I. Course Description:
Study of advanced cooking techniques and principles used in the hot food kitchen focusing on the use of thickening agents, stocks, and sauces; meat fabrication and cookery; preparing balanced, harmonious plates with attention to presentation; advanced development of knife skills and flavor palate. Prerequisite: HMS 137 and 139

II. Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes):
This course supports the mission of the College of Education “to prepare competent, successful, caring and enthusiastic professionals dedicated to responsible service, leadership, and continued professional and intellectual development”.

The College of Education values and goals are:
1. Academic excellence through critical, reflective, and creative thinking
2. Life-long learning
3. Collaboration and shared decision-making
4. Openness to new ideas, to cultural diverse people, and to innovation and change
5. Integrity, responsibility, diligence, and ethical behavior
6. Service that enriches the community

Program Learning Outcomes:

PLO 1 – Resource Development: The Students will demonstrate the use of appropriate technology and sustainability in the hospitality industry.

PLO 2 – Professional Behavior: The student will exhibit the professional behavior (strong communication skills, a professional image, a good work ethic, and adequate preparation for employment in his/her specific discipline) expected in the field of Human Sciences and Hospitality.

PLO 3 – Key Ratios: The student will calculate, interpret and understand key ratios, financial statements and budgets, related to the hospitality industry.

PLO 4 – Service Attitude: The student will demonstrate a positive service attitude.

Student Learning Outcomes:
The course objectives provide an opportunity for the student to:

1. Students will demonstrate skills in knife, tool, and equipment handling.
2. Students will operate equipment safely and correctly.
3. Students will demonstrate proficiency in dry and moist heat cooking methods.
4. Students will demonstrate techniques in ingredient fabrication and produce a variety of food products.
5. Students will apply proper principles of food handling and preparation.
6. Students will improve professionalism including teamwork, organizational skills, human relations skills, decision making, work habits, work speed, sanitary habits, and personal appearance.

III. Course Assignments, Activities, Instructional Strategies, use of Technology:

LAB EXPERIENCE – Each lab will promote creative freedom through technical application. You will complete 18 Labs throughout the semester. Lab participation grade is based on successful completion of each lab (30 points/lab). Professionalism and appearance will also be part of the 30 points for each lab. If
you are not in proper uniform, you will lose points. Make-up labs will ONLY be allowed for a University excused absence. **If you miss a lab (or failure to complete a lab), you will receive a Zero (0) for that day.**

The Lab Final will be an individual composed plate with a protein, starch, vegetable, and sauce that focuses on cooking technique, knife skills, and flavor development. The plate presentation should focus on color, texture, taste, temperature, and visual plating.

**INSTRUCTIONAL STRATEGIES** – This class uses didactic (lecture) format with class discussions, group assignments, web-based research, as well as hands-on lab production of covered cooking techniques.

**TECHNOLOGY** – Desire2Learn will be used to post announcements, course grades, online assignments, and support information.

### IV. Evaluation and Assessments (Grading):

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<table>
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<tbody>
<tr>
<td>Lab Participation/Professionalism (18x30)</td>
<td>540</td>
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<tr>
<td>Lab Final</td>
<td>100</td>
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<tr>
<td><strong>TOTAL</strong></td>
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<tr>
<td>A</td>
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<td>B</td>
<td>509-572</td>
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<td>C</td>
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<td>D</td>
<td>381-444</td>
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<td>F</td>
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### V. Tentative Course Outline/Calendar:

**Week 1**
- Jan 17: Course Introduction, Ch 1 Professionalism
- Jan 19: **No Class – ProStart Competition - D2L Assignment Ch 2 Food Safety**

**Week 2**
- Jan 22: Ch 2 Food Safety, Ch 3 Menus and Recipes, Ch 4 Tools and Equipment
- Jan 24: Ch 6 Flavors and Flavorings and Test Review
- Jan 26: **EXAM 1 – Chs 1, 2, 3, 4, 6**

**Week 3**
- Jan 29: **Board of Regents Lunch – D2L Assignment Ch 7 Dairy Products**
- Jan 31: *Lab - Ricotta Cheese and Cheese tasting*
- Feb 2: Ch 8 Mise en Place

**Week 4**
- Feb 5: Ch 9 Principles of Cooking and *Lab on Cooking techniques (draw technique out of hat)*
- Feb 7: Ch 10 Stocks and Sauces
- Feb 9: Test Review (tentative ProStart Competition in Houston)

**Week 5**
- Feb 12: **EXAM 2 – Chs 7-10 and Lab on Roux**
- Feb 14: *Lab on Stocks*
- Feb 16: Ch 11 Soups

**Week 6**
- Feb 19: **Lab on Soups from Stocks made**
- Feb 21: Ch 12 Principles of Meat Cookery and *Lab on Meat Cookery*
- Feb 23: STEM Day - Ch 13 Beef (Tentative D2L Assignment)

**Week 7**
- Feb 26: *Lab on Beef*
- Feb 28: Ch 14 Veal and *Lab on Veal*
- Mar 2: Ch 15 Lamb

**Week 8**
- Mar 5: *Lab on Lamb* and Test Review
- Mar 7: **EXAM 3 Chs 11-15 and Ch 16 Pork**
- Mar 9: Ch 17 Poultry and *Lab on Poultry Fabrication*

**Week 9**
- Mar 12: **NO CLASS – Spring Break**
- Mar 14: **NO CLASS – Spring Break**
- Mar 16: **NO CLASS – Spring Break**

**Week 10**
- Mar 19: *Lab on Poultry*
- Mar 21: *Lab on Pork*
- Mar 23: Ch 18 Game
Week 11
Mar 26  Lab on Venison Jerky and Ch 19 Fish and Shellfish
Mar 28  Lab on Fish and Shellfish
Mar 30  NO CLASS – Easter Holiday

Week 12
Apr 2   Ch 20 Eggs and Breakfast
Apr 4   Lab on Eggs and Test Review
Apr 6   EXAM 4 Chs 16-20

Week 13
Apr 9   Ch 21 Vegetables
Apr 11  Lab on Vegetable cookery
Apr 13  Ch 22 Potatoes, Grains, and Pasta

Week 14
Apr 16  Lab on Grains
Apr 18  Lab on Pasta
Apr 20  Ch 23 Healthy Cooking

Week 15
Apr 23  Lab on Healthy Cooking
Apr 25  Ch 35 Plate Presentation and Lab Final pictures
Apr 27  Cooking Up Careers event

Week 16
Apr 30  Lab Final Prep
May 2   Lab Final!!
May 4   Final Exam Review

Final Exam and Kitchen Cleanup is Monday, Dec. 7 at 1:00-3:00.

VI. Readings (Required and recommended—including texts, websites, articles, etc.):

Required Textbook

Additional Resource Textbooks (not required)


VII. Course Evaluations:
Near the conclusion of each semester, students in the College of Education electronically evaluate courses taken within the COE. Evaluation data is used for a variety of important purposes including: 1. Course and program improvement, planning, and accreditation; 2. Instruction evaluation purposes; and 3. Making decisions on faculty tenure, promotion, pay, and retention. As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the COE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

VIII. Student Ethics and Other Policy Information:

**Attendance:** Attendance is worth 50 points. I allow 1 (one) free unexcused absence for this class. For each unexcused absence after "the 1", you will LOSE 10 points from your Attendance grade. If you exhaust your 50 points from unexcused absences, and continue to miss class, you will continue to lose points from your total points accrued in the class.

**Students with Disabilities**
To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004/468-1004 (TDD) as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.

**Academic Integrity**
Academic integrity is a responsibility of all university faculty and students. Faculty members promote academic integrity in multiple ways including instruction on the components of academic honesty, as well as abiding by university policy on penalties for cheating and plagiarism.

**Definition of Academic Dishonesty**
Academic dishonesty includes both cheating and plagiarism. Cheating includes but is not limited to (1) using or attempting to use unauthorized materials to aid in achieving a better grade on a component of a class; (2) the falsification or invention of any information, including citations, on an assigned exercise; and/or (3) helping or attempting to help another in an act of cheating or plagiarism. Plagiarism is presenting the words or ideas of another person as if they were your own. Examples of plagiarism are (1) submitting an assignment as if it were one’s own work that has been purchased or otherwise obtained from an Internet source or another source; and (3) incorporating the words or ideas of an author into one’s paper without giving the author due credit.

Please read the complete policy at [http://www.sfasu.edu/policies/academic_integrity.asp](http://www.sfasu.edu/policies/academic_integrity.asp)

**Withheld Grades Semester Grades Policy (A-54)**
Ordinarily, at the discretion of the instructor of record and with the approval of the academic chair/director, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F. If students register for the same course in future terms the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

**Acceptable Student Behavior**
Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program (see the Student Conduct Code, policy D-34.1). Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This prohibition applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the Early Alert Program. This program provides students with recommendations for resources or other assistance that is available to help SFA students succeed.
To complete Certification/Licensing Requirements in Texas related to public education, you will be required to:

1. Undergo criminal background checks for field or clinical experiences on public school campuses; the public school campuses are responsible for the criminal background check; YOU are responsible for completing the information form requesting the criminal background check; the completed information form is due _________________. If you have a history of criminal activity, you may not be allowed to complete field or clinical experiences on public school campuses. At that point, you may want to reconsider your major while at SFASU.

2. Provide one of the following primary ID documents: passport, drivers license, state or providence ID cards, a national ID card, or military ID card to take the TExES exams (additional information available at www.texas.ets.org/registrationBulletin/). YOU must provide legal documentation to be allowed to take these mandated examinations that are related to certification/licensing requirements in Texas. If you do not have legal documentation, you may want to reconsider your major while at SFASU.

3. Successfully complete state mandated a fingerprint background check. If you have a history of criminal activity, you may want to reconsider your major while at SFASU.

LiveText
LiveText is the data management system used by the Perkins College of Education for program improvement and accreditation. All students are required to purchase a LiveText account, either through the University Bookstore or at www.livetext.com. This is a one-time purchase, and the account will be used throughout your program. Required program assignments must be submitted through LiveText. Successful completion of the course and program are dependent on submission of all required LiveText assignments.

EFFECTIVE SPRING 2012 SEMESTER

IX. Other Relevant Course Information:

UNIFORM/SUPPLIES: All students in this class MUST have a Chef’s Jacket, Chef’s Toque, Closed-Toe Black Slip-resistant shoes, Black Cotton Pants or Chef Pants, Instant Read Thermometer 0ºF-220ºF. ALL UNIFORMS MUST BE CLEAN, IRONED/PRESSED, AND PROFESSIONAL IN APPEARANCE! You will be asked to leave if not!

ChefWear supplies can be purchased at Jack Backers College Bookstore on North Street

GENERAL INFORMATION

- Arrive to class on time (to be on time is to be early!). Yes, you are expected to stay for the entire class. If you have to leave early, notify instructor as to the reason so you are excused and not marked absent.
- Read chapters BEFORE class to enhance participation and contribute to the learning environment.
- CELL PHONE USAGE IS PROHIBITED!! If you are caught texting (whether it is in front of me, under the desk, or however else you have perfected the Art of Texting), you will be asked to leave class and be marked absent. If you are waiting on an important call, let me know ahead of time, and step outside when you need to take the call. There will be times when I will allow the use of Smartphones, Ipads, laptops, etc. to do internet searches during group time to research recipes, ingredients, etc. BUT I WILL LET YOU KNOW WHEN THOSE TIMES EXIST!!
- If you are absent and seek it to be excused, you must furnish a written excuse to me the next class period you attend. If I do not receive a written excuse, it will be counted as an unexcused absence. This is YOUR RESPONSIBILITY to keep track of!!
- On Exam days, do not come to class wearing ball caps, trench coats, gloves, unnecessary Band-Aids, or anything else that can hide cheat sheets/slips. I’m not so far removed from college that I don’t know the tricks!!
- You will need a calculator for this class. We will have food math exercises in class and on exams. Cell phone calculators ARE NOT ALLOWED for exams. WHY?? Because I know it is easy to have Cheat Sheets on your NOTES App… You must supply a standard calculator for exams – NO EXCEPTIONS.
- Practice Food Safety, Fire Safety, and Sharps Safety at all times.
- Do more than your fair share of cleaning! Clean as you go! No one wants to clean up after you!
- Wash your hands properly and frequently!
- IF IN DOUBT, PLEASE ASK!!!!

PROFESSIONAL STANDARDS

1. Students should prepare themselves adequately for each semester. Professors are not able to provide effective student critique when student work is unavailable for review or student effort is lacking.
2. Students should maintain their individual work areas by returning materials to assigned/proper locations and leaving work stations clean and orderly.
3. Students are expected to work in the class area for the duration of the class period unless further instructions are provided by the professor.

4. Students should limit food or drink to the kitchen during non-lab days. Per University policy, food and drink are not allowed in University classrooms/labs.

5. Smoke breaks are not allowed. If you are going through EXTREME nicotine withdrawals and cannot function, ask for permission. Per University policy, smoking is prohibited within University buildings and must be at least 20 feet from any entrance/exit.

6. Students should exhibit professional courtesy and conduct. Examples include a positive work attitude, sensitivity to others, attentiveness, and cooperation.

7. Faculty are committed to provide information and prompt response to students on the web, return student work in a timely fashion, honored posted office hours, provide feedback on student progress, and work with field supervisors.

8. If student dissatisfaction arises, the student's request for a private conference/phone call with the professor serves as the first step toward resolution.