

FLORIDA STATE COLLEGE AT JACKSONVILLE

COLLEGE CREDIT COURSE OUTLINE

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| COURSE NUMBER: | FSS 1240 |
| COURSE TITLE: | American Regional Foods |
| PREREQUISITE(S): | FSS 1221 |
| COREQUISITE(S): | None |
| CREDIT HOURS: | 3 |
| CONTACT HOURS/WEEK: | 8 |
| CONTACT HOUR BREAKDOWN: | |
| Lecture/Discussion: | 2 |
| Laboratory: | 6 |
| Other _____: | |
| FACULTY WORKLOAD POINTS: | 6.2 |
| STANDARDIZED CLASS SIZE ALLOCATION: | 20 lecture/12 lab |
| CATALOG COURSE DESCRIPTION: | |
| <p>Students will plan and prepare menus that demonstrate various American regional and modified service styles. They will utilize principles from Food Production II to plan and cost the menu, convert recipes, prepare a work schedule and a summary report.</p> | |
| SUGGESTED TEXT(S): | Labensky, Sarah, <u>On Cooking: A Textbook of Fundamentals</u> , Prentice-Hall. Englewood, N.J. 1995. |
| IMPLEMENTATION DATE: | Fall Term, 1993 (941) |
| REVIEW OR MODIFICATION DATE: | Fall Term, 1996 (971) Fall Term, 2002 (20031) Fall Term, 2003 (20041) Fall Term, 2008 (20091) - Outline Review 2007 |

| COURSE TOPICS | CONTACT HOURS <u>PER TOPIC</u> |
|--|-----------------------------------|
| I. Orientation, Portion Control, Expediting | 2 |
| II. American Regional Menu | 2 |
| III. Review Cooking Methods and Kitchen Operations | 8 |
| IV. Soft-Opening in Mallard Room | 8 |
| V. New Orleans | 12 |
| VI. Southern Region | 12 |
| VII. Heartland | 12 |
| VIII. Northwest | 12 |
| IX. Southwest | 12 |
| X. California | 12 |
| XI. Florida | 12 |
| XII. Hawaii | 12 |
| XIII. Final Exam | 4 |

PROGRAM TITLE: Culinary Management

COURSE TITLE: American Regional Foods

CIP NUMBER: 0620.040100

LIST PERFORMANCE STANDARD ADDRESSED:

NUMBER(S): TITLES(S):

02.0 DEMONSTRATE ACCEPTABLE PROFESSIONAL AND PERSONAL SANITATION PRACTICES -- The student will be able to:

02.05 Food Preparation Areas

02.05.01 Recognize and maintain clean and sanitary food preparation surfaces.

02.05.02 Clean and sanitize floors and walls.

02.05.03 Recognize and report indications of insect or rodent infestation.

04.0 DEMONSTRATE EQUIPMENT OPERATION SKILLS -- The student will be able to:

04.02 Beverage Equipment

04.02.03 Operate beverage equipment in a safe and efficient manner.

04.05 Knives and Cutting Tools

04.05.01 Identify special precautions to be used when working with knives and cutting tools.

04.05.02 Sharpen correctly knives and cutting tools.
Inspect handles and guards and report any discrepancy.

04.05.03 Use knives and cutting tools in a safe and efficient manner.

04.06 Ovens, Ranges, Griddles, Fryers, Broilers, and Toasters.

04.06.01 Identify special precautions to be used when working with ovens, ranges, griddles, fryers, broilers and toasters.

04.06.02 Correctly assemble and disassemble equipment.
Inspect all parts and report any discrepancy.

04.06.03 Operate ovens, ranges, griddles, fryers, broilers and toasters in a safe and efficient manner.

05.0 DEMONSTRATE THE APPLICATION OF MATHEMATICS AS IT APPLIES TO THE PRODUCTION OF PRODUCTS AND THE BUSINESS OF THE CULINARY INDUSTRY -- The student will be able to:

05.01 Demonstrate proficiency in basic math skills.

05.02 Demonstrate knowledge of measures and conversions.

05.03 Demonstrate knowledge of recipe conversions.

05.03.01 Convert recipes for greater or lesser number of servings.

05.04 Demonstrate effective cost estimation.

05.06 Perform mathematical operations unique to culinary management.

LIST PERFORMANCE STANDARD ADDRESSED: (CONTINUED)

NUMBER(S): TITLES(S):

06.0 DEMONSTRATE EFFECTIVE PURCHASING AND COST CONTROL -- The student will be able to:

06.01 Inventory control

06.01.03 Conduct and accurately record an inventory of local procedures.

06.03 Portion Control

06.03.02 Identify and apply portion control methods.

10.0 PREPARE, DIRECT AND MANAGE THE PRODUCTION OF FRUITS AND VEGETABLES -- The student will be able to:

10.01 Identify and select fruits and vegetables.

10.02 Prepare fruits and vegetables.

10.03 Hold fruits and vegetables for serving.

10.04 Garnish and present fruits and vegetables.

10.05 Store reusable portions.

10.06 Utilize principles of inventory control, cost control, portion control, management, human relations, and training skills.

11.0 PREPARE, DIRECT AND MANAGE THE PRODUCTION OF MEATS, POULTRY AND SEAFOOD -- The student will be able to:

11.01 Identify and select meats.

11.01.01 Identify meat characteristic, proper cooking and done temperatures, traditional side dishes and condiments, possible parasites, and potential micro-organism growth.

11.01.02 Prepare meats with given recipes.

11.01.03 Hold meats for serving.

11.01.04 Garnish and present meats.

11.01.05 Store reusable portions.

11.01.06 Utilize principles of inventory control, cost control, portion control, management, human relations, and training skills.

11.02 Identify and select poultry.

11.02.01 Identify poultry characteristic, proper cooking and done temperatures, traditional side dishes and condiments, possible parasites, and potential micro-organism growth.

11.02.02 Prepare poultry and given recipes.

11.02.03 Hold poultry for serving.

11.02.04 Garnish and present poultry.

11.02.05 Store reusable portions.

11.02.06 Utilize principles of inventory control, cost control, portion control, management, human relations, and training skills.

11.03 Identify and select seafood.

11.03.01 Identify seafood characteristic, proper cooking and done temperatures, traditional side dishes and condiments, possible parasites, and potential micro-organism growth.

11.03.02 Prepare seafood with given recipes.

LIST PERFORMANCE STANDARD ADDRESSED: (CONTINUED)

NUMBER(S): TITLES(S):

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| 11.03.03 | Hold seafood for serving. |
| 11.03.04 | Garnish and present seafood. |
| 11.03.05 | Store reusable portions. |
| 11.03.06 | Utilize principles of inventory control, cost control, portion control, management, human relations, and training skills. |

12.0 PREPARE, DIRECT AND MANAGE THE PRODUCTION OF STOCKS, SOUPS, AND SAUCES/GRAVIES --

The student will be able to:

12.01 Stocks

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| 12.01.02 | Prepare basic stocks. |
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12.02 Soups

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| 12.02.02 | Prepare soups. |
| 12.02.04 | Garnish and present soups. |

12.03 Sauces and Gravies

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| 12.03.02 | Prepare sauces and gravies. |
| 12.03.04 | Store left over sauces and gravies for future use. |
| 12.03.06 | Utilize principles of inventory control, cost control, portion control, management human relations, and training skills. |

15.0 PREPARE, DIRECT AND MANAGE THE PRODUCTION OF FOODS UTILIZING FARINACEOUS (STARCHY) PRODUCTS -- The student will be able to:

- 15.01 Identify and select farinaceous products.
- 15.02 Prepare foods utilizing farinaceous products using given recipes.
- 15.03 Hold food containing farinaceous products for service.
- 15.04 Garnish and present foods containing farinaceous products.
- 15.05 Store reusable portions.
- 15.06 Utilize principles of inventory control, cost control, portion control, management, human relations, and training skills.

18.0 DEMONSTRATE AN UNDERSTANDING OF THE COMPOSITION OF FOODS, AND THE PROCESSES USED FOR PREPARATION -- The student will be able to:

- 18.01 Identify the composition of foods.
- 18.02 Identify cooking methods and demonstrate a knowledge of:

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| 18.02.01 | Liquid retention. |
| 18.02.02 | Vitamin and mineral retention. |
| 18.02.03 | Retention of color and composition. |

LIST PERFORMANCE STANDARD ADDRESSED: (CONTINUED)

NUMBER(S): TITLES(S):

19.0 DEMONSTRATE SKILL IN APPLYING PRINCIPLES OF NUTRITION -- The student will be able to:

- 19.01 Identify food groups.
- 19.03 Define exchange groups.

20.0 DEMONSTRATE SKILL IN UTILIZING WINES AND SPIRITS IN PRODUCTION AND
IN DINING SERVICE -- The student will be able to:

- 20.02 Demonstrate an understanding and effectively use wine and spirit terms.
- 20.04 Prepare and direct production of foods utilizing wines and spirits.

24.0 DEMONSTRATE APPROPRIATE COMMUNICATION SKILLS -- The student will be able to:

- 24.01 Write logical and understandable statements, or phrases, to accurately fill out forms/invoices commonly used in business and industry.
- 24.02 Read and follow written and oral instructions.
- 24.07 Demonstrate the components of the communication process.

25.0 DEMONSTRATE EMPLOYABILITY SKILLS -- The student will be able to:

- 25.07 Identify acceptable work habits.

