

Northwest Arkansas Community College
(Food Studies Division)

Discipline Code

FDST

Course Number

1023

Course Title

Foundations

Catalog Description

This course introduces basic food preparation knowledge and skills necessary in a kitchen and/or food service establishment. This course establishes a firm foundation of basic cooking techniques, classical knife cuts, kitchen equipment, measuring techniques, and kitchen communication. This course consists of a lecture and lab component, both of which are competency driven.

Prerequisites

None

Credit Hours

3 credit hours

Contact hours

75 lab contact hours

Load hours

3.75 load hours

Semesters Offered

Fall, Spring

ACTS Equivalent

None

Grade Mode

A-F

Learning Outcomes

Students completing this course will:

- Demonstrate classical knife skills
- List classical knife cuts and their associated measurements
- Assemble mise en place
- Identify a variety of cooking methods

- List the thickening agent and liquid associated with each of the five mother sauces
- Measure and calculate conversion factors, yields, and portion weights
- Prepare and cook a variety of recipes and dishes
- Present a final dish that combines a variety of flavor profiles including sweet, salty, sour, bitter and umami
- Communicate in a kitchen environment
- Lead a team to follow basic food safety and sanitation measures
- Recognize herbs and spices used in classical recipes

General Education Outcomes Supported

- Students develop higher order thinking skills.
- Students demonstrate information literacy.

Standard Practices

Topics list

- Food Service Industry Overview
- Sanitation, Safety, Tools and Equipment
- Safe Knife Handling
- Working with Recipes
- Classical Knife Cuts
- Cooking Methods and Building Flavor
- Mise en Place
- Vegetable Stocks, Aromatics and Soups
- Salads, Salad Dressings, Emulsions, and Bound Salads
- Sandwiches
- Chicken Break Down, Chicken Stock, Roux, and Mother Sauces
- Understanding and Cooking Vegetables
- Potato Cookery
- Legumes, Grains, and Pasta Cookery
- Egg Cookery
- Breakfast Preparation and Cookery

Learning activities

- PowerPoint Lecture
- Class Discussion
- Weekly Readings, Videos and Podcasts
- Lab--Practical Recipe Preparation

Assessments

- Daily Participation, Organization and Work Ethic
- Quizzes
- Oral Presentation
- Practical Exam
- Written Exam

Grading Guidelines

Grading Scale/Course Evaluation Methods – A=90-100, B=80-89.9, C=70-79.9 D=60-69.9, F=0-59.9

Revised

April 20, 2022