CUA120 Basic Cooking Principles Syllabus

Course Information
Credits 5
Campus Washburn Institute of Technology
Address 5724 SW Huntoon
City/State/Zip Topeka, Kansas 66604
Office Fax 785-273-7080

Description
This course covers the most basic and some of the most important concepts in culinary arts profession. This course is a prerequisite for all later courses in the program. Upon completion of the student will have full vocabulary of cooking terminology and be able to identify the moist and dry heat methods of heat transfer as well as how equipment and materials provide heat and affect the cooking process. The student will be able to identify the components of recipes as well as how to read, interpret, price, and convert them. The student will be capable of utilizing the various ways product in the kitchen are measured and portioned along with the economic ramifications of proper implementation of these skills. Topics also include menu design and the factors involved in it along with the basic nutritional considerations and terminology that relate to it. Students also will be conversant on kitchen organization, prioritization of tasks, and time management in the face of deadlines. Students will use basic preparation tasks and knife skills. This course includes lecture, demonstration, and lab opportunities to apply knowledge and skills in food preparation.

Textbooks

Student Learning Outcomes:
A. Demonstrate responsible work ethics.
B. Communicate effectively.
C. Integrate technology.
D. Learn effectively.
E. Demonstrate cooperative/teamwork skills.
F. Apply safety.
G. Think creatively.

Competencies
1. Apply safety and sanitation principals while preparing food.
2. Use and maintain common commercial/institutional food preparation, storage, and cleaning equipment.
3. Use and maintain appropriate knives for given tasks.
4. Develop and use a working vocabulary of terms used in the professional kitchen.
5. Classify the methods of heat transfer.
6. Identify the effects of heat on food components (proteins, carbohydrates, fiber etc...)
7. Define the various moist and dry heat cooking methods used in food preparation.
8. Differentiate basic menu types and applications.
9. Explain the importance of balance and variety in menu offerings.
10. Define the function and limitations of a standardized recipe
11. Synchronize food production time within and between recipes.
12. Use the various methods of measurement common to food preparation.
13. Define the categories of nutrients and their functions.
14. Determine the amount of calories supplied by caloric nutrients.
15. Define the components of a balanced diet.
16. Define the types of vegetarian diets, and identify ways of complying with them.
17. Explain the importance of mise en place and identify the factors involved it.
18. Utilize common to kitchen preparation techniques.

Guidelines for Success

Assessment Plan
Assessment is an integral part of the educational process at Washburn Tech and accurate feedback is an important tool in continuously improving the institution’s technical programs. Students can expect to participate in assessment activities prior to entry into programs, within specific courses and following program completion for specific fields of study.

Grading Rationale:

Students will be assessed over all chapters covered in the class texts. These assessments represent 50% of the overall grade. The other 50% of the grade results from the students' timely completion of workbook assignments along with any quiz and prep sheet grades (20%), and their daily participation grade (30%). The daily participation grade consists of the student receiving 2 points per day.

Points may be subtracted from the total for being absent, tardy, or missing from class without permission, inappropriate behavior, or simply not participating as assigned. More than 2 points per day may be deducted, at the instructor's discretion.

At the end of each semester, a written general knowledge exam will be given to assess fundamental knowledge in food preparation. Any student not passing this exam (C or better) will receive a D in the final (3 credit or more) course of that semester. A minimum grade point average of 2.0 must be maintained along with an attendance rate of at least 90%, for continued participation in the culinary arts program or to receive a certificate of completion in the program.

Grading Scale
Above 90% = A
80 - 90% = B
70 - 80% = C
60 - 70% = D
Below 60% = F
**Attendance**
Attendance is tracked over the course of the entire program, with only eight hours of attendance may be made up for any reason throughout the program. Hours of attendance are based on complete hours of attendance; after the two (10 minute or less) allowed tardies, any tardy or portion of an hour missed counts as a complete hour of attendance missed. Any student missing from class without permission will be counted absent for that hour. Workbook assignments may ONLY be made up by the student contacting the instructor on the day they return to school after missing an assigned workbook day and showing the instructor their completed workbook. Missed tests must be made up during the course in which they occur.

**Disability**
The Special Support Services (SSS) Office is responsible for assisting in arranging accommodations and for identifying resources at Washburn Institute of Technology for persons with disabilities. Qualified students with disabilities MUST register and provide documentation with the office to be eligible for services. New requests for accommodations should be submitted two months or more prior to the date services should begin; however, contact the SSS Office as soon as a need may arise. Depending on the accommodation request, four to eight week lead time may be needed for timely and effective provision of services. SSS coordinates and assist in arranging services it deems appropriate of eligible students on a case-by-case basis.

If you are a student with a disability that may substantially limit your ability to participate in this class and believe you will need accommodations, it is your responsibility to contact:

**Special Support Services Coordinator**  
Phone: 785-228-6356  
E-Mail: ssscoordinate@washburntech.edu