

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

X Transfer Course X A.A. Degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: IFS 101 Basic Skills/Basic Foods

UNIT VALUE: 3.0

MINIMUM NUMBER OF SEMESTER HOURS: 96

BASIC SKILLS REQUIREMENTS:

Appropriate language and computational skills.

ENTRANCE REQUIREMENTS

PREREQUISITE: None.

COREQUISITE: None.

RECOMMENDED PREPARATION: None.

SCOPE OF COURSE:

Entry-level preparation for employment in food service. Large quantity food preparation and effective use of resources and equipment.

SPECIFIC COURSE OBJECTIVES:

Successful students will:

1. describe hygiene principles that food service employees should practice.
2. identify industrial types of kitchen equipment and their functions.
3. identify the type of equipment that should be used in preparing large quantity recipes.
4. identify safe methods of cleaning, sanitizing, storing and handling food service equipment.
5. compare and contrast the lunch requirements for a three- to six-year old participant in the Child Care Food program with that of a participant nine and over.
6. demonstrate beginning large quantity food preparation skills.

7. identify, organize, plan and allocate resources.

8. demonstrate cooperative team building skills.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Introduction and Food Preview
 - A. Goals and procedures
 - B. Food Laboratory
 - 1. Large equipment
 - 2. Safety and sanitation
- II. Garnishes and Related Content
 - A. Cutting board
 - B. French knife
 - C. Preparation and service
- III. Snack Foods and Related Content
 - A. Food Guide Pyramid
 - B. Spring scale
 - C. Measuring food ingredients
 - D. Food service mixer
 - E. Preparation and service
- IV. Vegetables and Related Content
 - A. Child nutrition program meal pattern
 - B. Food service range
 - C. Compartment steamer
 - D. preparation and service
- V. Salad Dressings and Related Content
 - A. Food quality through standardized recipes.
 - B. Food service dishwasher
 - C. Preparation and service
- VI. Salads and Related Content
 - A. Chain of foodborne illness
 - B. Reach - in refrigerator
 - C. Preparation and service
- VII. Sandwiches and Related Content
 - A. Food service freezer
 - B. Food service slicer
 - C. Work improvement procedures
 - D. Preparation and service
- VIII. Soups and Related Content
 - A. Steam-jacketed kettle
 - B. Safety practices
 - C. Preparation and service
- IX. Grains and Pasta and Related Content
 - A. Food service oven
 - B. Rice, bulgur and pasta preparation and service
 - C. Gravy and sauce preparation and service
 - D. Insect and rodent control
- X. Meats and Legumes and Related Contents
 - A. Portion control procedures
 - B. Tilting fry pan

- C. Preparation and service
- XI. Fish and Poultry and Related Content
 - A. Manual can opener
 - B. Receiving food and supplies
 - C. Storing food and supplies
 - D. Preparation and service
- XII. Quick Breads and Related Content
 - A. Physical inventory
 - B. Baker's scale
 - C. Preparation and service
- XIII. Yeast Rolls and Related Content
 - A. Proofing cabinet
 - B. First-aid procedures
 - C. Preparation and service
- XIV. Fruit and Related Content
 - A. Energy and water conservation procedures
 - B. Waste and food service garbage disposal
 - C. Meal count and cash report
 - D. Preparation and service
- XV. Vegetarian Diets and Related Content
 - A. Interpersonal skills
 - B. Dietary Guidelines for Americans
 - C. Vegetarian principles and practices
- XVI. Egg and Milk Dishes and Related Content
 - A. Fire control and prevention
 - B. Child nutrition breakfast patterning
 - C. Preparation and service
- XVII. Lunches and Related Content
 - A. Merchandising child nutrition program meals
 - B. Types of school and child care lunch service
 - C. Careers in the Child Nutrition Program
- XVIII. Cultural and Festive Foods and Related Content
 - A. Job search and application procedures
 - B. Job interview and personnel evaluation practices
 - C. Cultural and festive food preparation and service

REQUIRED READING:

California Department of Education, Child Nutrition and Food Distribution Division. Basic Skills/Basic Foods. Sacramento, 1996.

SUGGESTED READING:

None.

REQUIRED WRITING:

Demonstration of skills is more appropriate for this course. Students will maintain a journal which describes each week's lesson in one or two paragraphs.

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.

Students will complete journals, read the text and study for exams.

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

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):

Journal	20%
Skills Demonstrations	60%
Tests	20%

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

Yes No Number of times course may be taken for credit: _____

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

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SIGNATURES ON FILE