

Bossier Parish Community College
Master Syllabus

Course Prefix and Number: CULA140

Credit Hours: 7-0-12

Course Title: Food Preparation Fundamentals

Prerequisites: CULA 120

Course Description: Students will learn fundamentals of baking science, production of rolls, folded dough, pies, cookies, breads, cakes, icings, creams, tortes, and meringues. Emphasis is placed on the principles of baking, chemistry, formulas, the use of weights and measures, and identification of equipment. Whole dessert presentations and creative plate presentations are also emphasized. Principles of meat, vegetable and breakfast cookery are also explored.

Text: On Cooking, 6th Edition, Labensky. Pearson. ISBN: 9780134872773.

Learning Outcomes:

At the end of this course the student will be able to:

- A. Identify and prepare canapé's and hot and cold hors d'oeuvre;
- B. Identify and prepare hot and cold sandwiches;
- C. Identify and prepare a variety of beverages, including coffees and teas;
- D. Identify and prepare breakfast meats, eggs, cereals and battered products;
- E. Define baking terms and identify equipment and utensils used in baking;
- F. Identify ingredients used in baking and describe properties and list the functions of various ingredients;
- G. Demonstrate proper scaling and measurement techniques;
- H. Apply basic math skills to recipe conversions;
- I. Prepare yeast dough, quick breads, pies, cookies, cakes and icings;
- J. Prepare a variety of types of cakes and describe techniques used in mixing, panning, baking and basic decorating;
- K. Prepare laminated dough's;
- L. Prepare Choux pastries;
- M. Prepare the three basic meringue types;
- N. Prepare creams, custards, puddings and related sauces;
- O. Prepare a variety of dessert sauces;
- P. Identify and prepare different types and cuts of meat, poultry and seafood;
- Q. Identify and prepare charcuterie and garde manger items; and
- R. Identify and prepare different types of vegetables, potatoes, grains and pasta.

To achieve the learning outcomes, the student will or will be able to:

(The letter designations at the end of each statement refer to the learning outcome(s).)

1. Identify and explain baking terms, ingredients and tools and discuss proper use and care of equipment (E, F);
2. Employ safe food handling practices (A, B, C, D, I, J, K, L, M, N, O, P, Q, R, S);
3. Scale and measure ingredients (G);
4. Prepare quick-breads (I);

5. Produce a variety of types of pies and tarts (I);
6. Produce a variety of types of cookies (I);
7. Prepare crusty, soft and specialty baked products (I, K, L);
8. Prepare a variety of breakfast foods and beverages (C, D);
9. Discuss basic principles of baking (E, F, I, J, K, L, M, N, O);
10. Demonstrate dough formulas and techniques (I, J, K, L);
11. Demonstrate basic icing and decorating techniques (I, J);
12. Prepare a variety of pies, pastries, meringues and fruit desserts (I, L, M, N, O);
13. Prepare a variety of Creams, custards, puddings, frozen desserts and sauces (M, N, O);
14. Describe the composition and structure of meats (P);
15. Define terms related to meat specifications (P);
16. Explain the aging, curing and smoking of meats (P);
17. Describe various cooking methods of meats and degree of doneness (P);
18. Demonstrate techniques to include: trussing, carving and cutting various types of meats (P);
19. Select fabricated cuts (P);
20. Demonstrate various cooking methods of meats and degree of doneness (P);
21. Demonstrate how to prepare sausages and cured foods, pâté's terrines and other cold foods (Q);
22. Compare the composition, structure and basic quality factors of meat and game (P);
23. Compare and contrast poultry and game birds (P);
24. Describe various cooking methods for poultry and game birds (P);
25. Describe types of fish and shellfish (P);
26. Discuss cooking fish and shellfish (P);
27. Describe varieties of vegetables (R);
28. Demonstrate a variety of cooking techniques for vegetables(R);
29. Discuss the preparation of potatoes, rice and other grains, pasta and dumplings (R); and
30. Discuss sandwich and hors d' oeuvres varieties and preparations (A, B).

Course Requirements:

- To pass the course, student must achieve a course average of 70% or above.
- Students must have access to a computer (not mobile device), Microsoft Office, and the Internet to complete the assignments. Computer, software, and the Internet are available to students on campus during scheduled computer lab times and in the Learning Commons located in the BPCC Library.
- Students are required to use BPCC's LMS and are encouraged to use the BPCC Library to research topics and employment opportunities.

Course Grading Scale:

- A = 90 - 100
- B = 80 - 89
- C = 70 - 79
- D = 60 - 69
- F = 0 – 59

Attendance Policy:

Each student is expected to attend class regularly; excessive unexcused absences constitute

grounds for suspension. Refer to the student handbook for [Attendance Policy](#).

Course Fees: This course is accompanied with an additional non-refundable fee for supplemental materials, laboratory supplies, software licenses, certification exams and/or clinical fees.

Nondiscrimination Statement: Bossier Parish Community College does not discriminate on the basis of race, color, national origin, gender, age, religion, qualified disability, marital status, veteran's status, or sexual orientation in admission to its programs, services, or activities, in access to them, in treatment of individuals, or in any aspect of its operations. Bossier Parish Community College does not discriminate in its hiring or employment practices.

Coordinator for SECTION 504 AND ADA

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Equity/Compliance Coordinator

Teri Bashara, Director of Human Resources

Human Resources Office, A-105

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Bossier City, LA 71111

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