STEPHEN F. AUSTIN STATE UNIVERSITY
SCHOOL OF HUMAN SCIENCES
RSTO 4204.050 – ADVANCED CULINARY PLANNING AND PREPARATION
Spring 2024 - LAB

Instructor: TODD BARRIOS, CEC
Course Time & Location: TUE 8:00-2:00 KBH KITCHEN
(Starting the 6th week of classes)
Office: COE ANNEX 119A
Office Hours: MW 9:30-11:30, F 9:30-10:30
Office Phone: 468-1326
Credits: 2 CREDIT HOURS (concurrent with RSTO 4104.001)
Email: barriostd@sfasu.edu

I. Course Description:

Quantity food preparation, menu planning, food cost determination, recipe standardization, and efficient food service. Principles of management applied to foodservice systems including restaurants and institutions. Prerequisite: N/A.

RSTO 4204.050 will meet for 6 hours per week starting the 6th week of class through the end of the semester (10 weeks). This fulfills 60, face-to-face contact hours required for a 2 credit hour laboratory class. The remaining 30 hours are utilized outside of the class time. Lab students work 2 hours per week for the entire semester (16 weeks) creating menus and making pre-production preparations in the laboratory kitchen. Service learning activities totaling 6 hours is also including in the out-of-class time calculations.

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 – Career Readiness**: 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 – Financial Metrics**: The student will calculate, interpret, and demonstrate key ratios, financial statements and budgets, related to the hospitality industry.
- **PLO 4 – Service Aptitude**: The student will demonstrate positive service aptitude through transformational experiences.

Student Learning Outcomes:

The course objectives provide an opportunity for the student to:

- Develop and cost recipes.
- Identify basic principles of menu planning for commercial and/or institutional settings.
- Develop menus appropriate for commercial and/or institutional settings incorporating principles of menu development including nutritional, aesthetic, cultural, regional, and international preferences and financial considerations.
- Identify basic considerations in purchasing for commercial and/or institutional operations.
- Demonstrate an understanding of the terminology related to quantity food production and service.
• Develop methods and apply skills for forecasting in quantity food production.
• Apply skills for portion control for institutional and commercial operations.
• Identify and operate tools/equipment used in quantity food production and service.
• To plan a full service menu and forecast food production needs to implement the menu.
• To develop an awareness of cost and production controls through development and use of standardized recipes.
• To execute through lab participation the utilization of cooking principles, appropriate equipment, and adequate kitchen management of food production.
• To develop an awareness of food product quality standards that will be acceptable to the intended market.
• To develop an understanding of safe food handling procedures and practice the principles of serving safe food to the intended market.
• To develop managerial skills in personnel development, staff supervision, event marketing and promotion, food production, financial management, service, and guest relations.
• To engage in group activities while maintaining a professional relationship with instructor, classmates, and guests.

For additional information on meaningful and measurable learning outcomes see the assessment resource page [http://www.sfasu.edu/assessment/index.asp](http://www.sfasu.edu/assessment/index.asp).

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

**COOKING EXPERIENCE** – Each Lab section will research 10 cuisine styles and create 10 3-course meals related to the cuisine. The cuisine styles are Creole, Latin, Country Cooking, Cajun, Asian, Mediterranean, Fusion, European, African, and Texas BBQ. The cuisine styles are very broad to allow for culinary freedom to explore more specific cuisines/cultures. Each week, the GM will organize his/her staff, appoint duties, delegate responsibilities, and follow-up on the execution. You will be graded each week based on group organization, group member peer review, customer feedback, Chef’s review of the food, and your weekly report. Your weekly report will contain the menu, timeline and prep assignments, food cost analysis, grocery lists, and a group evaluation of the week. The Chef from each week will evaluate his/her staff and award up to 20 points per student based on performance, effort, timeliness, attitude, and professionalism. Each “employee” from that week will evaluate your Chef and award up to 20 points based on organization, attitude, effectiveness, tact, and ability to lead.

**The breakdown for each week’s grade is as follows:**
- Organization, menu, recipes, timelines, food costs, and overall event evaluation – 20%
- GM/Staff peer review – 20%  Communication – 10%
- Reservations – 10%  Chef’s Review of food – 20%
- Customer Feedback – 20%

You will be expected to put in time outside of class to plan for these functions. It is imperative that we are prepared for these functions. These meals are a highlight of the department and will be visited by Upper Administration from across campus. We also need to have the mentality that ALL of our guests are VIP’s!!

**Service Learning Component- (Bonus Points for up to 6 hours fulfillment) – up to 25 points**

In order to prepare competent professionals for a global society, the faculty of the hospitality program have implemented a service learning component across multiple courses. Students are required to sign up for APPROVED events outside of class time to fulfill this component. Hours will be documented by both the student and the approved site supervisor. See the Service Learning document in D2L.

Additional information will be given in class for specific event times and dates. This service learning opportunity will expose students to the important cross-cutting themes within the Body of Knowledge of Human Sciences. These themes include: communication skills, critical thinking, diversity, global perspectives, professionalism, independence and community development.

**INSTRUCTIONAL STRATEGIES** – This class uses didactic (lecture) format with class discussions, group assignments, facility tours, hands-on experience, and web-based research.

**TECHNOLOGY** – Desire 2 Learn (D2L) will be used to post announcements, course grades, online assignments, and support information.
IV. Evaluation and Assessments (Grading):

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<td>Weekly Meals</td>
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<td>TOTAL</td>
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V. Tentative Course Outline/Calendar:

Jan 23 Course Overview, Review of Meals, Expectations, Review Grading
Assign Chefs, Explain Café and LEx, Chapter 1 – Intro to the Foodservice Industry, Menu Planning

Jan 30 Chapter 2 and Chapter 3
Food Math, Menu Planning, Test Review (Plan menus for first 3 weeks)

Feb 6 Exam #1 (Ch 1-3)
Chapter 4 & 5, Menu Planning (Plan menus for middle 4 weeks)

Feb 13 Exam #2 (Ch 4-7)
Yield Math, Test Review (Plan menus for last 3 weeks)

Feb 20:22 Review, Evaluate, Planning
EUROPEAN: CAJUN

Feb 27:29 Review, Evaluate, Planning (Internal Guest paper DUE Sunday, Feb 25 by 11:59pm!!!!!!)
COUNTRY COOKING: ASIAN

Mar 5:7 Review, Evaluate, Planning
MEDITERRANEAN: FUSION

Mar 12:14 No Class!!
Spring Break!

Mar 19:21 Review, Evaluate, Planning
TEXAS BBQ: AFRICAN

Mar 26 Review, Evaluate, Planning
CAJUN

Apr 2:4 Review, Evaluate, Planning
ASIAN: CREOLE

Apr 9:11 Review, Evaluate, Planning
LATIN: EUROPEAN

Apr 16:18 Review, Evaluate, Planning
FUSION: COUNTRY COOKING

Apr 23:25 Review, Evaluate, Planning
AFRICAN: LATIN

Apr 30: May 2 Review, Evaluate, Planning
CREOLE: TEXAS BBQ

KITCHEN CLEANUP AND CLASS EVALUATION – TUESDAY, MAY 7, 2024, at 10:30am.

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

**Recommended Textbook**

**Supplemental Textbooks**


VII. Course Evaluations:

Near the conclusion of each semester, students in the Perkins College of Education electronically evaluate courses (the teaching itself and the content/assignments) taken within the PCOE. Evaluation data is used for a variety of important purposes including:

1. Course and program improvement, planning, and accreditation;
2. Instruction evaluation purposes;
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 summarized data 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 the lecture component of 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.

The Lab component of the class also contains an Attendance/Lab Participation Grade. Attendance for Lab days is MANDATORY. ALL STUDENTS ARE REQUIRED TO ATTEND ON LAB DAYS TO CONTRIBUTE TO THE MEAL EXPERIENCE FOR OUR GUESTS, AND THE ULTIMATE SUCCESS OF THE EVENT!

Institutional Absences (HOP 04-110)

- An Institutional Absence may be granted to a student who participates as a representative of the University in academic (including research), extra- or cocurricular, or athletic activities. Students will be excused for institutional purposes from otherwise required academic activity only when a valid Institutional Absence is approved by the appropriate administrative unit or official and the documentation of approval is provided to the faculty member at least five (5) days in advance.
Institutional absences will not be approved for keystone events, defined as: a special or unique assignment, test, project, experience, or other academic exercise identified by the Faculty member as critical for successful completion of standards of the class and unable to be missed. These events must be identified on the syllabus at the beginning of the semester and communicated to the students. Events added to the syllabus at a later date will not qualify for Keystone Event status. Keystone Events where the date/time is changed will no longer be considered a Keystone Event. Students should make themselves aware of any Keystone Events identified in the syllabus to ensure there are no conflicts.

For keystone events where the assignment dates vary, it is incumbent upon the students to work with their faculty member to not select a conflicting date.

More information on Institutional Absences, including how to apply, can be found at https://www.sfasu.edu/deanofstudents/student-resources/institutional-absences.

**Code of Student Conduct and Academic Integrity**

- The Code of Student Conduct and Academic Integrity (HOP 04-106) outlines the prohibited conduct by any student enrolled in a course at SFA. It is the responsibility of all members of all faculty, staff, and students to adhere to and uphold this policy.

  Articles IV, VI, and VII of the new Code of Student Conduct and Academic Integrity outline the violations and procedures concerning academic conduct, including cheating, plagiarism, collusion, and misrepresentation. Cheating includes, but is not limited to: (1) Copying from the test paper (or other assignment) of another student, (2) Possession and/or use during a test of materials that are not authorized by the person giving the test, (3) Using, obtaining, or attempting to obtain by any means the whole or any part of a non-administered test, test key, homework solution, or computer program, or using a test that has been administered in prior classes or semesters without permission of the Faculty member, (4) Substituting for another person, or permitting another person to substitute for one’s self, to take a test, (5) Falsifying research data, laboratory reports, and/or other records or academic work offered for credit, (6) Using any sort of unauthorized resources or technology in completion of educational activities.

  Plagiarism is the appropriation of material that is attributable in whole or in part to another source or the use of one’s own previous work in another context without citing that it was used previously, without any indication of the original source, including words, ideas, illustrations, structure, computer code, and other expression or media, and presenting that material as one’s own academic work being offered for credit or in conjunction with a program course or degree requirements.

  Collusion is the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any provision of the rules on academic dishonesty, including disclosing and/or distributing the contents of an exam.

  Misrepresentation is providing false grades or résumés; providing false or misleading information in an effort to receive a postponement or an extension on a test, quiz, or other assignment for the purpose of obtaining an academic or financial benefit for oneself or another individual or to injure another student academically or financially. For additional information, go to https://www.sfasu.edu/docs/hops/04-106.pdf.

**Withheld Grades Semester Grades Policy (HOP policy 02-206)**

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 coursework 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 to compute the grade point average. For additional information, go to https://www.sfasu.edu/docs/hops/02-206.pdf.
• **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 promptly may delay your accommodations. For additional information, go to [http://www.sfasu.edu/disabilityservices/](http://www.sfasu.edu/disabilityservices/).

• **Student Wellness and Well-Being**
  SFA values students' overall well-being, mental health and the role it plays in academic and overall student success. Students may experience stressors that can impact both their academic experience and their personal well-being. These may include academic pressure and challenges associated with relationships, emotional well-being, alcohol and other drugs, identities, finances, etc.

  If you are experiencing concerns, seeking help, SFA provides a variety of resources to support students' mental health and wellness. Many of these resources are free, and all of them are confidential.

• **Other important course-related policies:**
  ***Other SFA policy information is found in the [Handbook of Operating Procedures (HOP)](http://www.sfasu.edu/handbookofoperatingprocedures/).***

**IX: Resources**

• **On-campus Resources:**
  o **The Dean of Students Office** (Rusk Building, 3rd floor lobby)
    [www.sfasu.edu/deanofstudents](http://www.sfasu.edu/deanofstudents)
    936.468.7249
dos@sfasu.edu
  o SFASU Counseling Services • [www.sfasu.edu/counselingservices](http://www.sfasu.edu/counselingservices)
    Health and Wellness Hub (corner of E. College and Raguet) • 936-468-2401
  o SFASU Human Services Counseling Clinic • [www.sfasu.edu/humanservices/139.asp](http://www.sfasu.edu/humanservices/139.asp)
    Human Services Room 202 • 936-468-1041
  o **The Health and Wellness Hub** "The Hub"
    Location: corner of E. College and Raguet St.
    - To support the health and well-being of every Lumberjack, the Health and Wellness Hub offers comprehensive services that treat the whole person – mind, body and spirit. Services include:
      - Health Services
      - Counseling Services
      - Student Outreach and Support
      - Food Pantry
      - Wellness Coaching
      - Alcohol and Other Drug Education
    [www.sfasu.edu/thehub](http://www.sfasu.edu/thehub)
    936.468.4008
    thehub@sfasu.edu

  • **Crisis Resources:**
    - Burke 24-hour crisis line 1(800) 392-8343
    - National Suicide Crisis Prevention: 9-8-8
    - Suicide Prevention Lifeline 1(800) 273-TALK (8255)
    - Crisis Text Line: Text HELLO to 741-741

**X: Additional Information Specific to Educator Preparation:**

• **Code of Ethics for the Texas Educator:**
  o The Texas educator shall comply with standard practices and ethical conduct toward students, professional colleagues, school officials, parents, and members of the community and shall safeguard academic freedom. The Texas educator, in maintaining the dignity of the profession, shall respect and obey the law, demonstrate personal integrity, and exemplify honesty and good moral character. The Texas educator, in exemplifying ethical relations with colleagues, shall extend just and equitable treatment to
all members of the profession. The Texas educator, in accepting a position of public trust, shall measure success by the progress of each student toward realization of his or her potential as an effective citizen. The Texas educator, in fulfilling responsibilities in the community, shall cooperate with parents and others to improve the public schools of the community. This chapter shall apply to educators and candidates for certification.

- Please go to TAC 247.2 – Code of Ethics and Standard Practices for Texas Educators.

• To complete Certification/Licensing Requirements in Texas related to public education and other professional settings, you will be required to:

  - Candidates must undergo a criminal history background check prior to clinical teaching and prior to employment as an educator. The public school campuses are responsible for completing the criminal background check. A person who is enrolled or planning to enroll in a State Board for Educator Certification-approved educator preparation program or planning to take a certification examination may request a preliminary criminal history evaluation letter regarding the person's potential ineligibility for certification due to a conviction or deferred adjudication for a felony or misdemeanor offense.
  - A Preliminary Criminal History Evaluation is a non-mandatory, non-binding evaluation of an individual's self-reported criminal history. In addition, the agency obtains your name-based Texas criminal history information. The service is provided to the requestor for a non-refundable fee. The requestor will receive an evaluation letter by email from agency staff advising of potential ineligibility for educator certification. You are eligible to request a Preliminary Criminal History Evaluation if:
    - You enrolled or planning to enroll in an educator preparation program or,
    - You are planning to take a certification exam for initial educator certification, and
    - You have reason to believe that you may be ineligible for educator certification due to a conviction or deferred adjudication for a felony or misdemeanor offense.
  - You are not eligible for a preliminary evaluation of your criminal history if you do not have a conviction or deferred adjudication for a felony or misdemeanor offense.
  - In addition, you must complete the fingerprinting process when you apply for certification. Participation in the evaluation does not preclude you from submitting to a national criminal history review at the time you apply for your educator certification. Your criminal history will be reviewed and you may be subject to an investigation based on that criminal history, including any information you failed to submit for evaluation.
  - Provide one of the following primary ID documents:
    - Passport
    - driver’s license, state or providence ID cards
    - a national ID card, or military ID card to take the TExES exams
    - 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.
    - Successfully complete state mandated fingerprint background check. If you have a history of criminal activity, you may want to reconsider your major while at SFA.
  - For further information, contact the Office of Assessment and Accountability at 936-468-1282 or edprep@sfasu.edu.

XI. Other Relevant Course Information:

UNIFORM/SUPPLIES: All students in this class MUST have a Purple Chef's Jacket, Black Chef's Toque, Closed-Toe Black Slip-resistant shoes, Black Cotton Pants or Chef Pants, Instant Read Thermometer 0°F-220°F. ALL UNIFORMS MUST BE CLEAN, IRONED/PRESSED, AND PROFESSIONAL IN APPEARANCE! You will be asked to leave if not, AND RECEIVE A ZERO (0) FOR THE DAY!

Chef supplies can be purchased at B&N Bookstore and Jack Backers Bookstore.

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**

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.

Students should maintain their individual work areas by returning materials to assigned/proper locations and leaving work stations clean and orderly.

Students are expected to work in the class area for the duration of the class period unless further instructions are provided by the professor.

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.

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.

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

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.

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