

THE MEKJIAN FAMILY CULINARY ARTS & HOSPITALITY CONSERVATORY

YEAR	FALL	SPRING
Year 1	Fundamentals of Cooking Foundations of Restaurant Management and Culinary Arts I	Fundamentals of Cooking Safety & Sanitation
Year 2	World Cuisine Foundations of Restaurant Management and Culinary Arts II	World Cuisine Foundations of Restaurant Management and Culinary Arts II
Year 3	Baking & Pastry and Garde Manger Food, Nutrition & Science	Baking & Pastry and Garde Manger Food, Nutrition & Science
Year 4	Internship <i>(for qualified students)</i> High Volume Production, HVP Food History Senior Capstone	Internship <i>(for qualified students)</i> High Volume Production, HVP Food History Senior Capstone

The Mekjian Family Culinary Arts & Hospitality Conservatory

Fundamentals of Cooking = 250 contact hrs./yr.

The fundamental concepts, skills and techniques involved in basic cookery are covered in this course. Special emphasis is given to the study of ingredients, cooking theories, and the preparation of stocks, broth, glazes, soups, thickening agents, the grand sauces and emulsion sauces. Lectures and demonstrations teach organization skills in a modern, practical approach in the kitchen, work coordination, and knife skills. The basics of vegetable cookery, starch cookery, meat, seafood, shellfish and poultry are covered. Emphasis is given to basic cooking techniques with a French influence such as sautéing, roasting, poaching, braising and frying.

Foundations of Restaurant Management and Culinary Arts I (FRMCA I) = 35 contact hrs. a semester

This course will help students to better refine their foundational culinary arts and hospitality skills to better prepare them for a well-established and successful career in the culinary arts, foodservice and restaurant industry. In addition students will learn how to focus on proper serving techniques, how to use proper seasonings and various cooking methods. Students are prepared for the National Restaurant Association ProStart Certificate of Achievement exam.

Safety & Sanitation = 45 contact hrs. a semester

This course is an introduction to food and environmental sanitation and safety in a food production area. Attention is focused on food-borne illness and their origins, and on basic safety procedures followed in the food service industry. This course was approved by the Federal Food and Drug Administration (FDA) and is recognized by 95% of state and local jurisdictions that require training or certification. Emphasis will be given to food service in all areas of the facility, maintenance costs, flow, and production. Students are prepared for the Manager's level certification exam, but need a minimum of the Food Handler's card in order to continue with cooking labs the following school year.

World Cuisine = 250 contact hrs./yr.

This course reinforces the knowledge and skill learned in the preceding classes and helps students build confidence in the techniques of basic cookery. The development of knife skills is accented. World Cuisine explores the use of indigenous ingredients in the preparation of traditional and contemporary American specialties as well as the influence the countries around the world has had on American cuisine. World cuisine also focuses on how the dishes became adapted to specific climates and agricultural differences. The concepts of mise en place, time-lines, plate presentation, and teamwork in a production setting are introduced and accentuated. Timing and organization skills are emphasized.

Foundations of Restaurant Management and Culinary Arts II (FRMCA II) = 80 contact hrs./yr.

This course is an extension of FRMCA I and goes into greater depth of the topics taught to students that will help students to better refine their foundational culinary arts and hospitality skills to better prepare them for a well-established and successful career in the culinary arts, foodservice and restaurant industry. Students will participate in the planning, costing, preparation, serving, storage and critique of meals in project based learning. Students are prepared for the National Restaurant Association ProStart Certificate of Achievement exam.

Baking & Pastry and Garde Manger (B&P and GM) = 200 + contact hrs./yr.

This course reinforces the knowledge and skill learned in the preceding classes and helps students build confidence in the techniques of basic cookery. The development of knife skills is accented. This course develops an understanding of the organization, equipment and responsibilities of the “cold kitchen”.

Reception food, buffet arrangements and plate arrangements are introduced. Students are introduced to and prepare a variety of cold sauces, soups, salads sandwiches, cured and smoked foods, variety of charcuterie, cheese, appetizers, hors d'oeuvre and condiments.

Students learn a variety of dough, batters, fillings, glazes and breads with an emphasis on formulas.

Instruction regarding the preparation of basic breads, cakes and icings, roll-in dough, preparations of pastry cream and finishing techniques; plus selection and proper use and handling of various chocolates used in baking and decorating are introduced. Emphasis is also placed on dessert plating and presentation.

At the end of the school year these students participate in a Junior Showcase where the students are challenged to present a Grand Buffet featuring items they've learned throughout the year. This project is documented with a binder that houses designed menu and theme, recipes with costing, inventory lists, time lines plate and buffet design. The concepts of mis en place, time-lines, plate presentation, and teamwork in a production setting are introduced and accentuated. Timing and organization skills are emphasized.

Food, Nutrition & Science (FN&S) = 160 contact hrs./yr.

This course examines how the laws of science are at work in foods prepared at home and by the food industry and incorporates science concepts into a lab-oriented foods class. The emphasis of the course will be on student-centered, hands-on labs, activities and how the scientific concepts learned during lecture and during these experiences relate to food.

Food, Nutrition & Science is an A-G approved physical lab science course and will meet OCSA's graduation requirement as a physical lab science and can also be used as the recommended third year of lab science for college. FN&S is a UC approved science course and, therefore, the grade is included in a student's academic GPA.

Internship = 275 + contact hrs./yr.

This course is for qualified students. The Internship Program is the pinnacle course of the student's four-year enrollment in the Culinary Arts & Hospitality conservatory. This 250-hour requirement; volunteer or paid experience provides students an opportunity to apply the skills acquired in the classroom to a professional environment outside of school. Students observe and participate in the supervisory operation of a successful foodservice, hospitality, educational or other type of business affiliated within the hospitality industry.

Students apply their professional skills to gain experience in order to enter and become successful in their chosen field. Emphasis is placed on developing (culinary arts and hospitality) management skills. Students meet in class on a regular basis and are required to maintain their internship for a minimum of 9 months.

High Volume Production (HVP) = 160 + contact hrs./yr.

HVP takes place during the academic schedule during block 5. This course will help students refine their foundational culinary skills to better prepare them for a well-established and successful career in the culinary arts, foodservice and restaurant industry. Students work with OCSA's foodservice department in preparing for the school's cafeteria program, on and off premise catering events. This class also leads bi-monthly special lunch events cooked to order in front of our guests: students, faculty and staff.

HVP is a collaborative exploration of basic principles of purchasing food, equipment, and supplies. Primary focus is on product identification, production of menu items in large quantities, and the ordering, receiving, storing and issuing process. Students also learn about vending production schedules, planning and control processes in the food and beverage industry.

Food History = 80 contact hrs./yr.

This class is based upon the history, evolution, and influences of man's most basic instinct of subsistence (eating). Students will study the earliest known civilizations in history, and examine what peoples of those times ate; and in particular, what they began to produce. In the process, students will see the beginnings of agriculture, pastoralism, and food production. Later, the class sees how as civilizations began to grow and evolve, food also evolved into cuisine and became a source of cultural identity and pride. Students will look at how history-changing events like warfare, famine, and the discovery of the New World changed food and cuisine forever. The melding of cultures and cultural influences in foods and food preparation will be a major part of this class, and will help students understand how many favorite foods (Italian, Mexican, Thai, French, Middle Eastern, American Regional) came to be. Lastly, the class will examine the trends and realities of the modern world, and see how environmentalism, technology, globalism, and popular culture have shaped the world of food today, and how they will shape food, food production, and eating in the future.

Food History is an A-G approved elective course. This is a UC approved elective course and, therefore, the grade is included in a student's academic GPA.

Senior Capstone = 80 + contact hrs./yr.

The content deals specifically with information required for operational level employee positions and responsibilities: introduction to hospitality and tourism program, hospitality soft skills, operational areas, sales and marketing and safety and security, event planning, preparation and execution. Students will explore their entrepreneurial spirit.

Throughout the school year these students plan out and participate in several events. Examples of these events are student run catering functions or fundraising events. The culmination of the class is a Senior Showcase where the students are challenged to present a foodservice business concept that features both Front of the House and Back of the House skills learned throughout the 4 years in our conservatory. The concepts of mis en place, time-lines, plate presentation, and teamwork in a production setting are introduced and accentuated. Timing and organization skills are emphasized. This project is documented through a business plan.