to:

13.1 prepare dishes for special occasions

**Content**

- Preparation methods of dishes used for special occasions

### 14.0 Flambé

**Objectives**

Upon completion of the topic the student will be able to:

14.1 set up trolley
14.2 prepare and serve a variety of flambe dishes using recipes

**Content**

- The trolley
- Preparation methods of flambé dishes

**15.0 Service**

**Objectives**

Upon completion of the topic the student will be able to:

15.1 Prepare the gueridon and perform the following tasks:
- peel hard fruit
- peel citrus fruit
- peel bananas
- slice and sugar citrus fruit
- slice and sugar hard fruit
- prepare honey-dew melon
- dress fresh fruit salad with liqueur

15.2 make and serve correctly salad dressings from the side table and toss and serve salads

15.3 carve cold meat from gueridon or buffet in the correct hygienic method and in a manner acceptable to customers.

**Content**

- Preparation of various fruits
- Service and preparation of salads
- Carving
- Sanitation

**16.0 Function and Outdoor Catering**

**Objectives**

Upon completion of the topic the student will be able to:

16.1 set up a variety of buffet table and serve from the buffet

16.2 plan, organize and serve at a variety of functions

**Content**

- Techniques used in setting buffet tables
- Service at buffet tables

**17.0 Specialty Liqueurs**

**Objective**

Upon completion of the topic the student will be able to:

17.1 serve liqueurs including some that are flamed

**Content**

- Service methods used for liqueurs

**18.0 Cocktail Parties**

**Objective**

Upon completion of the topic the student will be able to:

18.1 serve a variety of savouries, canapés and hors d'oeuvres at a cocktail party.

**Content**

- Service methods utilized at cocktail parties

**Instruction Format**

Lecture
Discussion
Demonstration
Multi-media presentations

**Assessment and Evaluation**

The continuous assessment for this course takes the following form:
- Two (2) theory papers which account for 40% of the final mark
- Four (4) practical assessments which account for 60% of the final mark

**Recommended Text**

Food and Beverage Service, 7th Edition, Lillicrap R Dennis and Cousins a John; published by Hodder and Stoughton.

The Waiter and Waitress Training Manual, 4th Edition, Sandra J Dahmer, Kurt W Kahl.

Fundamentals of Menu Planning, 2nd Edition; McVety, Ware and Levesque.

**Resources**

Remarkable Service, Culinary Institute of America; published by Wiley and Sons.

Food and Beverage Operation Cost Control and Systems Management, C Levinson; published by Prentice Hall.

CTISP Restaurant Server

CTISP Banquet Server

**Attendance**

Students are encouraged to attend all class sessions as all information presented may not be covered in the required text. Participation of students is an integral component of the learning process.

# 9 FOOD PREPARATION 3

**Prerequisite:** All food related courses **Credits:** 4

**Overview**

This is a capstone course where students will demonstrate all skills and knowledge acquired during their programme of studies. Emphasis will be on creativity and the use of local and regional products to produce meals for formal dining experiences.

**General Objectives**

This course is designed to assist students to:

1 develop new dishes with particular attention to the use of local produce, creativity, design and presentation acceptability
2 take inventory of previous skills and consciously target a schedule of enhancement
3 reinforce safe hygienic practices
4 use appropriate commodities economically
5 select appropriate equipment for the production of goods
6 finish and critically assess products taking into account, design, colour, flavour and portion control.
7 become familiar with up-to-date food legislation affecting production and storage of products.

**Learning Outcomes**

Upon successful completion of this course, the learner will:

1 demonstrate varied cooking techniques.
2 design a creative menu.
3 prepare a seven-course meal.
4 host and manage a formal dinner party.
5 plan and execute a work schedule for the dinner party.
6 analyze the nutritional content of the seven-course meal.

**Topics**

**1.0 Menu Design**

**Objective**

Upon completion of the topic the student will be able to:

1.1 list the requirements for menu compilation for a formal dining experience

**Content**

- Menu layout and design

**2.0 Food Legislation re: Local Commodities**

**Objective**

Upon completion of the topic the student will be able to:

2.1 apply current food legislation to the assessment of commodities

**Content**

- Relevant provisions of the Food Safety Regulations
- Identification of relevant Hygiene codes of practice
- Application to criteria for vendor ratings
- Inspection systems and records
- Internal audits

**3.0 The Practical Use of Food Commodities**

**Objective**

Upon completion of the topic the student will be able to:

3.1 assess practicability and acceptability in the use of food commodities

**Content**

- Research techniques applied in customer operations
- Customer post meal evaluation techniques
- Recipe balance and presentation

- Cost implications
- Equipment implications and costs
- Seasonal aspects
- Issues relevant to make/buy decisions

**4.0 Food Labels and Data**

**Objective**

Upon completion of the topic the student will be able to:

4.1 interpret labels and other data

**Content**

- Additives, i.e. growth promoters in animals
- Food packaging developments
- Implications of production methods

**5.0 Menu Engineering**

**Objectives**

Upon completion of the topic the student will be able to:

5.1 analyze and adapt menus and other food production schedules
5.2 ensure that the menu is well balanced nutritionally.

**Content**

- nutritional implications
- the balance concept
- customer preferences
- menu structure and language

**6.0 Storage**

**Objective**

Upon completion of the topic the student will be able to:

6.1 calculate the storage implications of different ranges of commodities

**Content**

- Temperature and humidity control
- Storage materials and equipment
- Information technology applications

**7.0 Labour and Food Costing**

**Objective**

Upon completion of the topic the student will be able to:

7.1 calculate labour and food cost percentages relating to the production of the menu.

**Content**

- Food cost control
- Labour cost control

**8.0 Wine Selection**

**Objective**

Upon completion of the topic the student will be able to:

8.1 select the appropriate wines to complement the menu

**Content**

- Wines with food

**9.0 Dining Room Décor**

**Objective**

Upon completion of the topic the student will be able to:

9.1 decorate the dining room appropriately, create suitable atmosphere

**Content**

- Dining room layout and decoration

## 10.0 Budgeting

**Objective**

Upon completion of the topic the student will be able to:

10.1 prepare a budget for the formal dinner party.

**Content**

- Planning the budget

**Instruction Format**

Lecture
Demonstration
Practice

**Assessment and Evaluation**

The continuous assessment for this course takes the following form:

- Two (2) theory papers which account for 40% of the final mark
- Four (4) practical assessments which account for 60% of the final mark

**Recommended Text**

Theory of Catering, 9th Edition, Kinton, Ceserani and Foskett; published by Hodder and Stoughton.

Fundamentals of Menu Planning, 2nd Edition; McVety, Ware and Levesque.

**Resources**

Menu Planning: Food Purchasing and Management, H Zaccarelli and J Maggiore; published by Purdie University.

**Attendance**

Students are encouraged to attend all class sessions as all information presented may not be covered in the required text. Participation of students is an integral component of the learning process.

# 10 BAKING TECHNOLOGY 2

**Prerequisite:** Baking Technology I **Credits:** 4

**Overview**

This course is designed to introduce the students to advanced techniques in baking. Continental specialties suitable for fine dining and commercial outlets will be examined.

**General Objectives**

This course is designed to:

1 provide practical competence in students whilst introducing new skills within the patisserie department.
2 introduce students to classical, non-classical and continental specialties suitable for different food outlets.
3 encourage students to produce goods of high quality and being able to relate their choice of raw materials to an optimum profit making context.
4 demonstrate and organize controlled hygienic work situations.
5 develop the necessary skills and attitudes to adapt to the dynamic nature of patisserie.
6 prepare students for industry/industrial release and career progression.

**Learning Outcomes**

Upon successful completion of this course, the learner will:

1 prepare advanced baking products.
2 identify and select appropriate equipment for the production of baking goods.
3 demonstrate baking techniques utilizing safe and hygienic working practices.
4 demonstrate the necessary skills and attitudes to adapt to the dynamic nature of patisserie.
5 outline food legislation affecting production and storage of products.

**Topics**

**1.0 Meringue**

**Objectives**

Upon completion of the topic the student will be able to:

1.1 differentiate between cold, warm and hot meringues
1.2 prepare a variety of dishes using cold, warm and hot meringues

**Content**

- Definition of meringue
- Methods of preparing meringue

**2.0 Confections**

**Objective**

Upon completion of the topic the student will be able to:

2.1 prepare and serve a variety of
- ice creams
- frozen yogurt and crème fraiche
- sorbets
- parfaits and bombes
- coupes and sundaes

**Content**

- The principles of preparing confections

**3.0 Tortes**

**Objectives**

Upon completion of the topic the student will be able to:

3.1 specify the proper height and portion size for a variety of tortes
3.2 discuss and demonstrate the special preparation methods used for a variety of tortes
3.3 discuss how the names of tortes indicate the type of designs

3.4 identify the taste and other characteristics associated with each torte
3.5 prepare and decorate a variety of tortes applying the principles learnt.

**Content**

- Types of Tortes
  - Linzer Tortes
  - Fruit Tortes
  - Cream Tortes
  - Cheese Tortes
  - Ganache Tortes
  - Mille Feuille
- Characteristics associated with Tortes
- Names and designs

**4.0 Marzipan and Fondant**

**Objectives**

Upon completion of the topic the student will be able to:

4.1 prepare marzipan and fondant
4.2 describe the use of marzipan and fondant as a covering medium
4.3 display the use of marzipan and fondant as a decoration

**Content**

- Techniques of preparing marzipan
- Techniques of preparing fondants

**5.0 Chocolate**

**Objectives**

Upon completion of the topic the student will be able to:

5.1 prepare a number of chocolate flavoured coatings
5.2 use chocolate coverture to decorate a selection of cakes
5.3 produce a number of chocolate items for display

**Content**

- Types of chocolate
- The tempering of chocolate
- Chocolate displays

**6.0 Pastillage and Royal Icing**

**Objectives**

Upon completion of the topic the student will be able to:

6.1 discuss the use of pastillage and royal icing as a decorative medium
6.2 display the use of pastillage and royal icings for producing display items

**Content**

- Techniques of preparing pastillage
- Techniques of preparing royal icing

**7.0 Mousses and Bavarian Creams**

**Objective**

Upon completion of the topic the student will be able to:

7.1 prepare and serve a variety of mousses and Bavarian cream items

**Content**

- Techniques of preparing mousses and Bavarian creams

**6.0 Hot and Cold Sweets**

**Objective**

Upon completion of the topic the student will be able to:

8.1 use combinations of the above mentioned topics to produce a wide range of puddings, soufflés and other desserts

**Content**

- Hot and cold sweet display

**9.0 Yeast Products**

**Objectives**

Upon completion of the topic the student will be able to:

9.1 explain the procedure for making Brioche, Croissants and Danish
9.2 prepare Brioche, Croissants and Danish

**Content**

- Preparation techniques for Brioche, Croissants and Danish

**10.0 Cheesecakes**

**Objectives**

Upon completion of the topic the student will be able to:

10.1 identify the various types of cheesecakes
10.2 identify the various ingredients and equipment needed to produce each type of cheesecake
10.3 describe methods of decorating and finishing each type of cheesecake
10.4 prepare, bake and serve a variety of cheesecakes

**Content**

- Types of cheesecakes

**11.0 Afternoon Tea Goods**

**Objectives**

Upon completion of the topic the student will be able to:

11.1 produce a number of tea goods using premixes, pastry creams, fresh creams, synthetic creams and fillings

**Content**

- Preparation of tea goods

**12 Petit Fours**

**Objectives**

Upon completion of the topic the student will be able to:

12.1 define petit fours
12.2 produce a number of local, regional and international petit fours

**Content**

- Preparation of petit fours

**Instruction Format**

Lectures
Demonstration
Practice

**Assessment and Evaluation**

The continuous assessment for this course takes the following form:

- Two (2) theory papers which account for 40% of the final mark
- Four (4) practical assessments which account for 60% of the final mark

**Recommended Text**

The Professional Pastry Chef, Bo Friberg

Patisserie, 2nd Edition, L J Hanneman; published by Butterworth-Heinemann.

**Resources**

**Attendance**

Students are encouraged to attend all class sessions as all information presented may not be covered in the required text. Participation of students is an integral component of the learning process.

# 11 WINES & SPIRITS

**Prerequisite:** None **Credits:** 3

**Overview**

This course will focus on wines, spirits, liqueurs and beers. Production methods, service of the product and regions of origin will be examined. This course also involves tasting sessions.

**General Objective**

This course is designed to:

1 examine the use of wines and spirits in food preparation and service

**Learning Outcomes**

Upon successful completion of this course, the learner will:

1 identify and explain the main steps involved in the production of wine and other alcoholic beverages.
2 differentiate between types of wines and other alcoholic beverages.
3 name and identify the main wine producing regions of the world.
4 differentiate between wines of various qualities.
5 relate the criteria that regulate the production of various wines.

**Topics**

**1.0 Introduction to Wines**

**Objectives**

Upon completion of the topic the student will be able to:

1.1 define the term "wine".
1.2 briefly discuss the history of wines.
1.3 recognize wine growing regions.
1.4 describe the cultivation of vines:
- Climate
- Soil
- Grape and fruit

1.5 discuss and identify wines and their regional origins
1.6 identify associations and controlling agencies.
1.7 interpret information on labels.
- France
- Germany
- Spain/Italy
- California
- Local
- Other sources

**Content**

- Definition.
- History.
- Cultivation.
- Associations and controlling agencies of wine
- Labeling of wine

**2.0 Classification of Grapes**

**Objective**

Upon completion of the topic the student will be able to:

2.1 differentiate between grapes grown in North America and Europe.

**Content**

- North American species
  - vitis labrusca
  - concord
- European species
  - vitis vinifera
  - chardonnay
  - gamay
  - gewürztraminer

**3.0 The Wine Making Process**

**Objectives**

Upon completion of the topic the student will be able to:

3.1 discuss the wine making process from crushing through bottling.
3.2 discuss the degree of sweetness or dryness of wine and describe how wine makers accomplish this.

3.3 describe the process of making champagne and sparkling wines
3.4 identify and discuss "fortified wines".

**Content**

- Wine making process
- Champagne and sparkling wines
- Fortified wines

**4.0 Classification of Wines**

**Objective**

Upon completion of the topic the student will be able to:

4.1 differentiate between the categories of wine

**Content**

- Appetizers
- Table wines
- Sparkling wines
- Dessert wines

**5.0 The Language of Wines**

**Objective**

Upon completion of the topic the student will be able to:

5.1 discuss and compile a list of common terms.

**Content**

- Terminology of wines

**6.0 Wine With Food**

**Objectives**

Upon completion of the topic the student will be able to:

6.1 select wines that are generally recommended for various foods.
6.2 discuss and identify appropriate serving temperature for each category of wine.

**Content**

- Wine and various foods
- Temperature of various categories of wine for service

**7.0 Distilled Spirits**

**Objectives**

Upon completion of the topic the student will be able to:

7.1 classify distilled spirits
7.2 describe the cultivation and manufacturing of a variety of spirits
7.3 describe the distillation process
7.4 identify a range of different brands of spirits
7.5 discuss how spirits can be used in cooking
7.6 make a variety of cocktails using spirits as a base

**Content**

- Classification
- Cultivation
- Methods of distillation
- Brands of spirits
- The use of spirits in cooking

**8.0 Cordials and Liqueurs**

**Objectives**

Upon completion of the topic the student will be able to:

8.1 classify a range of cordials and liqueurs
8.2 discuss the origins and manufacturing process of liqueurs
8.3 discuss how liqueurs can be used in cooking

**Content**

- Classification
- Manufacturing process
- Cooking with liqueurs

**9.0 Beer**

**Objectives**

Upon completion of the topic the student will be able to:

9.1 discuss the origin and manufacturing process of beers and sprits
9.2 identify local and imported beer
9.3 demonstrate pouring beer
9.4 define the term "draught beer".
9.5 demonstrate drawing beer.

**Content**

- Manufacturing process of beers and spirits
- Domestic and imported beers
- Serving beer
- Definition

**10.0 Legislation**

**Objective**

Upon completion of the topic the student will be able to:

10.1 discuss the laws relating to the service of wines and spirits

**Content**

- Local and international regulations

**11.0 Merchandising**

**Objective**

Upon completion of the topic the student will be able to:

11.1 demonstrate techniques of merchandising wines and spirits

**Content**

- Methods of merchandising

**12.0 Responsible Alcohol Service**

**Objectives**

Upon completion of the topic the student will be able to:

12.1 discuss the responsibilities of the owner and employees when serving alcohol
12.2 recognize people who had too much to drink

**Content**

- The ethics of serving alcohol

**Instruction Format**

Lectures
Field trips
Tasting
Video

**Assessment and Evaluation**

The assessment for this course takes the form of:

- Two (2) theory papers which account for 40% of the final mark
- Four (4) practical assessments which account for 60% of the final mark

**Recommended Text**

Behind the Label: the Wines and Spirit Education Trust.

**Resources**

Professional Guide to Alcoholic Beverages, R a Lipinski and K a Lipinski; published by Van Nostrand Reinhold.

Food and Beverage Service, 7th Edition, Lillicrap, Cousins and Smith; published by Hodder and Stoughton.

**Attendance**

Students are encouraged to attend all class sessions as all information presented may not be covered in the required text. Participation of students is an integral component of the learning process.

# 12 INTERNATIONAL CUISINE

**Prerequisites:** All food preparation courses

**Credits:** 4

**Overview**

This course will focus on foods and cooking styles of many nations. Menu production reflecting on nations that have impacted international cuisines will be examined.

**General Objectives**

This course is designed to:

1 expose students to a variety of international cuisines
2 familiarize students with the culture and commodities used by different nationalities
3 create opportunities for students to be innovative in the implementation of international dining experiences
4 enable students to finish and critically assess products taking into account, design, colour, flavour and portion control
5 familiarize students with up-to-date food legislation affecting production and storage of products.

**Learning Outcomes**

Upon successful completion of this course, the learner will:

1 prepare a variety of international dishes.
2 identify international products.
3 demonstrate the skills required to produce international menus.
4 compare dishes from different countries.

**Topics**

Cuisines of the world:

1.0 Caribbean
2.0 Asia and the Far East
3.0 France and other European countries
4.0 Japanese
5.0 North American countries

**Content**

- International commodities
- Preparation techniques

**Instruction Format**

Lecture
Demonstration
Practice
Video
Multi-media presentations

**Assessment & Evaluation**

The continuous assessment for this course takes the following form:

- Two (2) theory papers which account for 40% of the final mark
- Four (4) practical assessments which account for 60% of the final mark

**Recommended Text**

Food Style: the Art of Presenting Food Beautifully, Molly Siple and Irene Sax

Garnishing: the Basics and Beyond, Constance Quan

**Resources**

Classic Caribbean Cooking, Sharon Atkins

Caribbean and African Cookery, Rosamund Grant

Creole Cooking, Sue Mullin

All Along the Danube: Classic Cookery from the Great Cuisine of Eastern Europe, Marina Polvay

A Taste of Ireland, Theodora Fitzgibbon

The Cooking of Vienna's Empire

Spanish Cooking, Pepita Aris

Recipes: the Cooking of Japan

The Cooking of Japan

The Complete Asian Cookbook, Charmaine Solomon

Indian Cookery,

American Cooking Dale Brown

Garnishing and Decoration, Rudolf Biller

Garnishes, June Budgen

Garnishes and Decorations, Janet Brinkworth

Culinary Carving and Plate Decorating, Harvey Rosen and Jonathan S Rosen

La Rousse Gastronomique

**Attendance**

Students are encouraged to attend all class sessions as all information presented may not be covered in the required text. Participation of students is an integral component of the learning process.

# 13 QUANTITY FOOD PRODUCTION AND SERVICE

**Prerequisite:** Food Preparation **Credits: 4**

**Overview**

This course will provide students with the opportunity to develop further competence in the operation of food preparation and service. It will also enable them to make an enlightened contribution to current industrial practice and development of the culinary arts within the business environment.

**General Objectives**

This course is designed to:

1 provide students with the opportunity to develop understanding of the full range of processes involved in food preparation, cooking and service.
2 develop skills and expertise in cold buffet preparation, presentation and service.
3 develop an awareness of safe working environment and the monitoring of safe working practices.
4 critically assess the value of new technologies, the cost effectiveness and long term value.
5 develop competence in the operation of food preparation and service to identified operational standards.
6 prepare students to make an enlightened contribution to current industrial practice and development of culinary arts within the business environment.

**Learning Outcomes**

Upon successful completion of this course, the learner will:

1 reinforce skills in cooking and processing including:
- complex soups, sauces and dressings.
- complex fish and shell fish preparations and cooking complex meat, offal, game and poultry.
- complex vegetables dishes.
- egg and farinaceous dishes and preparations.

2 prepare, cook, present and serve cold buffet items including:
- cold savoury sauces, dressing and jellies.
- cold meat, fish, shell fish, poultry and game.
- vegetables, fruit, dairy products, salad, fungi, rice and farinaceous pates, terrines, salads, mousses, galantines, balantines, farces and pastry encased items.
- finishing, methods of garnishing, decorating, piping, glazing, portioning and garnishing.

3 appraise, establish and maintain a safe working environment.
4 identify potential hazards and adhere to established health, safety and maintenance policies.
5 follow current and developing legislation on health and safety.
6 state the role of various external agencies which administer various health and safety regulations.
7 critically assess new technology and it's potential in relation to food preparation and cookery.
8 develop competence in the planning and operation of food production units for normal day to day operations, special events and changes at short notice.
9 develop creativity and flair that will contribute to the development of new dishes, meal offerings and the total meal experience within the constraints of a business environment.

**Content**

- Practicum

**Instruction Format**

The approach to this module will be practical with experimental work often in the "Real Work Environment" and workshop situations. Experiments with cooking and service processes will be documented to form part of the assessment. Teaching will seek to embrace the traditions of the profession and encourage its development through new approaches to the preparation, cooking, presentation and service of dishes.

**Assessment and Evaluation**

The continuous assessment for this course takes the following form:

- Two (2) theory papers which account for 20% of the final mark
- Eight (8) practical assessments per student - - 4 service and 4 food preparation - 80%

**Recommended Text**

Supervision and Management of Quantity Food Preparation, W J Morgan; published by McCutchan Publishing.

**Resources**

Quality Food Production, Planning and Management, J B Knight and L H Kotschevar; published by Wiley and Sons.

A variety of menus

**Attendance**

Students are encouraged to attend all class sessions as all information presented may not be covered in the required text. Participation of students is an integral component of the learning process.

# 14 FOOD ART PRESENTATION

**Prerequisite:** All food related courses
**Credits:** 4

**Overview**

Students will be introduced to the concepts of food art. Emphasis will be on presentation, design and use of alternative commodities. The investigation of the effects of food art and presentation as a marketing tool will be examined.

**General Objective**

This course is designed to:

1 enhance the manual dexterity skills of the student to create edible works of art

**Learning Outcomes**

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

1 demonstrate skills in artistic presentation of show pieces and gourmet foods.

**Topics**

**1.0 Carvings**

**Objectives**

Upon completion of the topic the student will be able to:

1.1 discuss the principles of carving fat and ice
1.2 demonstrate the principles of carving fat and ice

**Content**

- Carving instruments
- Carving techniques
- Methods of carving fat
- Methods of carving ice

**2.0 Sugar Craft**

**Objectives**

Upon completion of the topic the student will be able to:

2.1 define the following terms: pastillage, krokant, royal icing, pulled sugar and chocolate.
2.2 demonstrate the use of pastillage, krokant, royal icing, pulled sugar and chocolate as food art presentations.

**Content**

- Preparation techniques for:
  - Pastillage
  - Krokant
  - royal icing
  - pulled sugar
- Preparation techniques for chocolate presentations

**3.0 Basic Sugar Boiling**

**Objectives**

Upon completion of the topic the student will be able to:

3.1 discuss the use of sugar at different degrees
3.2 produce a number of flavourings, sauces and decorative pieces for garnish
3.3 select and display a center-piece using boiled sugar.

**Content**

- Definition of sugar boiling
- Principles of sugar boiling
- Preparation of flavourings, sauces and decorative pieces for garnishes

**4.0 Preparation of Gelatin, Pate, Terrine, Mousse**

**Objectives**

Upon completion of the topic the student will be able to:

4.1 define patties, terrines and mousses.

4.2 demonstrate the preparation of "gelatins", "pates", "terrines" and "mousses".

**Content**

- Definitions
- Preparation techniques
  - gelatins
  - pates
  - terrines
  - mousses

**5.0 Marketing**

**Objectives**

Upon completion of the topic the student will be able to:

5.1 discuss food art as a marketing tool for restaurants
5.2 discuss the methods of merchandising

**Content**

- Marketing techniques
- Merchandising techniques

**Instruction Format**

Lectures
Demonstration
Practice
Video presentation

**Assessment and Evaluation**

- Complete show-pieces in:
  - fat carving – 20%
  - sugar craft – 20%
  - pates, mousses and terrines – 20%
- Demonstrate use of pastillage or croquant – 20%
- Theory test – 20%

**Recommended Text**

Food Style: the Art of Presenting Food Beautifully, Molly Siple and Irene Sax

Garnishing: the Basics and Beyond, Constance Quan

**Resources**

International School of Sugarcraft, Book 2, N Lodge; published by Merehurst.

**Attendance**

Students are encouraged to attend all class sessions as all information presented may not be covered in the required text. Participation of students is an integral component of the learning process.