|  |  |
| --- | --- |
|  | 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:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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)

|  |
| --- |
| **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) |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
| **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 |