





assignments, and individual reflection. As there is practical experience in this class, it will necessitate **flexibility and class times may be adjusted to accommodate this.** The lab component may be off site.

## LEARNING OUTCOMES:

- maintain a safe kitchen work environment by applying food safety principles according to industry standards.
- demonstrate knowledge of the food service industry by using related terminology and descriptors of food products.
- demonstrate an understanding of culinary fundamentals and commercial food operations.
- calculate food and labor costs of a kitchen.
- demonstrate an understanding of menu planning and pricing.
- prepare and present completed food dishes in an appetizing and aesthetic manner.

## TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.alberta.ca>.

**\*\* For courses with alpha (letter) grading, a grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability.**

## EVALUATIONS:

Skills, Group work & discussions	25%
Assignments/quizzes	15%
Presentation	15%
Midterm	20%
Final Project/ Take home exam	25%

## GRADING CRITERIA

Please note that most institutions will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100	C+	2.3	67-69
A	4.0	85-94	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

## COURSE SCHEDULE/TENTATIVE TIMELINE:

<i>Week</i>	<i>Topics</i>
1 Jan 7	<ul style="list-style-type: none"> <li>• Course Overview and introductions</li> <li>• Kitchen Orientation; tour, tools &amp; equipment</li> <li>• Food Safety Basics</li> <li>• Kitchen fundamentals</li> </ul>
2 Jan 14	<ul style="list-style-type: none"> <li>• History of Professional Cooking</li> <li>• Stocks &amp; soups</li> <li>• Sauces                             <ul style="list-style-type: none"> <li>◦ Mother sauces &amp; derivatives</li> </ul> </li> </ul>
3 Jan 21	Culinary Math & Management controls <ul style="list-style-type: none"> <li>• food costing;</li> <li>• weights &amp; measures</li> <li>• recipe costing/portions</li> </ul>
4 Jan 28	<ul style="list-style-type: none"> <li>• Meat Preparation</li> <li>• Cuts for different preparation methods</li> </ul>
5 Feb 4	<ul style="list-style-type: none"> <li>• Food Ordering, Inventory &amp; Storage</li> <li>• Possible Field Trip to local restaurant</li> </ul>
6 Feb 11	<ul style="list-style-type: none"> <li>• Garde Manger (cold dishes)</li> </ul>

7 Feb 17-21	<ul style="list-style-type: none"> <li>• WINTER BREAK</li> <li>• No classes</li> </ul>
8 Feb 25	<ul style="list-style-type: none"> <li>• Entremetier</li> </ul> <p>Starches: potato, pasta, rice, etc.</p> <p>Vegetable sides</p>
9 March 4	<ul style="list-style-type: none"> <li>• Menu Planning</li> </ul>
10 March 11	<ul style="list-style-type: none"> <li>• International Cuisine Lecture</li> <li>• Guest Speaker</li> </ul>
11	<ul style="list-style-type: none"> <li>• No Class March 18- Business Conference</li> </ul>
12 March 25	<ul style="list-style-type: none"> <li>• Dietary Restrictions <ul style="list-style-type: none"> <li>○ Cooking for dietary restrictions</li> <li>○ Special diets</li> <li>○ Common Allergies</li> </ul> </li> </ul>
13 April 1	<ul style="list-style-type: none"> <li>• Desserts</li> <li>• Breads &amp; Baked Goods</li> </ul>
14 April 8	<ul style="list-style-type: none"> <li>• Presentations</li> </ul>
15 TBA	Final Project/Take Home Exam

The schedule may change at the discretion of the instructor.

### Important Dates:

January 15 – Last Day to Withdraw with full refund.

March 31 – Last Day to Withdraw

April 11 – Last Day of Classes

April 14-23 – Final Exam Period

March 18, 2025 – Student Business conference we will have no class.

### STUDENT RESPONSIBILITIES:

Registered students are expected to abide by the rules and regulations of NWP. It is the student's

responsibility to be fully acquainted with and adhere to NWP's policies, procedures or rules; please see <https://www.nwpolytech.ca/about/administration/policies/>

<https://www.nwpolytech.ca/about/administration/policies/fetch.php?ID=69>

## STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

\*\*Note: all Academic and Administrative policies are available on the same page.

## Additional Information:

### For Labs:

Students must wear

- black pants made of cotton or less flammable material
- Non-slip closed toe shoes
- Hair nets (hair tied back if long, beard net if facial hair)
- Long sleeve shirt (made of cotton or less flammable material)

Students must have in kitchen:

- No dangling jewellery
- No rings/bracelets
- Short trimmed nails (or wear gloves at all times)