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| --- | --- |
|  | High School Connections |
| College Now ● RTEC Expanded Options ● Pathways |
| Lane community College |
| 4000 East 30th Ave Eugene, OR 97405 |
| Phone: 541.463.5521 Fax: 541.463.4734 |

|  |  |  |
| --- | --- | --- |
| First Name | Last Name | Submission Date |
| First Name | Last Name | Submission Date |
| High School | Phone Number | Email |
| High School | Phone Number | Email |
| Address | | |
| Address | | |

# Culinary Arts and Hospitality Management classes that articulated will be evaluated on the following criteria:

**CA 160 Introduction to Cooking Fundamentals (6 Credits):**

* Professional Qualifications of the Instructor/Teacher
  + Professional Certifications
  + Education
* Class content to include:
  + Subjects (i.e. Recipe Conversions, Cooking Fundamentals, and Safety/Sanitation)
  + Class Syllabi, Content Materials List, and Grading Rubrics
  + Total number of Hours in Lab/Lecture
* Facility
  + Your facility must meet professional standards your students will see in the industry

# Professional Qualifications of the Instructor/Teacher

|  |  |
| --- | --- |
|  | Culinary Arts AAS or BA, BS, BFA |
| -and- |  |
|  | 5 years’ experience in food service or (ACF Certification at or above CCC) |
| -or- |  |
|  | 10 years’ experience and demonstrated culinary skills or (ACF Certification at or above CEC) |

# Documentation Checklist

|  |  |
| --- | --- |
| **Personal** | |
|  | Resume |
|  | Transcripts |
|  | Certifications |
| **Curriculum Materials** | |
|  | Syllabus |
|  | Weekly Schedule (Include you Menus) |
|  | Textbook List |

# Class content to include:

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| --- | --- | --- | --- | --- | --- | --- |
| **Course Compentencies(CA160):** |  | Lane CC | |  | Your Class | |
|  | Lecture | Lab |  | Lecture | Lab |
| Food production |  |  |  |  |  |  |
| Demonstrate knife skills, hand tool and equipment operation, emphasizing proper safety techniques. |  |  | 2.5 |  |  |  |
| Demonstrate knife skills, hand tool and equipment operation, emphasizing proper safety techniques. |  | 1.5 | 1.75 |  |  |  |
| Identify the parts/components of a recipe. |  | 1.25 | 1.5 |  |  |  |
| Describe and use a standardized recipe. |  | 0.75 | 0 |  |  |  |
| Outline the procedure for writing a standardized recipe. |  | 0.75 | 0 |  |  |  |
| Write a standardized recipe. |  | 1 | 0 |  |  |  |
| Identify and use utensils, pots and pans and demonstrate safe practices using stoves, mixers, ovens, etc. |  | 1.5 | 1.75 |  |  |  |
| Define and describe the sautéing process. |  | 0.5 | 1.25 |  |  |  |
| Define and describe the processes of pan-frying and deep-frying. |  | 0.5 | 1.25 |  |  |  |
| Define and describe the roasting and baking processes. |  | 0.5 | 1.25 |  |  |  |
| Define and describe the barbecue process. |  | 0.5 | 1.25 |  |  |  |
| Define and describe the process of grilling and broiling. |  | 0.5 | 1.25 |  |  |  |
| Define and describe the processes of braising and stewing, noting the similarities and differences. |  | 0.5 | 1.25 |  |  |  |
| Define and describe the process of shallow-poaching. |  | 0.5 | 1.25 |  |  |  |
| Define poaching and simmering and correctly identify the temperature range at which each occurs. |  | 0.5 | 1.25 |  |  |  |
| Define and describe the boiling and steaming process. |  | 0.5 | 1.25 |  |  |  |
| Utilize standard weights and measures to demonstrate proper scaling and measurement techniques. |  | 0.5 | 1.25 |  |  |  |
| Identify and use herbs, spices, oils and vinegar, condiments, marinades and rubs**.** |  | 0.5 | 1.25 |  |  |  |
| Define stock and describe its uses. |  | 0.75 | 1 |  |  |  |
| Identify different types of stocks. |  | 0.5 | 1.5 |  |  |  |
| List the basic ingredients needed for making stocks. |  | 1.25 | 1.5 |  |  |  |
| Describe the functions of the ingredients. |  | 0.5 | 0.75 |  |  |  |
| Describe the process of making stocks. |  | 0.75 | 1.75 |  |  |  |
| Prepare a variety of stocks. |  | 0 | 5.5 |  |  |  |
| Evaluate the quality of a properly made stock. |  | 0.75 | 1.75 |  |  |  |
| Define, describe and explain the purpose of sauces. |  | 0.75 | 0.5 |  |  |  |
| Identify and prepare the grand sauces. |  | 0 | 2.5 |  |  |  |
| Prepare a variety of non-grand/classical sauces. |  | 0 | 2.5 |  |  |  |
| List the basic ingredients needed for making grand and non-grand sauces. |  | 0.5 | 0.5 |  |  |  |
| Describe the functions of the ingredients in sauces. |  | 0.5 | 0.5 |  |  |  |
| Evaluate the quality of a properly made sauce. |  | 0.75 | 1.5 |  |  |  |
| Define and describe soup and identify its two basic categories. |  | 0.5 | 0.25 |  |  |  |
| Prepare a variety of soups from each category. |  | 0 | 1.75 |  |  |  |
| Describe the process of making each category of soup. |  | 0.5 | 0.5 |  |  |  |
| Evaluate the quality of a properly made soup. |  | 0.75 | 0.5 |  |  |  |
| Identify a variety of fruits, vegetables, starches, legumes and grains. |  | 2.5 | 0.5 |  |  |  |
| Prepare a variety of fruits, vegetables, starches, legumes and grains using the basic cooking methods**.** |  | 0 | 1.5 |  |  |  |
| Evaluate the quality of prepared fruits, vegetables, starches, legumes and grains. |  | 0.75 | 1 |  |  |  |
| Define salad dressing and describe its purposes. |  | 0.75 | 0.25 |  |  |  |
| Identify, define, and describe the types of salad dressings. |  | 0.5 | 0.25 |  |  |  |
| Prepare a variety of salad dressings and evaluate the quality of each. |  | 0 | 2.5 |  |  |  |
| Identify a variety of common salad greens. |  | 0.5 | 0.25 |  |  |  |
| Prepare and dress greens for a salad. |  | 0 | 1.25 |  |  |  |
| Evaluate the quality of properly prepared and dressed green salad. |  | 0.75 | 0.5 |  |  |  |
| Identify, describe, and prepare a variety of composed salads. |  | 0 | 1.25 |  |  |  |
| Evaluate the quality of sandwiches. |  | 0.75 | 0.75 |  |  |  |
| Identify and prepare a variety of breakfast meats. |  | 0 | 1.5 |  |  |  |
| Evaluate the quality of prepared breakfast meats. |  | 0.75 | 0.75 |  |  |  |
| Describe a variety of preparation techniques used in egg cookery. |  | 1.75 | 1.25 |  |  |  |
| Cook eggs using a variety of preparation techniques. |  | 0 | 2.5 |  |  |  |
| Evaluate the quality of prepared eggs. |  | 0.75 | 0.75 |  |  |  |
| Identify and prepare a variety of breakfast batter products. |  | 0.75 | 0.75 |  |  |  |
|  |  |  |  |  |  |  |
| Business and Math |  |  |  |  |  |  |
| Perform basic math functions. |  | 5 | 0 |  |  |  |
| Perform recipe yield conversions. |  | 5 | 2 |  |  |  |
|  |  |  |  |  |  |  |
| Garde Manager |  |  |  |  |  |  |
| Define and describe a variety of cheese categories. |  | 1.5 | 0.5 |  |  |  |
| Discuss how various cheeses are made and their uses. |  | 0.75 | 0.5 |  |  |  |
| Use cheese as an ingredient in recipes. |  | 0 | 2.5 |  |  |  |
| Taste various cheeses and evaluate their quality |  | 0 | 2.5 |  |  |  |
|  |  |  |  |  |  |  |
| Introduction to Hospitality |  |  |  |  |  |  |
| Define hospitality and the philosophy of the hospitality industry. |  | 0.75 | 0 |  |  |  |
| Trace the growth and development of the hospitality and tourism industry. |  | 0.75 | 0 |  |  |  |
| Describe the various cuisines and contributions of leading culinarians. |  | 1.25 | 0 |  |  |  |
| Identify professional organizations within the field; explain purposes and benefits. |  | 1.25 | 0 |  |  |  |
|  |  |  |  |  |  |  |
| Meal Planning |  |  |  |  |  |  |
| Apply principles of nutrition to menu development |  | 0.75 | 0.75 |  |  |  |
|  |  |  |  |  |  |  |
| Nutrition |  |  |  |  |  |  |
| Identify current USDA My Plate principles and food groups. |  | 0.5 | 0 |  |  |  |
| List the nutrient contribution of each food group. |  | 0.5 | 0 |  |  |  |
| Discuss the nine areas where dietary guidelines make recommendation. |  | 0.5 | 0 |  |  |  |
| Discuss characteristics, functions and best sources of each of the major nutrients. |  | 0.5 | 0 |  |  |  |
| List the primary characteristics, functions and sources of vitamins, water and minerals. |  | 0.75 | 0 |  |  |  |
| Discuss and demonstrate cooking techniques and storage principles and portion sizes for maximum retention of nutrients and effective weight management. |  |  | 1.25 |  |  |  |
| Discuss exchange groups. |  | 0.5 | 0 |  |  |  |
| Discuss contemporary nutritional issues (i.e. vegetarianism, heart healthy menus and religious dietary laws). |  | 0.75 | 0.5 |  |  |  |
| Apply emerging technologies (computerization) for nutrient analysis (i>e> internet, recipe analysis software). |  | 0.5 | 0 |  |  |  |
|  |  |  |  |  |  |  |
| Sanitation |  |  |  |  |  |  |
| Describe appropriate types and use of fire extinguishers used in food service areas. |  | 1.5 | 0.5 |  |  |  |
| Review laws and rules of the regulatory agencies governing sanitation and safety in foodservice operations. |  | 1.5 | 0.5 |  |  |  |
|  |  |  |  |  |  |  |
| Sustainability |  |  |  |  |  |  |
| Explore Sustainability through Waste Control |  | 1.25 | 3.5 |  |  |  |
| Sustainability Through Water Conservation |  | 1.25 | 3.5 |  |  |  |
| Sustainability Through Recycling |  | 1.25 | 3.5 |  |  |  |
|  |  |  |  |  |  |  |

# Facility Requirements (Each set is for a group of 4 students)

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| --- | --- |
| **Small Wares / Items** | |
|  | 4 House Knifes (NSF Certified) |
|  | 4 Cutting Boards (NSF Certified) |
|  | 1 Stock Pots (≥1 Gallon) *\*Examples: All-Clad, Vollroth Brands* |
|  | 1 Satune (Braising Pot) (≥2 qt.) *\*Examples: All-Clad, Vollroth Brands* |
|  | 4 Sauté Pans (≥1 Gallon) *\*Examples: All-Clad, Vollroth Brands* |
|  | 2 Sauce Pots (≥16 oz.) *\*Examples: All-Clad, Vollroth Brands* |
|  | Dishes (Plates/Bowls/Utensils) |
|  | Whisks (≥ 2 ea.) |
|  | Stainless Steel Bowls (≥ 2 ea.) |
|  | Pocket Thermometer (≥ 2 ea.) |
|  | Stand Mixer w/ grinder attachment (≥ 1 ea.) *\*Examples: Kitchen Aid* |
|  | Pasta Machine (≥ 1 ea.) |
|  | Digital Scale (≥ 1 ea.) |
| **Storage** | |
|  | Dried Herb Inventory (+ Rack) |
|  | Self-Draining Storage for all Small Wares (6 inches from the ground) |
|  | Self-Draining Storage for all food (Separate from Small Wares) (6 inches from the ground) |
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| **Equipment** | |
|  | Refrigeration (approx. 5 cubic feet per group) |
|  | Deep Fryer (1 Total) |
|  | Broiler/Salamander (1 Total) |
|  | Grill (1 Total) |
|  | Convection Oven (1 Total) |
|  | Gas Range (1 per group) |
|  |  |
| **Stewarding / Sanitation** | |
|  | Dish machine (High or low temp) –or- 3 Compartment Sink |
|  | Recycling + Composting |