

Dual Credit Practicum of Culinary Arts Syllabus

Course Description/Goals:

CHEF 2301 - Intermediate Food Preparation.

Semester Credit Hours: 3 | Lecture Hours: 2 | Laboratory Hours: 4

Continuation of previous food preparation course. Topics include the concept of pre-cooked food items, as well as scratch preparation. Covers full range of food preparation techniques. Master the identification of spices, herbs, oils, and vinegar's; discuss and prepare various proteins; discuss and prepare various fruits, vegetables, and starches; discuss and prepare sandwiches and salads. Licensure/Certification Agency: American Culinary Federation Educational Institute.

Prerequisite/Corequisite(s): CHEF 1305, RSTO 1304, HAMG 2301, CHEF 1301, PSTR 1301, RSTO 1325. Students must have current Serv-Safe Manager Certification.

CHEF 1302 - Principles of Healthy Cuisine

Semester Credit Hours: 3 | Lecture Hours: 2 | Laboratory Hours: 3

Introduction to the principles of planning, preparation, and presentation of nutritionally balanced meals. Adaptation of basic cooking techniques to lower the fat and caloric content. Alternative methods and ingredients will be used to achieve a healthier cooking style. Modify recipes and substitute ingredients to reduce calories, sugar, fat, and sodium; create recipes using healthy techniques; identify common food allergies and special dietary needs; relate nutritional guidelines to diets and recipe production.

Prerequisite/Corequisite(s): CHEF 1305, RSTO 1304, HAMG 2301, CHEF 1301, PSTR 1301, RSTO 1325. Students must have current Serv-Safe Manager Certification.

Course TEKS/Objectives:

[Hospitality and Tourism TEKS](#)

Course Outline:

Semester 1	Semester 2
CHEF 2301 - Intermediate Food Preparation	CHEF 1302 - Principles of Healthy Cuisine