



Department: __ Culinary Arts _____
Course Title: Basic Food Preparation _____
Section Name: __ Chef 1301.F50C _____
Semester: _____ Spring 2015 _____
Time: _____ Tuesday and Thursday 6:00-9:00pm _____
Classroom: 139 Q

Instructor: __ Alejandro Barrientos _____
Email: _____ abarrientos@odessa.edu _____
Office: _ 139 M _____
Phone: _____ (432) 335-6525 _____

Course Description:

A study of the fundamental principles of food Preparation and cookery to include Brigade System, Cooking techniques, material handling, heat transfer, sanitation, safety, nutrition, and Professionalism

Required Texts:

Description of Institutional Core Objectives (ICO's)

Given the rapid evolution of necessary knowledge and skills and the need to take into account global, national, state, and local cultures, the core curriculum must ensure that students will develop the essential knowledge and skills they need to be successful in college, in a career, in their communities, and in life. Therefore, with the assistance of the Undergraduate Education Advisory Committee, the Coordinating Board has approved guidelines for a core curriculum for all undergraduate students in Texas.

Through the application and assessment of objectives within the institution's core curriculum, students will gain a foundation of knowledge of human cultures and the physical and natural world; develop principles of personal and social responsibility for living in a diverse world; and advance intellectual and practical skills that are essential for all learning. Appropriate Odessa College faculty periodically evaluates all of the courses listed in the descriptions on the following pages of this catalog and keys them to Odessa College's Institutional Core Objectives (ICOs), as defined by the Texas Higher Education Coordinating Board (THECB). (Source: *Odessa College Catalog of Courses 2012-2013, page 73*)

Odessa College's Institutional Core Objectives (ICOs):

- 1) *Critical Thinking Skills* - to include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information
- 2) *Communication Skills* - to include effective development, interpretation and expression of ideas through written, oral and visual communication
- 3) *Empirical and Quantitative Skills* - to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions

4) *Teamwork* - to include the ability to consider different points of view and to work effectively with others to support a shared purpose or goal

5) *Personal Responsibility* - to include the ability to connect choices, actions and consequences to ethical decision-making

6) *Social Responsibility* - to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities

Learning Outcomes for _____ (Source: *Odessa College Catalog of Courses*)

| Outcome | ICO |
|---|---|
| Read, convert and determine food quantities for recipes. | <i>Critical Thinking Skills</i> - to include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information |
| <ol style="list-style-type: none"> 1. Demonstrate the correct food preparation and cooking procedures for desire menu items being prepared. 2. *Prepare, cook, finish for service and evaluate meats, fish, vegetables and starch food items in accordance with menu items. | <i>Communication Skills</i> - to include effective development, interpretation and expression of ideas through written, oral and visual communication |
| To understand what different cooking method/technique would be best to achieve there desired outcome. | <i>Empirical and Quantitative Skills</i> - to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions |
| <ol style="list-style-type: none"> 1. Organize work assignments. 2. *Relate positively with other students. 3. *Support a team approach to work out-put functions. | <i>Teamwork</i> - to include the ability to consider different points of view and to work effectively with others to support a shared purpose or goal |
| <ol style="list-style-type: none"> 1. Employs correct sanitation procedures and principles associated with the storage, holding, 2. preparation and service of menu items. 3. Exhibit a professional attitude towards his or her chosen vocation. | <i>Personal Responsibility</i> - to include the ability to connect choices, actions and consequences to ethical decision-making |

| | |
|--|---|
| | <p><i>Social Responsibility</i> - to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities</p> |
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Odessa College Policies

Academic Policies

Note that the OC Student Handbook states (page 32) that “[i]n cases of academic dishonesty, the instructor has the authority to impose appropriate scholastic penalties. Complaints or appeals of disciplinary sanctions may be filed in accordance with the college due process procedure. Copies of the college due process procedure are available in the office of The Director of Student Life (CC104).”

For more information on your rights and responsibilities as a student at Odessa College, please refer to the following: *The 411 of OC: Student Handbook 2012-2013; Student Rights & Responsibilities*
<http://www.odessa.edu/dept/studenthandbook/handbook.pdf>

Scholastic Dishonesty

Scholastic dishonesty shall constitute a violation of these rules and regulations and is punishable as prescribed by board policies. Scholastic dishonesty shall include, but not be limited to, cheating on a test, plagiarism and collusion.

"Cheating on a test" shall include:

- Copying from another student's test paper
- Using test materials not authorized by the person administering the test.
- Collaborating with or seeking aid from another student during a test without permission from the test administrator.
- Knowingly using, buying, selling, stealing or soliciting, in whole or in part, the contents of an unadministered test.
- The unauthorized transporting or removal, in whole or in part, of the contents of the unadministered test.
- Substituting for another student, or permitting another student to substitute for one's self, to take a test.
- Bribing another person to obtain an unadministered test or information about an unadministered test.
- "Plagiarism" shall be defined as the appropriating, buying, receiving as a gift, or obtaining by any means another's work and the unacknowledged submission or incorporation of it in one's own written work.
- "Collusion" shall be defined as the unauthorized collaboration with another person in preparing written work for fulfillment of course requirements. (Source: *Odessa College Student Handbook 2012-2013, page 29-30*)

Special Populations/Disability Services/Learning Assistance

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

Odessa College affirms that it will provide access to programs, services and activities to qualified individuals with known disabilities as required by **Section 504 of the Rehabilitation Act of 1973 and Title II of the Americans with Disabilities Act of 1990 (ADA)**, unless doing so poses an undue hardship or fundamentally alters the nature of the program or activity. Disabilities may include hearing, mobility or visual impairments as well as hidden disabilities such as chronic medical conditions (arthritis, cancer, diabetes, heart disease, kidney disorders, lupus, seizure disorders, etc.), learning disabilities or psychiatric or emotional disabilities. A student who comes to Odessa College with diagnosed disabilities which may interfere with learning may receive accommodations when the student requests them and submits proper documentation of the diagnosis. A Request for Accommodations form and guidelines for beginning the request process are available in the OC Help Center or on the Odessa College web site at www.odessa.edu/dept/counseling/disabilities.htm. The college strives to provide a complete and appropriate range of services for students with disabilities such as assistance with testing, registration, information on adaptive and assistive equipment, tutoring, assistance with access and accommodations for the classroom where appropriate. For information regarding services, students with disabilities should contact the Office of Disability Services in the OC Help Center located in Room 204 of the Student Union Building or call 432-335-6433. (Source: *Odessa College Catalog of Courses 2012-2013*, page 52)

Dropping a Course or Withdrawing from College

Students wishing to drop a non-developmental course may do so online using WebAdvisor, at the Wrangler Express, or Registrar's Office. A student wishing to drop a developmental course or withdraw from college should obtain a drop or withdrawal form from the Wrangler Express or the Registrar's Office. Students are encouraged to consult with instructors prior to dropping a class. Students may not completely withdraw from the college by use of the Web. Students must drop a class or withdraw from college before the official withdrawal date stated in the class schedule. Students who are part of the Armed Forces Reserves may withdraw with a full refund if the withdrawal is due to their being ordered into active duty. A copy of the student's orders must be presented to the Registrar's Office at the time of the withdrawal. For details, please contact the Office of the Registrar. **No longer attending class does not automatically constitute withdrawal from that class, nor does a student's notification to an instructor that the student wishes to be dropped. Failure of a student to complete the drop/withdrawal process will result in a grade of "F."** (Source: *Odessa College Catalog of Courses 2012-2013*, page 36)

Learning Resource Center (LRC; Library)

The Library, known as the Learning Resources Center, provides research assistance via the LRC's catalog (print books, videos, e-books) and databases (journal and magazine articles). Research guides covering specific subject areas, tutorials, and the "Ask a Librarian" service provide additional help.

Student Success Center (SCC)

Located in the LRC, the Student Success Center (SSC) provides assistance to students in meeting their academic and career goals. We strive to provide new and updated resources and services at no charge to OC students. Academic support services include tutoring, study skills training, workshops, and the mentoring program. Tutoring is available for a variety of subjects including college mathematics, English, government, history, speech, chemistry, biology, and all developmental coursework. Appointments are preferred, but walk-ins will be served as soon as possible. Smarthinking online tutoring is also available. All computers in the center have Internet access, Microsoft Office, and software resources to assist OC students in improving their reading, writing and mathematical skills. The center also offers special assistance to students preparing for the THEA/COMPASS test. Computer lab assistants are available to assist students with student email, Blackboard, OC portal, Course Compass and more. For more information or to make an appointment, please call 432-335-6673 or visit www.odessa.edu/dept/ssc/ (Source: *Odessa College Catalog of Courses 2012-2013*, page 54)

Student E-mail

Please access your Odessa College Student E-mail, by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **Correspondence will be submitted using your Odessa College email as an alternative method to contact you with information regarding this course.**

Technical Support

For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at https://www.odessa.edu/dept/ssc/helpdesk_form.htm.

Expectations for Engagement – Face to Face Learning

To help make the learning experience fulfilling and rewarding, the following Expectations for Engagement provide the parameters for reasonable engagement between students and instructors for the learning environment. Students and instructors are welcome to exceed these requirements.

Reasonable Expectations of Engagement for Instructors

1. As an instructor, I understand the importance of clear, timely communication with my students. In order to maintain sufficient communication, I will
 - provided my contact information at the beginning of the syllabus;
 - respond to all messages in a timely manner through telephone, email, or next classroom contact; and,
 - notify students of any extended times that I will be unavailable and provide them with alternative contact information (for me or for my supervisor) in case of emergencies during the time I'm unavailable.
2. As an instructor, I understand that my students will work to the best of their abilities to fulfill the course requirements. In order to help them in this area, I will
 - provide clear information about grading policies and assignment requirements in the course syllabus, and
 - communicate any changes to assignments and/or to the course calendar to students as quickly as possible.
3. As an instructor, I understand that I need to provide regular, timely feedback to students about their performance in the course. To keep students informed about their progress, I will
 - return classroom activities and homework within one week of the due date and
 - provide grades for major assignments within 2 weeks of the due date or at least 3 days before the next major assignment is due, whichever comes first.

Reasonable Expectations of Engagement for Students

1. As a student, I understand that I am responsible for keeping up with the course. To help with this, I will
 - attend the course regularly and line up alternative transportation in case my primary means of transportation is unavailable;
 - recognize that the college provides free wi-fi, computer labs, and library resources during regular campus hours to help me with completing my assignments; and,
 - understand that my instructor does not have to accept my technical issues as a legitimate reason for late or missing work if my personal computer equipment or internet service is unreliable.

2. As a student, I understand that it is my responsibility to communicate quickly with the instructor any issue or emergency that will impact my involvement with or performance in the class. This includes, but is not limited to,
 - missing class when a major test is planned or a major assignment is due;
 - having trouble submitting assignments;
 - dealing with a traumatic personal event; and,
 - having my work or childcare schedule changed so that my classroom attendance is affected.

3. As a student, I understand that it is my responsibility to understand course material and requirements and to keep up with the course calendar. While my instructor is available for help and clarification, I will
 - seek out help from my instructor and/or from tutors;
 - ask questions if I don't understand; and,
 - attend class regularly to keep up with assignments and announcements.

Institutional Calendar Fall 2014)

January
 14 Spring Semester & Spring 1 (8 WK Term) Begin
 2015 May-mester Registration Begins
 19 Campus Closed – MLK, Jr. Day
 20 2015 May-mester Registration Begins

February
 20 Last Day to Drop Spring 1 (8 WK Term)

March
 6 Spring 1 (8 WK Term) Ends
 9-15 Campus Closed – Spring Break
 9 2015 Summer & Fall Registration Begins
 16 College Opens
 17 Spring 2 (8 WK Term) Begins

April
 3 Campus Closed – Good Friday
 10 Last Day to Drop Spring 1 (8 WK Term)
 23 Last Day to Drop Spring 2 (8 WK Term)

May
 7 Spring Semester & Spring 2 (8WK Term) End
 9 Spring Graduation
 Last Day for 9-month

Disclaimer

This syllabus is tentative and subject to change in any part at the discretion of the instructor. Any changes will be in accordance with Odessa College policies. Students will be notified of changes, if any, in timely manner.

Original Effort

The work submitted for this course must be original work prepared by the student enrolled in this course. Efforts will be recognized and graded in terms of individual participation and in terms of ability to collaborate with other students in this course.

Description of students

Students enrolled in this course Students learn and apply strategies for success in college and life-long learning. Major topics include setting academic, career and personal goals; effective communication; study strategies; critical thinking; self-discovery; learning styles. Students develop educational and career plans utilizing college resources **ALL CULINARY STUDENTS ARE REQUIRED TO PARTICIPATE IN ATLEAST 2 CULINARY EVENTS PER SEMESTER AND IS MANDATORY IF UNABLE TO ATTEND PLEASE LET THE INSTRUCTOR KNOW AHEAD OF TIME**

Course Alignment with Industry Standard

We will work towards getting every student ready for the American Chef Federation, Certified culinarian test Which is a national accredited certification

Digital Protocol

Cell phones must be placed on either *vibrate* or *silent* mode and are to be accessed in emergency cases only. The use of laptops or any other digital device is permitted in order to facilitate note-taking relative to instruction. Any written assignments will be submitted electronically on Blackboard. **The electronic recording of the time on Blackboard will be considered the time of assignment submission. Take necessary steps to ensure that your assignments are submitted on “Blackboard” time.** Back-up and/or additional copies of all assignments submitted is encouraged. **Computers/printers are available to OC students in the LRC (301-303); therefore, not having access to a computer due to technical issues (crash; corrupted files) will not be considered as an acceptable reason for not completing assignments.** If there is a loss of server connection with Odessa College due to maintenance, then an email will be sent to student with pertinent information and status reports. Assignments submitted electronically need to be **WORD documents (doc or docx).**

Library Resource Center Hours of Operation

Fall/Spring

Monday — Thursday 7:30 am — 9:30 pm

Friday 7:30 am — 1:00 pm

Sunday 2:00 pm — 5:00 pm

Attendance Policy

Students are expected to attend class regularly. Attendance will be recorded using a “sign-in” sheet. Excessive absences will be grounds for disciplinary action, and will be determined on a case-by-case basis. If you are more than 15 minutes late to class or leave class early without notifying the instructor, this will count as an absence, Although this class is taught primarily as a lab course in which you do most of your work in class, it is not a self-paced, web, or correspondence course. Your attendance in class is vital to your final course grade. Furthermore, consistent tardiness eventually counts against you; the number of points lost will depend on the number of your tardiest, absences and on my evaluation of your effort. It is your responsibility to keep up with the number of your absences and tardies; do not constantly ask me to count them up for you. Also, do not call me to report any absence within the six-hour limit. The only exception is for athletes taking school-sponsored trips. Always inform me in advance of school trips, use your six free absences for these trips and do not expect additional free hours for illness or other reasons. If any student has an emergency (must be serious according to my assessment) or cannot otherwise comply with this attendance policy, please visit with me personally

AVID

This course has been identified as a course by Career, Technical, and Workforce Education as one in which teaching and learning strategies adopted by AVID will be implemented. As a student in the legal program, you will be expected to develop an understanding of the strategies, to model the strategies, to maintain fidelity of

implementation, and to examine how these strategies may impact your effectiveness as a professional in your chosen area of occupation, either through coursework or practicum experience as outlined by the course instructor.

Grading Policy

Please understand that this is a required course for the Culinary Arts program in order to prepare you _____ Quality work and active participation is expected and not to be negotiated. As a general policy, grades will be taken in class. Any written assignments or tests will be graded outside of class. You can expect feedback on assignments within a week's time.

Grade Inquiry Policy

It is the responsibility of the individual taking this course to maintain accurate track of assignment submissions and grades. There will be opportunities during the semester to meet with the instructor to discuss your academic progress. Contact the instructor to schedule an appointment. Class time will not be used for grade inquiries. All grades are final.

Communication Plan

The best way to communicate with the course instructor is via email through Blackboard. Also, check in Blackboard regularly for announcements, including any changes in the course schedule due to instructor illness or conference attendance. Appointments with the instructor may also be scheduled. abarrientos@odessa.edu

General Course Requirements

1. Attend class and participate.
2. Contribute and cooperate with civility.
3. **Submit assignments on time. Late work will not be accepted. Medical and/or family circumstances that warrant an extension on assignments need to be presented to the instructor. Extensions will be allowed at the instructor's discretion.**

Grading Scale:

- "A" = 90-100
- "B" = 80-89
- "C" = 70-79
- "D" = 60-69
- "F" = 0-59

Incomplete Policy

An 'Incomplete' grade may be given only if:

1. The student has passed all completed work
2. If he/she has completed a minimum of 75% of the required coursework. A grade of an "I" will only be assigned when the conditions for completions have been discussed and agreed upon by the instructor and the student.

Overview of assignments

| Type of Assignment | Percentage |
|--------------------|------------|
| 1. Lab | 50% |
| 2. Test | 25% |
| 3. Homework | 15% |
| 4. Attendants | 10% |

ASSIGNMENT "A": description

Schedule (Tentative and Subject to Change)

| | | | |
|----------------------------|-----------------------------|---|--|
| 1ST WEEK | LECTURE AND LAB TOUR | GO OVER SYLLUBUS AND TOUR THE LAB AREA | COVER NECESSARY EQUIPMENT FOR BASIC. |
| 2ND WEEK | LECTURE AND LAB WORK | INTRO TO BASIC SAFETY TRAINING,SANITATION AND BASIC KNIFE CUTS | REVIEW KNIFE CUT CHARTS |
| 3RD WEEK | LECTURE AND LAB WORK | MISE EN PLACE TRAINING, GO OVER COOKING MEETHODS | DEVELOP MENUS AND MISE EN PLACE TRAINING |
| 4TH WEEK | LECTURE AND LAB WORK | INTRO TO BASIC FLAVORS, WORKING WITH PROTEINS, STARCH AND VEGETABLES | COVER EMULSIONS AND SALAD DRESSINGS |
| 5TH WEEK | LECTURE AND LAB WORK | CONTINUE OF FLAVOR BUILDING AND PROPER COOKING METHODS | REVIEW DIFFERENT TYPES OF STOCKS AND SOUPS |
| 6TH WEEK | LECTURE AND LAB WORK | FOCUS ON KNIFE CUTS LEARN ABOUT PLAING DESIGNS | INTRO TO DIFFERENT TYPES OF PROTEINS AND GRAINS |
| 7TH WEEK | LECTURE AND LAB WORK | LEARN DIFFERENT TYPES OF BEEF CUTS | HOW TO DETERMINE WHAT CUT OF BEEF IS BEST TO USE |
| 8TH WEEK | LECTURE AND LAB WORK | APPLY COOKING METHODS TO PROTEINS | Learn different cooking techniques for cooking proteins |
| 9TH WEEK | LECTURE AND LAB | PRACTICES DIFFERENT COOKING METHODS ON GRAINS AND STARCHES | LEARN DIFFERENT METHOD OF COOKING RICE AND GRAINS |

| | | | |
|-----------------------------|------------------------|---|---|
| 10TH WEEK | LECTURE AND LAB | APPLY COOKING TECHNIQUES | START COOKING SOUS VIDE AND SMOKING MEATS |
| 11TH WEEK | LECTURE AND LAB | CONTINUED STARCH AND VEGTEBLES PREP. WORK ON SEAFOOD PREP. | LEARN HOW TO BREAKDOWN WHOLE FRESH FISH |
| 12TH WEEK | LECTURE AND LAB | FOCUS ON SEAFOOD PREP | REVIEW WAYS TO PREPARE SEAFOOD AND SHELLFISH |
| 13TH WEEK | LECTURE AND LAB | WORKING WITH PROTEINS AND STARCH AND VEGETABLES | APPLY SEAFOOD COOKING TECHNIQUES |
| 14TH WEEK | LECTURE AND LAB | STOCKS AND SOUP PREPARATION | LEARN DIFFERENT TYPES OF STOCKS AND SOUP |
| 15TH WEEK | LECTURE AND LAB | REVIEW SEMSTERS TECHNIQUES | A BRIEF OVERVIEW BEFORE THE FINAL EXAM |
| 16TH WEEK | FINAL REVIEW | BREAKFAST PREP. REVIEW FINAL AND TAKE PRACTICAL TEST | REVIEW DIFFERENT EGG PREPARATION AND FINAL. |