

**College of Micronesia-FSM
Pohnpei Campus
Division of Hospitality and Tourism**

Course Outline

Food Fundamentals and Quantity Cooking

Course Title

HTM 165

Division & Number

Associate Professor, Howard Rice

Course Description:

This is a semester length course designed to introduce students to all facets of the quantity preparation and service of foods and restaurant menu items. Basic production facility management and supervision skills will be taught from a systems perspective. Basic food service skills including hygiene, laboratory conduct, food borne diseases, safety, cooking techniques, food group preparation techniques, standardized recipe use, food service equipment use, basic portioning, handling, food group identification, production and service skills will be presented.

Program Outcomes:

- A. Students will learn food service production skills enabling them to seek employment within the food service segment of the hospitality industry.
- B. Students will be able to participate in discussions about food service production facility organization, lay out and design.
- C. Students will be able to identify the basic food borne illnesses and methods of food handling techniques used to prevent food contamination, diseases and spoilage.
- D. Students will be able to utilize basic kitchen equipment and tools enabling them to effectively operate efficiently and safely in the modern food service production facility
- E. Students will be able to identify the benefits of adhering to accepted standardized food handling and production processes and systems.
- F. Students will have acquired basic culinary techniques and skills enabling them to operate in the HTM public food service laboratory/teaching restaurant and in other settings within the food service industry.

Course Outcomes:

(Measurable student learning outcomes.)

By the end of the HTM 165 course students will be able to:

- A. Identify and explain basic production facility rules for hygiene, food handling safety and personal safety.
 1. {Core} be able to identify the general safety rules and procedures for operating in a production kitchen.
 2. {Core} be able to list and explain the safe and proper use of basic equipment and tools used in a food production facility.
 3. {Core} be able to list and explain each of the major food borne illnesses and list all standardized food handling techniques used to prevent illness and disease.

- B. Identify the interdependent components of the standardized food service system.
1. {Core} be able to identify the key equipment and location based on food production flow.
 2. {Core} be able to explain the relationship of each stage of the food production cycle in a systematic manner.
 3. {Core} be able to explain the production line design utilized in food production and service.
 4. {Core} be able to demonstrate basic culinary techniques and skills in a full service public restaurant setting.
 5. {Core} be able to identify and explain food grading systems.
 6. {Core} be able to list and identify the common standard meat cuts, poultry cuts and seafood portioning standards.
- C. Identify the accepted definitions for food groups and be able to explain the nutrient values basic to each.
1. {Core} be able to identify and explain the definition of and characteristics of vegetables and fruits.
 2. {Core} be able to identify and explain the definition of and characteristics of meat, poultry, seafood and dairy products.
 3. {Core} be able to identify and explain the definition of grains and starches.
 4. {Core} be able to explain the basics of food group combining for optimal nutrition and food group balance.
- D. Describe the roles of production staff positions and other staff in the food production facility.
1. {Core} be able to explain the types and purposes of rank within the food production facility.
 2. {Core} be to explain the roles of each position in the food production facility.
 3. {Core} be able to explain and demonstrate food production timing.
 4. {Peripheral} be able to explain the role all members of the food service facility (front and back of the house) and the role of management and supervision in fulfillment of roles and responsibilities.
- E. Value sustainable food production and service techniques.
1. {Core} be able to identify and explain proper waste management protocols.
 2. {Core} be able to identify local produce and meats for incorporation in production and service.
 3. {Core} be able to explain methods of sustainable energy use in the food production facility.

Instructional Intent:

Students will have the opportunity to master basic culinary skills, techniques and food production supervision utilizing lecture and hands on experience gained from the operation of the public teaching restaurant.

Definitions and parameters used in this outline:

- A. Core- Refers to an outcome that must be attained in order for a student to pass this course.
- B. Peripheral- Refers to an outcome that should be attained but is not required for a student to pass this course.
- C. Optional- Refers to an outcome, which may be optionally covered by the instructor as a tool for illustrative purposes but is not required fro a student to pass this course.

Textbook:

Professional Food Preparation, Laconi-Wiley& Sons

Methods of Instruction:

Lecture, teaching kitchen and public restaurant contact hours, basic culinary exercises.

Attendance:

As per the COM-FSM General Catalog attendance policy description.

Evaluation:

As per the COM-FSM General Catalog Academic Regulations, Course Grading System.