



# STARK STATE COLLEGE

## GENERAL SYLLABUS

### Course Information

**Course Name:** Food Fundamentals  
**Course Number:** CUL122

### Required Materials

**Textbook(s):** On Cooking: A Textbook of Culinary Fundamentals 6<sup>th</sup> edition; Author: Labensky Publisher: Pearson

**Required Readings:** None

**Additional Materials:** Uniform & Culinary Tools (see culinary uniform policy)

### Course Outline/Calendar

The date of coverage and order of coverage may be modified based on the faculty member and events beyond the control of faculty members that interfere with class times and teaching.

16-week Calendar	
Week	Chapter/Topic/Lab
1	Introductions/ Uniform Fitting/Knife Kits/ OnCooking 6 <sup>th</sup> Edition Chapter 1, 2, & 5 presentation Tools and Equipment Safety/ Kitchen lab orientation Read Chapter 4. Research Project assigned.
2	Holiday/No Classes
3	Chapter 4 presentation/Knife skills training/Knife cuts/ Assignment: Career investigation due with class discussion. Read Chapters 6 & 7. Review Chapters 5 & 6.
4	Chapter 6 & 7 Presentation. Assignment: short calculations, recipe conversions and kitchen math. Quiz on Chapters 5 & 6 Knife skills/cuts and Tools/equipment. Practice Knife cuts in lab. Read Chapters 9,10 & 11
5	Presentation on Chapters 9, 10 & 11. Practical introduction to stocks;prepare Brown stock, Chicken Stock, Vegetable Stock and Fish Stock. Read Chapter 12
6	Review of Chapter 11 Presentation, Chapter 12: Soups, Lab: Prepare Soups
7	Overview Chapter 13, Lab: Prepare Sauces, Read Chapter 21
8	Chapter 21 Presentation Lab Prepare Breakfast items Quiz on Chapters 7-11 Read Chapter 22
9	Chapter 22 Presentation, Lab: Prepare a variety of vegetables, Read Chapter 23
10	Chapter 23 Presentation, Lab: Prepare a Variety of Potato, Grains & Pasta Assignments, Read Chapter 24 & Research Project special diet/dietary restrictions
11	Presentation Chapter 24, Lab: Prepare special diet dishes, Read Chapter 25 & 26
12	Presentation Chapter 25 & 26, Lab: Preapare Salads and Dressings, Fruit identification and processing, Read Chapter 27 Mesurement & Knife cuts Test
13	Presentation Chapter 27, Lab: Prepare Sandwiches, Read Chapters 28 & 29

16-week Calendar	
Week	Chapter/Topic/Lab
14	Presentation Chapters 28-29, Lab: Prepare basic forcemeats and simple hors d'Oeuvre, Read Chapters 30-31
15	Presentation Intro Baking, Lab: Quick Breads, Study for Final Exam
16	Final Exam Session Practical and Written

8-week Calendar	
Week	Chapter/Topic/Lab
1	Introductions/ Uniform Fitting/Knife Kits/ OnCooking 6 <sup>th</sup> Edition Chapter 1, 2,4 & 5 presentation Tools and Equipment Safety/ Kitchen lab orientation/ Knife skills training/Knife cuts Read Chapter 6&7. Research Project assigned.
2	Career investigation due with class discussion. Chapter 6 & 7 Presentation. Assignment: short calculations, recipe conversions and kitchen math. Quiz on Chapters 5 & 6 Knife skills/cuts and Tools/equipment. Practice Knife cuts in lab.Read Chapters 9-13
3	Presentation on Chapters 9-13. Practical introduction to stocks;prepare Brown stock, Chicken Stock, Vegetable Stock and Fish Stock. Prepare soups and sauces. Read chapters 22-24
4	Chapter 22-24 Presentation, Lab: Prepare a variety of vegetables, Potatoes, Grains, Pasta and special diet dishes. Read Chapter 21 review chapters 7-11
5	Chapter 21 Presentation Lab Prepare Breakfast items Quiz on Chapters 7-11. Read Chapters 25-27.
6	Presentation Chapter 25, 26 & 27, Lab: Preapare Salads and Dressings, Fruit identification and processing, Sandwiches Measurement & Knife cuts Test. Read Chapters 28-31.
7	Presentation Chapters 28-29, Lab: Prepare basic forcemeats and simple hors d'Oeuvre. Study for Final Exam
8	Presentation Intro Baking, Lab: Quick Breads Final Exam Session Practical and Written