

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
CREDIT COURSE NOT APPLICABLE TO THE A.A. DEGREE

(Use this form only for courses which do not apply to the A.A. Degree)

COURSE NUMBER AND TITLE: IFS 45 Firehouse Cooking Skills/Culinary Arts

UNIT VALUE: 3.0

MINIMUM NUMBER OF SEMESTER HOURS: 48

BASIC SKILLS REQUIREMENTS:
Appropriate language and computational skills

ENTRANCE REQUIREMENTS

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Basic cooking, nutrition, and meal planning skills will be developed for individuals working in a firehouse setting. Instruction will stress proper sanitation and safety methods for preparing meals for a group.

SPECIFIC COURSE OBJECTIVES:

Successful students will:

1. Develop the ability to plan, purchase, store, prepare, and serve foods in quantity.
2. Apply the knowledge of basic nutrition to meal planning for a group.
3. Demonstrate the ability to maintain and clean large quantity food equipment.
4. Demonstrate the ability to maintain sanitation in the work area during preparation and serving of food.
5. Demonstrate the use of computer programs for nutrition analysis, menu design and advertising, and food costing.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Sanitation and Food-handling Safety
- II. Menu Planning, Recipe Reading and Writing & Purchasing
- III. Basic Nutrition Principles
- IV. Kitchen Equipment
 - A. Safety
 - B. Knives and Utensils Food Preparation Fundamentals
- V. Food Preparation Techniques
- VI. Baking Fundamentals
- VII. Regional and International Cuisine
- VIII. The Art of Food Decoration
- IX. Use of Computer Programs

REQUIRED READING:

Instructor generated handouts.

SUGGESTED READING:

Instructor generated handouts.

REQUIRED WRITING:

Students will prepare a nutritionally adequate menu for a 3-day period.
Skills demonstrations are important.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

Menu planning assignment will be completed outside of class.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes ____ No X

If yes, check all that apply.

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

- 40% participation
- 20% quizzes
- 40% final examination

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes ____ No X Number of times course may be taken for credit: 1

If yes, identify specific provision of Title 5 Division 2 section(s) 55761-55763 and 58161 which qualifies course as repeatable:

CONTACT PERSON: Nancy Galli, ext: 2352

SIGNATURES ON FILE