

# Food Preparation I

CHEF - 1300 001

## Course Description

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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

## Course Student Learning Outcomes

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- Explain the history of the Culinary Arts.
- Describe the infrastructure and protocol of a professional kitchen.
- Identify and demonstrate the safe use of the tools and equipment in the modern kitchen.
- Demonstrate professional communication practices of the professional kitchen.
- Identify, evaluate, and describe the various common ingredients of the modern professional kitchen and their use.
- Explain and demonstrate the safe handling and preparation of various common kitchen ingredients.
- Define and execute the procedure of common stocks and sauces in the modern professional kitchen.

- Demonstrate the principles of foundational cooking techniques as applied to plants, starches, mother sauces, and breakfast items.

## Course Prerequisites

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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

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NA

## Engagement Plan

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Example language:

- I will respond to email within two business days. I will offer feedback on major assignments on the day after the due date. The best way to contact me is via the Canvas Inbox, as I will prioritize this email over other modes of communication.
- In this course I will be posting interactive announcements which will offer specific opportunities for class questions and extra credit every other week.
- Additionally, I will be participating in the discussion forums with you to share my perspective within the discipline and to offer some nuances of interpretation that may not be present in your textbook.
- Lastly, we'll be holding small group Q & A sessions, where we can learn from our peers (and faculty) on some of the more difficult units within the course.

## Keys for Success (how to succeed in the course)

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1. Be respectful to your coworkers, equipment, and craft.
2. Pay attention to the risks around you. Maintain focus and awareness. Be present. Safety 1st.

3. Communicate clearly.
4. Come prepared. Proper hygiene. Take notes. Be ready to perform.
5. Do not distract fellow peers while observing demonstrations.
6. Sense of urgency. Complete assignments in a timely manner.

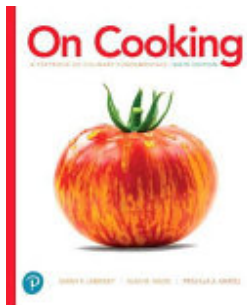
## Course Content Advisory

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NA

## Required Text or Materials

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**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](mailto:ads@slcc.edu).

## Brief Description of Assignments/Exams

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This syllabus contains the policies and expectations that have been established for this course. It is my intent that these policies and expectations will create, promote and foster a safe, productive, and mutually beneficial learning environment for all students from diverse backgrounds and perspectives. In this inclusive learning environment where diverse perspectives are recognized, respected, and seen as a source of strength, students will be well served. The materials and activities presented will be mindful of diversity, including but not limited to gender and gender identity, sexuality, disability, age, socioeconomic status, ethnicity, national origins, race, religion, and culture. Learning needs will be addressed both in and out of class, and the diversity that students bring to this class be viewed as a resource, strength, and benefit.

Should you have any concerns or anxieties regarding the coursework, please bring them to my attention immediately. Students who have a disability or other condition requiring modifications are also urged to discuss their needs with me. Your suggestions are encouraged and appreciated. Please let me know ways to develop the effectiveness of the course for you personally or for other students or student groups. In addition, if any of our class meetings conflict with your religious events, please let me know so that we can plan for accommodation.

## Assignment Schedule

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Due Date	Assignment Name	Assignment Type	Points
	<a href="#">End of Semester Maintenance/Cleaning.</a>	Assignment	100
	<a href="#">Equipment Safety Sign Off Sheet</a>	Assignment	100
	<a href="#">Introduce Yourself</a>	Discussion	0
	<a href="#">Introduce Yourself</a>	Discussion	0
	<a href="#">Introduce Yourself</a>	Discussion	0
	<a href="#">Introduce Yourself</a>	Discussion	0
	<a href="#">Knife Skills (Ch 6) &amp; Mise en Place (Ch 9).</a>	Quiz	70
	<a href="#">Midterm Practical Exam Prep List</a>	Assignment	100
	<a href="#">Oral Presentation: Culinary Media/Book Report</a>	Assignment	100
	<a href="#">Potatoes, Grains &amp; Pasta (Ch 23).</a>	Quiz	120

Due Date	Assignment Name	Assignment Type	Points
	<a href="#">Principles of Cooking (Ch 10).</a>	Quiz	115
	<a href="#">Roll Call Attendance</a>	Assignment	100
	<a href="#">Soup, Eggs &amp; Plants (Ch. 12, 21, &amp; 22).</a>	Quiz	100
	<a href="#">Stocks &amp; Sauces (Ch 11).</a>	Quiz	100
	<a href="#">Tools &amp; Equipment (Ch 5).</a>	Quiz	100
9/3/25	<a href="#">Introduce Yourself - Discussion Board</a>	Discussion	100
9/3/25	<a href="#">Professionalism (Ch 1).</a>	Quiz	100
9/3/25	<a href="#">Upload ServSafe Certificate or Utah Food Handlers Permit *UNLESS YOU ARE CURRENTLY ENROLLED IN THE SANITATION SERVESAFE COURSE</a>	Assignment	100

## 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

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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.

For more information, navigate to the Institutional Policies tab on the [Institutional Syllabus](#) page.

## Learning Support and Tutoring Services

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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, visit the [Institutional Syllabus](#) page under the Tutoring and Learning Support tab. 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

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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, visit the [Institutional Syllabus](#) page under the Advising and Counseling Support Services tab. 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

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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](#)

## Attendance Policy

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Regular and prompt attendance is expected in all classes. Regular attendance and consistent study habits are necessary for success in college. Faculty members have the prerogative of lowering grades for excessive absence. Five or more unexcused absences will result in a failing grade.

Regular classroom attendance is not only an essential ingredient for academic achievement but is also a fundamental building block for success in the hospitality industry after graduation.

In the event of an absence, it is the student's responsibility to obtain the information missed by meeting with the Instructor. If the student is absent from class, points may be lost in one or all the days' grading criteria, depending on the day's lesson plan. The student should check with their instructor immediately following an absence to obtain any necessary information.

### EXCUSED ABSENCES

The following are considered excused absences. In the instance of one of these excused absences, the documentation required is outlined below. All documentation must be presented to the faculty member.

- Death in the immediate family requires the bulletin from the service and indication of family relatedness.
- Sudden severe personal/family illness requires an email or note from a treating physician.
- Catastrophic accident requires an agency (police, fire, etc.) report with identifying information highlighted.
- College-related activity requires prior permission granted by the program coordinator. Prior permission is defined as at least twenty-four hours before the

college-related activity is to take place.

- Severe snow days verified by SLCC weather info (801-957-4636). If the college is open and classes are running, students are expected to be in class. In the case of students traveling from a distance, severe snow days required verification by media and highway reports. If clearing is midday, students are expected to attend classes scheduled after the storm is over. Students must provide the faculty method to obtain information about closed roads, etc.
- Students may have a maximum of 3 excused absences per semester. The 4th excused absence will result in a Letter of Concern.

## UNEXCUSED ABSENCES

- Any other absences not clarified above are considered unexcused. Notification to the instructor is still required; however, simply because the instructor is notified does not constitute an excused absence.
- Lateness to externship and leaving early is considered an unexcused absence. Being late/leaving early is defined as any time after the indicated internship start time or before is scheduled to end (including break times). If circumstances are unavoidable and a student will be late or leave early, the student is expected to contact the course instructor by phone or email prior to the start of class—30 minutes prior to externship is expected. (This still may be considered an unexcused absence).

## Additional Policies

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### **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 - White, double-breasted, long-sleeved, and completely buttoned at all times. Only clean tee shirts or long sleeves are permitted under the jacket.

Shoes - Must be sturdy, closed-toe, and solid 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

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9" chef's knife

Swivel Peeler – plastic handle

6" boning knife

3" pairing knife

10" steel

Pocket thermometer

Corkscrew

8" offset serrated bread knife

Knife roll – 7 pockets