

# COURSE OUTLINE

## HMGT-120 Food Preparation I 3 Semester Hours

### HOWARD COMMUNITY COLLEGE

#### Description

Following this introductory course in food production, students will be able to identify and analyze the elements of safe food preparation that include food chemistry, basic cooking techniques and proper use of preparation utensils and equipment. Students will also prepare small quantity, industry standard menus in a commercial kitchen setting. (2 hours lecture, 3 hours lab)

#### Overall Course Objectives

Upon completion of this course, the student will be able to:

1. Describe the historical progression leading to modern cookery.
2. Identify past and present leaders in the food service industry.
3. Discuss the impact of recent technology on the food service industry.
4. Develop an organizational chart for a food service establishment.
5. Explain the role and responsibilities of food production management and personnel.
6. Analyze the importance of teamwork between management and employees in the food service establishment.
7. Define basic culinary terms.
8. Identify common and specialty food service tools and equipment.
9. Demonstrate operation, breakdown and sanitation of common commercial kitchen equipment.
10. Identify recipe concepts.
11. Demonstrate the ability to convert standard recipes to larger or small yields.
12. Analyze the effects of chemical processes and temperature on foods.
13. Demonstrate basic cutlery skills in a food production kitchen.
14. Explain sanitation and food safety standards during food production.
15. Compare the quality of food products against established standards.
16. Prepare assigned food products according to industry standards.

#### Major Topics

- I. Orientation to the food service industry
- II. Identification and use of commercial kitchen tools and equipment
- III. Recipe usage
- IV. Food science
- V. Identification and use of common culinary ingredients
- VI. Stocks
- VII. Hot sauces
- VIII. Soups

- IX. Cold sauces
- X. Salads
- XI. Breakfast cookery
- XII. Beverages
- XIII. Frozen desserts

### **Course Requirements**

**Grading/exams:** Grading procedures will be determined by the individual faculty member but will include the following: final grades will be calculated on the basis of exams, class projects, food production, and written papers.

### **Other Course Information**

This course will use a lab setting which includes:

- Lab setting comparable to a restaurant, school, prison, retirement/nursing home, and hospital would be appropriate.
- Field trips to a purveyor food show or to individual food purveyors.