



FSS 1202L Food Production 1

Course Description: This course is an introductory kitchen lab experience in which students will be provided hands-on orientation to tools, equipment, recipe production, measurements, knife cut techniques and basic cooking procedures. Students will practice classic cooking methods, product identification and the functions of the production kitchen in a "green" team environment.

Course Competency	Learning Outcomes
<p>Competency 1: The student will be able to identify food products, kitchen equipment and food preparation techniques by:</p>	
<ol style="list-style-type: none"> 1. Demonstrating classic knife skills, hand tool and equipment operation. 2. Identifying and using utensils, stoves, mixers, ovens and basic kitchen equipment. 3. Identifying food products including herbs, spices, meats, seafood, poultry, meats, cheeses, legumes and vegetables. 4. Utilizing standard weights and measures and demonstrating proper scaling and measurement techniques. 5. Evaluating the quality of sauted, fried, poached, steamed, grilled, roasted and braised food products. 6. Understanding the function and importance of the green principals and technologies used in the facilities. 7. Identifying industry standard plate presentations and food styling. 	
<p>Competency 2: The student will be able to apply the principles of safety in the kitchen by:</p>	

<ol style="list-style-type: none"> 1. Demonstrating safe knife skills, equipment operation and maintaining emergency first aid equipment and/or supplies. 2. Demonstrating CPR techniques and procedures. 3. Documenting details of an emergency procedure. 4. Utilizing and updating material safety data sheets. 5. Understanding the proper procedures for requesting fire, police, and emergency medical services as needed. 6. Practicing appropriate personal appearance and attitude. 7. Demonstrating effective communications in the kitchen between the chef and students. 	
<p>Competency 3: The student will learn basic food preparation and cooking techniques by:</p>	
<ol style="list-style-type: none"> 1. Demonstrating problem solving, critical thinking and decision making strategies in the kitchen. 2. Identifying the primary components of a recipe, standardized recipe and recipe conversions utilizing industry standard software. 3. Preparing a variety of proteins using saute, braising, poaching, roasting, stewing, grilling and steaming cooking methods. 4. Evaluating the quality of herbs, spices, oils, vinegar, condiments, marinades, and rubs. 5. Preparing stocks, mother sauces, small sauces, and soups. 6. Preparing a variety of fruits, vegetables, starches, legumes and grains using the basic cooking methods. 7. Prepare a variety of sandwiches, breakfast foods and salads. 	