

Food Service

FS103 Culinary Fundamentals 1

Cr-4

This course introduces the fundamentals of commercial food preparation, with an emphasis on the use and care of tools and equipment, basic knife skills, and mise en place. Topics include areas of food preparation such as weights, measures, portions, and conversions as well as an introduction to commercial kitchen cleaning. Emphasis is placed on operating in a safe and sanitary manner. Corequisite: FS150 Safety and Sanitation

used in the hospitality industry. Purchasing requirements for equipment, furniture, supplies, perishable foods, groceries, and convenience foods are covered.

FS105 Computer Applications: Food Service

Cr-2

This course introduces computer applications for managerial decision-making in the hospitality industry. It provides an understanding and practical application of systems related to the executive chef, production manager, and dining room manager. An introduction to computer operations and concepts as well as terminology and methodology related to culinary and hospitality specific software is emphasized.

FS150 Safety and Sanitation

Cr-2

This course is an introduction to the correct and hygienic procedures for food handling. General kitchen and bakery safety, pest management, and crisis management are discussed. Proper clothing, personal hygiene and fire safety regulations, as well as state and federal laws pertaining to the hospitality industry are stressed. This course includes a certification exam provided by the Educational Foundation of the National Restaurant Association.

FS111 Food Preparation 1

Cr-4

This course introduces the fundamentals of commercial food preparation, with an emphasis on the use and care of tools and equipment. Proper cooking methods including sautéing, frying, roasting, grilling, braising, broiling, poaching, stir frying and simmering are covered. Preparations include stocks, soups, sauces, vegetables, salads, starches, garnishes, sandwiches and pasta. Applied problems from the areas of food preparation, including weights, measures, portions and conversions are incorporated. Corequisite: FS150 Safety & Sanitation.

FS151 Culinary Math

Cr-2

This course reviews the fundamental computation skills required for accurate food service preparation, operation and management. Topics covered include operations with whole numbers, fractions, decimals, percents, weights and measures, recipe menu pricing, inventories, food costs, basic break-even analysis, financial statement content, and employee related expenses.

FS112 Food Preparation 2

Cr-3

This course introduces the terminology and techniques of commercial food preparation, including identification, selection and preparation of additional foods, such as eggs, poultry, fish, shellfish, beef, pork, lamb, veal, and smoked foods. Laboratories employ a variety of cooking methods using professional kitchen equipment. Emphasis is placed on operating in a safe and sanitary manner. Prerequisite: FS111 Food Preparation 1.

FS152 Culinary Nutrition

Cr-2

In this course, students study the needs of the human body and how nutrients and vitamins affect it. They research how food choices influence physical health and mood and how these choices in the food service and related industries can be used to promote a healthy lifestyle. Students learn information about nutrients (proteins, carbohydrates, fat, vitamins, water, and minerals) and their role in various diseases such as heart disease, diabetes, cancer, and osteoporosis.

FS121 Baking 1

Cr-4

This course introduces the bakery shop preparation of cakes, cookies, muffins, sweet rolls, and breads, including the mixing of ingredients and shaping of dough. It covers the ingredients used in the preparation of baked goods, and the tools and equipment used in the bakery shop. Corequisite: FS150 Safety & Sanitation.

FS153 Culinary Fundamentals 2

Cr-4

This course builds upon the techniques in Culinary Fundamentals 1. Topics include proper cooking methods such as sautéing, frying, roasting, grilling, braising, broiling, poaching, and stir frying. Emphasis is placed on operating in a safe and sanitary manner. Laboratories employ a variety of cooking methods using professional kitchen equipment, commercial kitchen cleaning, and builds understanding for clean facilities. Prerequisite - FS103 Culinary Fundamentals 1

FS131 Food, Beverage and Labor Cost Control

Cr-3

This course introduces the methods, tools, and procedures used to control food, beverage, and labor costs in a food service organization. Emphasis is placed on each step in the flow of costs: purchasing, receiving, storage, issuing, preparation, portioning, service, and accounting for sales. Labor costs as they relate to the operation are discussed. Active problem solving and practical application are used to relate the principles learned to the food service industry. - Spring Semester Only.

FS154 Garde Manger

Cr-3

The basics of garde manger production are learned through preparation of appetizers, condiments, and hors d'oeuvres. This course presents the basic principles of garde manger for hotel, restaurant, and catering establishments. Topics covered include charcuterie, hors d'oeuvre, canapes, egg cookery, salad, and cheese production. Prerequisite - FS103 Culinary Fundamentals 1

FS141 Purchasing for the Hospitality Industry

Cr-3

This course introduces the purchasing function in food service organizations. Emphasis is placed on the methods of controlling costs while maintaining strict quality and quantity standards through the effective purchasing of goods and services. Included is the concept of specification development as it applies to the products and services

FS160 Dining Room Service

Cr-3

This course introduces principles and techniques of table service. Emphasis is placed on table setting, buffet services, the various job categories in the dining room, different styles of service, and dining room arrangement and supplies. Students have an opportunity to work in each dining room position.

FS202 Menu & Facilities Planning

Cr-3

This course provides the knowledge to design and organize a food service facility. Typical furniture and equipment organization with respect to space allocation in the facility are addressed. Topics include equipment purchasing, facilities engineering, and energy practices.

FS204 Banquet & Catering Management**Cr-4**

This course emphasizes industry standards, practices, and terminology as they apply to off-premises and banquet catering. Menu planning, pricing, selling, food preparation, dining room service, staffing, and personnel management are practiced. Personnel management and collaborative techniques are used to offer multicourse meals to the public. Prerequisites: FS112 Food Preparation 2.

FS205 Baking 2**Cr-4**

This course emphasizes commercial baking skills as they are developed and practiced. Danish pastry, puff pastry, sponge dough, yeast breads, tarts, choux pastry, and holiday specialties are prepared. Proper uniform is required. Prerequisite: FS121 Baking 1.

FS206 American Regional Cuisine**Cr-3**

This course covers classical cooking skills associated with the preparation and service of American, international, and ethnic cuisines. Topics include classic and modern cooking trends and technologies. Cuisines revolving around American regional cuisines and ingredients are incorporated into lecture and lab. This course covers commercial kitchen cleaning and builds understanding for clean facilities. Prerequisite: FS153 Culinary Fundamentals 2

FS207 Restaurant Operations 1**Cr-4**

In this course, students learn back-of-house operational responsibilities in a restaurant environment. Students continue the development of their practical culinary skills with a focus on preparation and service of a la carte menu items. Emphasis is placed on working cooperatively and collaboratively in a team environment to provide guests with an exemplary food service experience. This course covers commercial kitchen cleaning and builds understanding for clean facilities. Prerequisite: FS153 Culinary Fundamentals 2

FS208 Classical Cakes and Tortes**Cr-3**

This course emphasizes the preparation of simple to complex filled and unfilled cakes and classical tortes. Topics include developing flavors, mixing methods, fillings, icings, custards, decorating, mousses, and glazing techniques. This course also covers commercial kitchen cleaning and builds understanding for clean facilities. Prerequisite: FS121 Baking 1

FS209 Bakeshop Operations 1**Cr-4**

Students continue to develop their knowledge in a bakeshop setting where they participate in back-of-house operational responsibilities. Students develop more of their practical baking skills with a focus on preparation and service of a la carte menu items with an emphasis on menu costing, cost controls, proper food storage and creating daily specials. Emphasis is placed on working cooperatively and collaboratively in a team environment to provide guests with an exemplary experience. This course also covers commercial kitchen cleaning and builds understanding for clean facilities. Prerequisite – FS205 Baking 2

FS210 Food Preparation 3**Cr-4**

This course integrates knowledge of food and food preparation, equipment, techniques, methods, and practices learned in prerequisite courses. Acting as chef/managers, students plan menus, edit recipes, order food, assign tasks, analyze food cost, and offer multi-course meals to the public. Emphasis is placed on collaboration, food variety and presentation, and timeliness of presentation with strict adherence to safety and sanitation principles. Proper uniform is required. Prerequisite: FS112 Food Preparation 2.

FS213 Cake Decorating**Cr-3**

This course presents the use of decorating tools, icing, and spray guns. Emphasis is placed on the preparation of cakes for decorating, types of icings, and the art of flower making. Proper uniform is required.

FS214 Food Presentation**Cr-3**

This course presents basic techniques in vegetable carving and arranging, aspic work, canaps, salt dough, saltiage, ice carving, pats, galantines, mousses, marinades, cures, brines, and pastry bag work. Proper uniform is required. Prerequisite: FS112 Food Preparation 2.

FS225 Advanced Bread Baking**Cr-3**

This course provides practical experience in the science of advanced bread baking. Use of different flours, ingredients, and dough processing using technical evaluation of the results is emphasized. Traditional approaches from around the world including artisan, whole grain, rye, sourdough, and laminated breads, as well as American and European baking practices are included. Proper uniform is required. Prerequisite: FS121 Baking 1 and FS150 Safety & Sanitation.

FS230 Food Service Practicum**Cr-3**

This course provides the student with on-the-job experience in a variety of food service settings. In addition to the minimum of 6 hours a week of field experience, participation in a weekly seminar is required as a forum to discuss work-

FS233 Principles of Food Marketing**Cr-3**

This course provides a foundation in marketing, planning, segmentation, and positioning food items within a specific demographic. Food marketing tools such as menu pricing, advertising, sales promotion, merchandising, personal selling, and external advertising media are explored.

FS242 Beverage & Bartending Management**Cr-3**

This course provides an overview of the alcoholic beverage industry, focusing on history and classification according to the characteristics of spirits, wines, and beer. Topics include mixology, lounge service, beverage control, and legal issues.

FS245 Pastry Techniques and Practices**Cr-4**

This course covers commonly used pastry techniques and practices from the hotel and restaurant industries. Topics include spun sugar, chocolate tempering, mousse and Bavarian cream, petit four sec, pastillage, French pastry makeup, meringues and macaroons, ornamental sugar, and display work. Emphasis is placed on the development of merchandising practices. Proper uniform is required Prerequisite: FS121 Baking I.

FS250 Food Packaging and Merchandising**Cr-3**

This course focuses on consumer behavior and legislative requirements in the food packaging sciences. The fundamentals of large scale batch cooking, cook/chill processes, sous vide, vacuum, aseptic, and retail packaging technologies such as new generation refrigerated and home meal replacement foods are presented. Emphasis is placed on quantity production planning, requisition, and execution with attention to quality control and food safety issues.

FS256 International Cuisine**Cr-3**

This course covers the study of classical cooking skills associated with the preparation and service of American, international, and ethnic cuisines. Topics include classic and modern cooking trends and technologies. Cuisines revolving around American regional, Old World, and New World are to be incorporated into lecture and lab. This course covers commercial kitchen cleaning and builds understanding for clean facilities. Prerequisite - FS153 Culinary Fundamentals 2

FS257 Restaurant Operations 2**Cr-4**

In this course, students continue to develop their knowledge in a restaurant setting where they participate in back-of-house operational responsibilities. Students develop more of their practical culinary skills with a focus on preparation and service of a la carte menu items with an emphasis on menu costing, cost controls, proper

food storage and creating daily specials. Emphasis is placed on working cooperatively and collaboratively in a team environment to provide guests with an exemplary food service experience. This course covers commercial kitchen cleaning and builds understanding for clean facilities. Prerequisite: FS207 Restaurant Operations 1

FS258 Advanced Bakeshop **Cr-3**

This course is a continuation of FS205 Baking 2, covering preparation and presentation of individual hot and cold plated desserts, using a variety of traditional and modern plating techniques. Plate design, station organization, flavor, textural components, and portion control are emphasized. This course covers commercial kitchen cleaning and builds understanding for clean facilities. Prerequisite: FS205 Baking 2

FS259 Bakeshop Operations 2 **Cr-4**

Students continue to develop their knowledge in a bakeshop setting where they participate in back-of-house operational responsibilities. Students develop more of their practical baking skills with a focus on preparation and service of a la carte menu items with an emphasis on menu costing, cost controls, proper food storage and creating daily specials. Emphasis is placed on working cooperatively and collaboratively in a team environment to provide guests with an exemplary experience. This course also covers commercial kitchen cleaning and builds understanding for clean facilities. Prerequisite: FS209 Bakeshop Operations 1

FS260 Topics in Culinary Arts **Cr-3**

This course allows students to study future trends in the hospitality industry. Topics may include food trucks, Ghost Kitchens, farm to table, technology in food service, and sustainable agriculture or others based on trends in the culinary industry. Students work with local businesses to see these in practice. This course gives students the information they need to succeed in the ever-changing world of food service. Prerequisite: FS153 Culinary Fundamentals 2

FS290 Food Service Internship **Cr-3**

Food Service Internship is a course designed to provide the student with on-the-job food service experience. The course allows the student to gain supervised practical experience working in a food service setting relating to the students' area of interest. In addition to the minimum of 150 hours of field experience for this course, participation in a weekly seminar is required as a forum to discuss work related situations and problems. Prerequisite: Matriculated in a Hospitality-related program, 2.5 grade point average, and 42 semester hours of earned credit OR permission of the Instructor