

Bossier Parish Community College
Syllabus

Course Prefix and Number: CULA 120

Credit Hours: 6

Course Title: Food Preparation Principles

Textbook: On Cooking, 5th Edition, by Labensky, Hause, Martel, 2015

Course Description: Food Preparation lays a solid foundation of practical basic cooking skills and knowledge prerequisite to the fundamental development of any professional culinarian. The course is an entry level requirement and essential component of the culinary curriculum. The course will require a demonstration of knowledge of the effects of heat on foods, heat transfer and cooking times, as well as skills in grilling, frying, broiling, sautéing, steaming, poaching, recipe conversion, and salad preparation. Students will focus on stocks, soups, the five basic “Mother” sauces, thickening agents, reductions, and glazes.

Learning Outcomes:

At the end of this course, the student will:

- A. demonstrate knife skills, hand tool and equipment operation;
- B. demonstrate how to read and follow a standard recipe and outline the procedure for writing a standard recipe;
- C. demonstrate various cooking methods to include; roasting and baking, broiling and grilling, griddling, sautéing, frying, and deep frying, boiling, steaming, poaching, braising and stewing;
- D. utilize standard weights and measures to demonstrate proper scaling and measurement techniques;
- E. identify and use herbs, spices, oils and vinegars;
- F. identify and prepare meats, seafood, poultry, stocks, soups, sauces, fruits, vegetables, starches, farinaceous items, salads and salad dressings;
- G. prepare written requisition for recipe.

To achieve the learning outcomes, the student will:

- 1. demonstrate approved measuring techniques (A), (D);
- 2. show proficiency in dry and moist heat cooking methods (C), (E),(F);
- 3. implement professional standards in food preparation (A), (B), (C),(D);
- 4. demonstrate skill in knife, tool and equipment handling (A),(C),(D);
- 5. identify and use utensils, pot and pans (A), (C),(F);
- 6. apply principles of food handling and preparation. (B),(C),(E),(F),(G);
- 7. produce a variety of food products (B),(E),(F),(G);
- 8. discuss the structure and use of the recipe. (B);
- 9. explain the effects of heat on foods (C),(F),(G);
- 10. discuss heat transfer and cooking times (C),(F),(G);

- 11. define cooking terminology (B),(C),(E),(F),(G);

12. demonstrate the art of seasoning and flavoring (C),(E),(F);
13. demonstrate planning and organizing production (B),(C),(D),(F);

Course Requirements:

1. Students are required to use BPCC's My Culinary Lab and are encouraged to use BPCC Library to research culinary topics and employment opportunities.
2. Complete course assignments as outlined by instructor.

Course Grading:

- A. Letter grades will be assigned based on the ten point grading scale:
90- 100 = A
80- 89 = B
70- 79 = C
60- 69 = D
0- 59 = F
- B. Instructors will give at least four major tests. The last test will be a comprehensive final examination.
- C. Instructors may give unannounced quizzes and/or grade homework assignments.

Attendance Policy: The college attendance policy is available at <http://www.bpcc.edu/catalog/current/academicpolicies.html>

Course Fees: This course is accompanied with an additional fee for supplemental materials.

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.

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