

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 High Volume Production, H.V.P (if students are not participating in internship, they are assigned to H.V.P) Food History Hospitality & Tourism Management	Internship High Volume Production, H.V.P (if students are not participating in internship, they are assigned to H.V.P) Food History Hospitality & Tourism Management

Culinary Arts & Hospitality Conservatory

Fundamentals of Cooking

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 such as sautéing, roasting, poaching, braising and frying.

Foundations of Restaurant Management and Culinary Arts I (FRMCA I)

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.

Safety & Sanitation

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.

World Cuisine

This course is a combination of theory, lecture, demonstration and hands-on production to provide techniques used in a commercial kitchen. 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)

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.

Baking & Pastry and Garde Manger (B&P and GM)

This course is a combination of theory, lecture, demonstration and hands-on production to provide an introduction to baking and pastry techniques for use in a commercial kitchen. 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.

Food & Nutrition Science (F&N)

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 and activities and how the scientific concepts learned during lecture and during these experiences relate to food.

Food and Nutritional 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. Food and Nutrition Science is a UC approved science course and, therefore, the grade is included in a student's academic GPA.

Internship

The Internship Program is the capstone course of the student's four-year enrollment in the Culinary Arts & Hospitality conservatory. This 160-hour volunteer experience provides students an opportunity to apply the skills acquired in the classroom to a professional environment. Students observe and participate in the supervisory operation of a successful foodservice, hospitality, educational or other type of business. They apply their professional skills to gain experience in order to enter and become successful in their chosen field. Emphasis is placed on developing (hospitality) management skills.

High Volume Production (H.V.P)

This course will help students to better refine their foundational culinary skills to better prepare them for a well-established and successful career in the culinary arts, foodservice and restaurant industry.

This course 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 process in the food and beverage industry.

Food History

This class is based upon the history, evolution, and influences of man's most basic instinct of subsistence (eating). We 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, we will see the beginnings of agriculture, pastoralism, and food production. Later, we will see how as civilizations began to grow and evolve, food also evolved into cuisine and became a source of cultural identity and pride. We 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 you understand how many of your favorite foods (Italian, Mexican, Thai, French, Middle Eastern, American Regional) came to be. Lastly, we 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.

Hospitality & Tourism Management (HTMP)

The content focuses on the leadership and managerial aspects, responsibilities, knowledge, and skills required by an entry-level leader in the hospitality and tourism industry. Topics covered will be: introduction to leadership and management, hospitality leadership skills, operational leadership, managing food and beverage operations, managing business operations, sales and marketing, safety and security.