

Food Preparation I

CHEF1300 001

Instructor Information

Course Description

This course is designed to develop the fundamental skills necessary to perform as a culinary professional. The student will learn about the materials and techniques necessary for a safe and productive food service establishment.

Prereq: CHEF 1110 w/C grade or better (can be taken concurrently) or valid ServSafe Certificate.

Semester: All

This course is designed as an introduction to the modern professional working kitchen. Through lectures, research and lab work we will learn about the materials and techniques necessary for a safe and productive food service establishment. A focus will be on developing the fundamental skills necessary to perform as a culinary professional.

Course Student Learning Outcomes

- Describe the infrastructure and protocol of a professional kitchen.
- Explain history of the Culinary Arts.
- Define and describe the five primary flavors.
- Demonstrate proper note taking within a laboratory classroom.
- Define, explain and demonstrate Mise en Place.
- Identify and utilize the tools and equipment of the modern kitchen.
- Demonstrate safe knife handling and sharpening techniques.
- Explain and demonstrate proper labeling and rotation guidelines.
- Identify, evaluate quality and explain use of pantry items both perishable and non perishable.
- Demonstrate proper storage of pantry items.
- Define terminology of methods and techniques used in food preparation.
- Define and explain key temperatures and times of food preparation.
- Define and demonstrate safe cleaning and sanitizing procedures of tools and equipment in the laboratory.
- Define and explain food grading and evaluation of food quality.
- Explain safe receiving and storage of pantry items.
- Calculate inventory.
- Define and explain food science terminology.
- Identify, determine quality of and prepare grains both processed and unprocessed.
- Define and explain common dietary restrictions.
- Describe safe, sustainable and professional food procurement business practices.
- Identify and determine quality of edible plants and fungus.
- Define and execute the production of mire poix.
- Demonstrate ability to write and execute a standardized recipe.
- Define and demonstrate various edible plant and fungi food preparations.
- Define, determine quality of and execute the production of vegetarian stocks, soups and sauces.
- Identify and utilize starch thickeners.

- Demonstrate safe receiving and storage of raw or prepared vegetarian foods.
- Define and explain the various types of menus for food service.
- Define and explain the components of an entrée.
- Define and explain common spice blends and aromatic combinations.
- Execute deep fat frying techniques.
- Execute various tuber and root vegetable cooking techniques.
- Identify, evaluate quality and explain use of dairy food items.
- Demonstrate safe receiving and storage of dairy foods.
- Define, describe and execute batters and breading techniques.
- Define and execute cream sauces.
- Execute various egg cooking techniques and evaluate quality.
- Define and execute emulsions.
- Define and execute various pastas, noodles and dumplings.

Course Prerequisites

Students must have ServSafe Certification or passed an NRAEF endorsed ServSafe class with a “C” or better or be concurrently enrolled in the CHEF 1110 Class and CHEF 1300 Class.

Transfer/Certification/Licensure/Employment Information

NA

Communication Plan

- You can contact me during my office hours, Canvas messages, email, or text M-F.
- I will respond to messages within two business days.
- I will offer feedback on major assignments within 48 hours of due date(s).

Course Content Warnings/Trigger Warnings

NA

Keys for Success (how to succeed in the course)

- **Prioritize Safety and Professionalism:** Always stay focused, aware of your surroundings, and respectful of coworkers, equipment, and the craft. Adhere to safety protocols, maintain proper hygiene, and avoid distractions in the kitchen to create a secure learning environment.
- **Be Prepared and Engaged:** Come to each class with the required uniform, tools, and materials. Actively participate by asking questions, taking notes, and contributing to discussions during both lectures and labs.
- **Practice Consistently and Manage Time:** Regularly practice cooking techniques outside of class to reinforce skills and efficiency. Plan and organize your schedule effectively to balance study, lab preparation, and assignments.
- **Attention to Detail and Clear Communication:** Follow recipes and instructions meticulously, focusing on consistent quality and safety. Communicate clearly and collaborate effectively with classmates to share knowledge and complete tasks. Follow through on your daily kitchen/lab setup and cleaning duties.
- **Demonstrate Efficiency and Teamwork:** Work with a sense of urgency to complete assignments on time while maintaining quality standards and safety protocols. Collaborate respectfully with peers, embracing diverse perspectives and contributing to a productive team dynamic.

Required Text or Materials

Title: On Cooking

ISBN: 9780134441900

Authors: Sarah R. Labensky, Alan M. Hause, Priscilla Martel

Publication Date: 2018-01-01



For more information on textbook accessibility, contact Accessibility & Disability Services at ads@slcc.edu.

Assignment Schedule

Due Date	Assignment Name	Assignment Type	Points
	Equipment Safety Sign Off Sheet	Assignment	100
	Introduce Yourself	Discussion	0
	Introduce Yourself - Discussion Board	Discussion	100
	Roll Call Attendance	Assignment	100
	Upload ServSafe Certificate or Utah Food Handlers Permit *UNLESS YOU ARE CURRENTLY ENROLLED IN THE SANITATION SERVESAFE COURSE	Assignment	100
9/15	Professionalism (Ch 1)	Quiz	100
9/15	Tools & Equipment (Ch 5)	Quiz	100

Due Date	Assignment Name	Assignment Type	Points
9/29	Knife Skills (Ch 6) & Mise en Place (Ch 9)	Quiz	70
9/29	Potatoes, Grains & Pasta (Ch 23)	Quiz	120
9/29	Principles of Cooking (Ch 10)	Quiz	115
9/29	Stocks & Sauces (Ch 11)	Quiz	100
9/30	Mise en Place (Recipe: Rice Pilaf)	Assignment	60
10/9	Midterm Practical Exam	Assignment	400
10/9	Midterm Practical Exam Prep List	Assignment	100
10/11	CHEF 1300 FP1 MIDTERM - WRITTEN/CANVAS	Quiz	250
11/20	Oral Presentation: Culinary Media/Book Report	Assignment	100
11/29	Soup, Eggs & Plants (Ch. 12, 21, & 22)	Quiz	100

Brief Description of Assignments/Exams

In this culinary arts lecture/lab course, focused on fundamental hands-on cooking practices, assignments are designed to build essential skills for the modern professional kitchen. Practical assignments include developing knife skills, executing fundamental

cooking techniques, and preparing specific recipes under timed conditions to develop proficiency.

Tests include practical exams that require students to demonstrate proficiency in core cooking techniques, follow standard recipes, and effectively manage their time within a set timeline. Written exams and quizzes may cover foundational knowledge such as kitchen terminology, ingredient identification, food safety protocols, and culinary theory, all aimed at preparing students for the demands of a modern, fast-paced professional kitchen.

Grading Scale

A	94-100%	B-	80-83.9%	D+	67-69.9%
A-	90-93.9%	C+	77-79.9%	D	64-66.9%
B+	87-89.9%	C	74-76.9%	D-	60-63.9%
B	84-86.9%	C-	70-73.9%	F	59.9% or less

How to Navigate to Canvas

Institutional Policies

As members of our academic community, we would like to invite you to review the Institutional Syllabus which covers important policies and procedures. This document contains important links for students on the code of student rights and responsibilities, academic integrity, and grading policies, Title IX and other important acknowledgements. By familiarizing yourself with this information, you can help us create a safe and respectful environment for everyone.

You can access the document by clicking on the following link:

<https://slcc.instructure.com/courses/530981/pages/institutional-syllabus>

Learning Support and Tutoring Services

We are pleased to offer a range of tutoring and learning support services to help you achieve your academic goals. Whether you need assistance with a specific subject or want to improve your study skills, you have many options for tutoring or other support.

To learn more about the services we offer and how to access them, please visit the Institutional Syllabus under the Tutoring and Learning Support tab: <https://slcc.instructure.com/courses/530981/pages/institutional-syllabus>. We encourage you to take advantage of these resources to help you succeed in your studies. If you have any questions or would like to schedule a tutoring session, please don't hesitate to reach out to us. We are here to support you in any way we can.

Advising and Counseling Support Services

At our institution, we are committed to supporting your academic and personal growth. That's why we offer a range of advising and counseling services to help you navigate the challenges of college life. To learn more about the resources available to you and how to access them, please visit the Institutional Syllabus under the Advising and Counseling Support Services tab: <https://slcc.instructure.com/courses/530981/pages/institutional-syllabus>. Our advising team and the support centers across campus are here to support you in achieving your goals and overcoming any obstacles you may face.

Student Academic Calendar

As students you should be aware of all important dates in the semester, such as the day that courses begin and end, as well as the drop date and the last day to withdraw. To learn more about those dates, navigate to the Student Academic Calendar below:

[SLCC Student Academic Calendar](#)

Additional Policies

Student Uniform Policy

Chefs will inspect uniforms at the beginning of each lab class. Students not in compliance will be asked to correct the issue and return to class.

Required Clothing:

The following apparel must be clean, wrinkle-free, and in good repair: No holes, no tears, hemmed properly, and no frayed edges.

Chef Pants - Basic baggy black chef pants.

Chef Jacket - Embroidered, white, double-breasted, completely buttoned at all times. Only clean tee shirts or long sleeves are permitted under the jacket.

Shoes - Must be a sturdy, closed-toe, and solid black color. The sole is to be non-slip, non-scuffing, and the heel no higher than 1 ½ inches.

Undergarments and socks - Worn at all times.

Hat - White commis/skull cap. Optional, a black cap may be worn once a student completes 30 credits as a recognition of their efforts. No other type at any time.

Apron and two side towels – CLEAN white apron to be worn at knee length.

Required Tools

9" chef's knife

Swivel Peeler – plastic handle

6" boning knife

3" pairing knife

10" steel

Pocket thermometer

8" offset serrated bread knife

Knife roll – 7 pockets