



Culinary Arts Program Syllabus

Organization Washburn Institute of Technology

Program Number 12.0505

Instructional Level Certificate

Target Population

Grades 11 & 12
Post-secondary

Description

This program prepares students to serve under the supervision of chefs and other culinary professionals. Instruction includes culinary math, food safety, and sanitation, use and care of equipment, food preparation, and cooking skills. Students will develop other essential skills including baking, purchasing, menu planning, introduction to restaurant supervision and management, and the exploration of international cuisines. Upon graduation students will have the skills and confidence to be a productive member of any restaurant team.

Entry Requirements

WorkKeys®	Applied Math	Level 4
WorkKeys®	Reading for Information	Level 4

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.

Student Learning Outcomes

- A. Communicate effectively.
- B. Integrate technology.
- C. Learn effectively - use academics effectively.
- D. Demonstrate cooperative/teamwork skills.
- E. Apply safety.
- F. Think critically and creatively.

- G. Demonstrate responsible work ethics.

Program Outcomes

- A. Demonstrate proper safety and sanitation methods and standards in the commercial production of food.
- B. Identify and operate standard commercial food preparation equipment.
- C. Distinguish varying types of menus and their appropriate use.
- D. Demonstrate a teamwork approach to commercial food preparation.
- E. Plan and organize food preparation by the most efficient methods available.
- F. Show an understanding of the composition, structure, and market terminology of meats, poultry, fish, shellfish, and vegetables.
- G. Display a basic understanding of various diets.
- H. Choose the appropriate cooking technique for each recipe and execute it.
- I. Demonstrate usage of baker's percentages and bakery formulas.
- J. Provide appropriate and responsive service to customers.
- K. Apply cash and inventory control methods.
- L. Implement food, beverage, and labor cost control concepts.
- M. Develop career planning and job search skills.
- N. Develop personal financial and time management skills.
- O. Demonstrate basic math and reading skills needed in the industry.

Course #	Course Title	Credit Hours	Required
CUA100	Culinary Math	4	Yes
CUA110	Sanitation/Safety	3	Yes
CUA120	Basic Cooking Principles	5	Yes
CUA130	Food Prep I	6	Yes
CUA135	Food Prep II	6	Yes
CUA215	Food Prep III	5	Yes
CUA230	Food Prep IV	3	Yes
CUA240	Baking Principles I	4	Yes
CUA235	International Cuisine	4	Yes
CUA245	Baking Principles II	4	Yes
CUA210	Basic Mgmt Skills	3	Yes
CUA220	Workplace Skills	1	Yes
CUA250	Culinary Arts OJT	3	No

Program Course Descriptions

CUA110 Culinary Math (4 credits)

This course develops students' math skills that are vital to the food service industry. These skills include working with conversions of weights, measuring and calculating food cost, portion costs, labor control, and portion control which are all vital skills in becoming a great chef.

CUA110 Sanitation/Safety (3 credits)

This course covers sanitation and food safety by instructing the students on the regulations imposed by the State of Kansas Food Code that must be followed during the production of food for consumption by the public. It is a prerequisite to all other courses in the culinary arts program. Successful completion of the course will provide the student with methods of controlling the spread, growth, and elimination of bacteria and other food borne pathogens, as well as controlling physical contamination threats to foods. The student will also be able to perform safely in all areas of kitchen operations including the lifting and transporting of food and equipment, and have an awareness of safely handling hazardous materials along with knowledge of fire awareness, suppression, and avoidance, as well as avoidance of burns and lacerations. Safe equipment operation, maintenance, and cleaning are explained and no student is allowed to operate any power equipment until having its operation demonstrated by the instructor. Proper knife selection and handling is explained and demonstrated by the instructor. Sanitation and safety are continually brought by and related to current activities throughout the length of the program.

CUA120 Basic Cooking Principles (5 credits)

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.

CUA130 Food Prep I (6 credits)

This course presents relevant information and training about standard commercial and institutional food preparation as it relates to the preparation of stocks, sauces, soups, and red meats. Upon completion, the student will be able to identify the ingredients and methods of production of stocks, reductions, and glazes. They will be capable of classifying and preparing sauces, thickening agents used, sauce families, production methods, finishing techniques, and producing and classifying soups. The student will understand the composition, structure, and quality factors involved in utilizing red meats. Topics such as the basic cuts available and carcass structure, as well as selection of the various market forms available and an overview of cooking methods as it relates to tenderness and methods of determining doneness of meats will be explored. This course includes lecture, demonstration, and lab opportunities to apply knowledge and skills in food preparation.

CUA135 Food Prep II (6 credits)

This course presents relevant information and training about standard commercial and institutional food preparation as it relates to the understanding and preparation of poultry, seafood, and vegetables. Upon completion, the student will be conversant in the composition and classification of poultry, seafood, and vegetables. The student will be able to properly handle, butcher, prepare, and determine doneness of these products. This course includes lecture, demonstration, and lab opportunities to apply knowledge and skills in food preparation. This is a 6 credit hour intermediate level course consisting of 45 hours of classroom work and 90 hours of lab experience.

CUA215 Food Prep III (5 credits)

This course presents relevant information and training relating to commercial and institutional preparation of vegetables, potatoes, legumes, pastas, and other starches, along with salads and dressings. The student will be able to use various preparation methods in order to control changes in the color, flavor, texture, and nutritional content of these products. Topics included are the vegetarian diet as well as the preparation of the various types of salads, dressings, and the types of emulsions involved in preparing them. This course includes lecture, demonstration, and lab opportunities to apply knowledge and skills in food preparation.

CUA230 Food Prep IV (3 credits)

This course presents relevant information and training relating to commercial and institutional preparation of sandwiches, hors d'oeuvres, breakfast preparations, and dairy and cheese products. The student will be able to prepare various common types of sandwiches and canapés, cocktails, relishes, and dips using typical methods. The student will also be able to prepare egg products and custards, dairy and cheese products, and breakfast beverage preparations. This course includes lecture, demonstration, and lab opportunities to apply knowledge and skills in food preparation.

CUA240 Baking Principles (4 credits)

This course presents relevant information and training relating to commercial preparation of bakery products and ingredients used. This includes discussion of baking formulas and baking percentages. Dough and batter mixing and the information of gluten are covered along with the baking process. Primary ingredients and their use in the bake shop are examined. An initial look at bakery production is made through examining artisan and sour dough breads and the production of lean and rich dough yeast breads.

CUA235 International Cuisine (4 credits)

This course gives students the opportunity to learn about other countries and cuisines from around the world. Students will investigate imports and exports, produce indigenous foods, and apply new cooking techniques from a variety of countries around the world.

CUA245 Baking Principles II (4 credits)

This course presents relevant information and training relating to commercial and institutional preparation of bakery products and ingredients used. This includes the preparation of quick breads, syrups, creams, sauces, pies, pastries, tarts, cakes, cookies, and decorative sugar and chocolate pieces.

CUA210 Basic Management Skills (3 credits)

This course introduces the student to the nature of food service management philosophy. It gives the student an overview of management goals in the industry. Cost and sales concepts are discussed along with control processes. Cost, volume, and profit relationships are also examined along with customer service concepts are examined as well. Students will have hands-on experience with scheduling, conducting inventory, along with menu development and costing.

CUA220 Workplace Skills (1 credit)

This course utilizes Key Train software to assist in advancement of knowledge. A Level 4 in Applied Math and Reading for Information and a Level 3 in Locating Information Work Keys assessments are required prior to exiting the program. Students will also be required to attend seminars provided through the Career Resource Center. Seminar which includes interview techniques, developing and preparing a resume, completing job applications, ethics, and teamwork.

CUA250 Culinary Arts OJT (3 credits) OPTIONAL

On-the-Job Training (OJT) is an elective course for a student to work at a job site to apply skills and knowledge acquired in the program. A student is eligible for OJT only upon completion of all the program competencies, 90% attendance throughout the program, all expenses paid to the school, completion of the institution exit assessment, and agreement completed with an employer. If a student does not comply with the attendance and job performance expectations of the employer, the student will be required to return to the program. This is a pass/fail course.

ADA Notification Statement and Disability Services:

The Testing/ADA Coordinator office is responsible for assisting in arranging accommodations and for identifying resources at Washburn Tech 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 by contacting the Testing/ADA Coordinator's office as soon as a need may arise. Depending on the accommodation request, four to eight weeks lead time may be needed for timely and effective provision of services. Testing/ADA Coordinator coordinates and assists in arranging services it deems appropriate for 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: gloria.christian@washburn.edu

Washburn University [prohibits discrimination](#) on the basis of race, color, religion, age, national origin, ancestry, disability, sex, sexual orientation, gender identity, genetic information, veteran status, or marital or parental status. The following person has been designated to handle inquiries regarding the non-discrimination policies: Dr. Pamela Foster, Equal Opportunity Director/Title IX Coordinator, Washburn University, 1700 SW College Ave, Topeka, Kansas 66621, 785.670.1509, eodirector@washburn.edu

