

Culinary Arts

Curriculum Guide

Program Description

MCTI's Culinary Arts Program operates the Pine Cove Restaurant on campus. Students gain experience in the restaurant setting and also work in the school cafeteria, where they learn large-quantity food preparation, breakfast cookery, and serving. The program offers the required classes for chef certification, ServSafe, nutrition and supervision. The program is accredited by the American Culinary Federation's Secondary Accrediting Committee.

Culinary Arts Admission Requirements:

- Good personal hygiene, appearance, and general good health

U.S. Department of Labor Occupational Profile:

Students who most closely match the occupational profile for a Food Service Worker are selected for enrollment.

- **Aptitude/Abilities:** Interpersonal communication, work effectively under stress, task planning/organizing, learning ability, carry out detailed written or oral instructions
- **Work Keys:** Reading/Locating Information/ Applied Math – 3 for Cook's Helper, Level 4 for Cook
- **CASAS Scaled Score:** Reading & Math 216-225 for Cook's Helper, Reading & Math 226-235 for Cook
- **Environment:** Extreme heat, varying conditions, flexible work schedule
- **Physical Demands:** Medium, standing for long periods
- **Temperament:** Performs a variety of tasks, able to prioritize and make good judgments

Certificate of Completion Program (SOC Codes):

- Utility Worker (35-9099)
- Food Service Worker (35-3021)
- Cook's Helper (35-3021)
- Line Cook (35-2012)
- Cook (35-2014)
- Cook/Manager (35-2014)

Each Culinary Arts Certificate of Completion Program takes one term. Each culinary arts student is expected to be in the program at a minimum of two terms. Those students who are not able to remain at MCTI for at least two terms may exit after the first term with a Utility Worker certificate.

At the end of each certificate level, the instructor invites those students who demonstrated academic and laboratory (kitchen) progress by maintaining an accumulated grade point average of 2.0 or better and good employability skills to advance to the next term.

The student must have received ServSafe Manager Certification, successfully completed EC 127 Culinary Math, and have an accumulated grade point average of 3.0 or better in all lab (kitchen) related classes and good employability skills to advance past the third term.

Those students who successfully complete all six terms are eligible to take the National Occupational Competency Testing Institute's (NOCTI) testing for American Culinary Federation (ACF) Secondary Certification.

Required Courses for Certification

Students must demonstrate academic progress (satisfactory grade point average) and good employability skills to advance from term to term.

Core Courses Utility Worker

(First Term)

Course Number	Course Name	Credits
CD 100	Culinary Arts Overview	2.7
CD 101A	Culinary Arts I	0.5
CD 102A	ServSafe	1.0
CD 103A	Baking I	1.3
CD 104A	Culinary Arts Lab	6.6
EC 114	Math for Food Service Occupations	1.5
<p><i>The following course is only available to students who are not demonstrating academic progress during the first term. If they complete this class, they may earn a Utility Worker certificate</i></p>		
CD 104B	Utility Worker Lab	12.0

Food Service Worker

(Second Term)

Course Number	Course Name	Credits
CD 205A	Culinary Arts II	0.5
CD 206A	Baking II	0.5
CD 207A	Breakfast Cookery	0.5
CD 208A	Culinary Arts Lab II	10.5
<p>For those students who want to advance past the third term</p>		
EC 127	Culinary Math	2.0

Cook's Helper

(Third Term)

Course Number	Course Name	Credits
CD 309	Culinary Arts III	1.0
CD 310	Meat Cookery	1.5
CD 311	Dining Room Service	1.0
CD 312	Culinary Arts Lab III	10.0

Line Cook

(Fourth Term)

Course Number	Course Name	Credits
CD 401	Pine Cove Management	2.0
CD 402A	Nutrition	1.8
CD 403A	Culinary Arts Lab IV	10.0

Cook

(Fifth Term)

Course Number	Course Name	Credits
CD 504	Supervision	0.7
CD 505	Advanced Cooking I	1.3
CD 506	Culinary Arts Lab V	12.0

Cook/Manager

(Sixth Term)

Course Number	Course Name	Credits
CD 607	Purchasing	0.7
CD 608	Advanced Cooking II	1.3
CD 609	Culinary Arts Lab VI	12.0

Instructors, program managers, and/or the referring counselor may recommend employability skills and elective classes based on the student's needs, abilities, interest and behaviors. Job Seeking Skills is required for all students anticipating to graduate from MCTI.

Course Descriptions

CD 100: Culinary Arts Overview

This introductory course acquaints students with the hospitality industry, and restaurant operations. **Topics covered:** operation of Pine Cove Restaurant, food service equipment, sanitation and safety.

CD 101A: Culinary Arts I

This course prepares students for entry-level positions in the food service industry. Students learn basic techniques and methods used in food preparation. **Topics covered:** knife usage and safety, weights and measures, cooking principles/terms, mise en place, stocks and sauces.

CD 102A: ServSafe

Students are introduced to the State Health Code standards and how to prevent food borne illnesses. **Topics covered:** the MicroWorld, Safe Food Handlers, the flow of food, cleaning/sanitizing, integrated pest management, food safety regulations and standards.

CD 103A: Baking I

This course is an overview of basic baking techniques. **Topics covered:** basic baking principles, ingredients, yeast products, breads, pies and fillings, puff pastry, éclair paste.

CD 104A: Culinary Arts Lab I

Students apply academic terms, techniques and skills learned in the classroom to actual performance in the kitchen. **Topics covered:** food service operation.

CD 104B: Utility Worker Lab

An introductory course for students with little or no experience in culinary arts. Hands-on lab focuses on building skills for utility type work. Students learn skills to perform utility work without supervision. **Topics covered:** dining room, serving line, beverage and dish room area.

CD 205A: Culinary Arts II

A continuation of Culinary Arts I. Students learn proper preparation and storage of produce and starches; explore career options in culinary arts. **Topics covered:** basic storage, cleaning and/or preparation of fruits, vegetables, dried beans, rice, grains, and pasta. Field trips.

CD 206A: Baking II

This course is for students who have basic baking skills. In this hands-on lab, students prepare cakes and icing, breads, and cookies. **Topics covered:** quick breads, cakes, icings, decorating, cookies.

CD 207A: Breakfast Cookery

In this course, students learn to prepare breakfast food items. **Topics covered:** eggs, breakfast breads, meats, cereal, coffee, tea.

CD 208A: Culinary Arts Lab II

In this hands-on lab, students with experience in culinary arts learn the skills for general food preparation in a large quantity operation while following basic sanitation practices. **Topics covered:** preparation/ production of breakfast, lunch (sandwiches/dessert items), customer service skills on the serving line.

CD 309: Culinary Arts III

A continuation of Culinary Arts II. Students prepare specific foods and cook with herbs and spices. **Topics covered:** custards, herbs, spices, salads, and salad dressings.

CD 310: Meat Cookery

This course is for students with some experience/knowledge of culinary arts and focuses on the basic composition, structure, quality factors, cuts, cooking, handling, and storage of meat. **Topics covered:** meat cookery – the study of meat, poultry, fish, shellfish.

CD 311: Dining Room Service

This course, for advanced culinary arts students, focuses on how to serve food properly in a restaurant. **Topics covered:** dining room service and terms, space utilization, productivity, service techniques, customer/employee relations.

CD 312: Culinary Arts Lab III

A continuation of Culinary Arts Lab II. This hands-on lab focuses on developing independent and self-motivated work skills for general kitchen work in a food service operation. Students perform basic food preparation while following basic sanitary practices. **Topics covered:** food service operation.

CD 401: Pine Cove Management

Students in this lab will be in charge of the kitchen when the student restaurant is open for business. **Topics covered:** making schedules, directing production, demonstrating techniques, performing other tasks as needed.

CD 402: Nutrition

A practical, how-to guide on nutrition principles used to evaluate and modify menus and recipes, and respond knowledgeably to customer's questions and needs. Students apply nutrition knowledge to selection, cooking, and planning healthy foods for restaurants and food service operations. **Topics covered:** characteristics, functions, and food sources of major nutrients; maximizing nutrient retention; nutrient needs from menu planning to food preparation.

CD 403: Culinary Arts Lab IV

This hands-on lab is for students who have a working knowledge of the various positions in the Pine Cove Restaurant. Focus is on speed in production and multi-tasking, and preparing the student for a line cook position. **Topics covered:** schedules, self-inspection, increasing/decreasing recipes, sanitation, supervision.

CD 504: Supervision

Students with advanced knowledge and experience in culinary arts focus on theory and application of personnel management techniques. **Topics covered:** leadership styles, human relations management skills (e.g., hiring, orientation, discipline, etc.), motivation techniques, employment laws.

CD 505: Advanced Cooking I

This course, for advanced students, covers more complex procedures building on basic cooking procedures. "Advanced" refers to the complexity of the recipes, theory, procedures, and quality standards expected. **Topics covered:** sauces, soups, first courses, fish, shellfish, poultry, and meats.

CD 506: Culinary Arts Lab V

This hands-on lab is for students with intermediate skills who are preparing for entry level supervision. Focus is on the daily operation of the Pine Cove Restaurant. **Topics covered:** production, supervision.

CD 607: Purchasing

This course is for students interested in food service management. The student studies quantity purchasing with emphasis on management techniques. **Topics covered:** recordkeeping, portion control, quantitative cookery, costing food items, recipes, menus.

CD 608: Advanced Cooking II

In this course, advanced students learn more complex cooking procedures. Focus is on complexity of the recipe, procedures, quality. Basic knowledge of cooking techniques is required. **Topics covered:** miscellaneous meats, vegetables, special grain preparation, cold foods, molded dishes, foie gras, terrines, rilletes.

CD 609: Culinary Arts Lab VI

This hands-on lab for highly advanced students focuses on applying knowledge gained from CD 504 (Supervision) on a daily basis. Students apply skills required for entry-level management. **Topics covered:** management of Pine Cove Restaurant.

EC 114: Math for Food Service Occupations

Students use basic math skills to solve basic restaurant-related problems. **Topics covered:** sales tax, unit and extension prices, making change, filling out take-out and restaurant checks using customary abbreviations for food items, pricing orders, preparing cash register reports, reconciling amounts on hand, and daily tape totals.

EC 127: Culinary Math

This course for advanced culinary arts students focuses on applying more advanced math skills used in large quantity cooking and to calculate costs. **Topics covered:** converting simple and complex units of measurements used in the culinary field; using yield percentages and edible portion costs to compute recipe costs; converting recipe sizes; using ratio to calculate ingredient quantities.