

**J. Sargeant Reynolds Community College**  
**Course Content Summary**

**Course Prefix and Number:** CUL 85    **Credits:** 4

**Course Title:** Introduction to Food Service Assisting I

**Course Description:**

Studies and applies critical functions and understanding of being in a food service position, as a food preparation assisting associate part II. Lecture 3 hours. Laboratory 3 hours. Total 6 hours per week. 4 credits

**General Course Purpose:**

This course emphasizes and expands on the fundamentals from CUL 83. An expanded breadth of hands on skills are utilized to develop great skill sets in food preparation, basic cooking methods, knife skills and technique. Proper kitchen etiquette and professionalism, personal hygiene, application of kitchen math, strong communication skills and employment skills, and task completion is also employed. Instructor assessment and feedback on performed tasks and quality of produced products is also engaged. Skill set repetition is used to improve retained understanding and position abilities. Professional job readiness is explored and prepared for.

**Course Prerequisites/Corequisites:**

Prerequisite: CUL 80

**Course Objectives:**

Upon completing the course, the student will be able to:

- Practice appropriate interpersonal skills, hygiene, safety, and sanitation.
- Demonstrates professionalism through being punctual, dependable, and proper uniform.
- Practices following written and verbal food service instructions/procedures/responsibilities.
- Practices scaling recipes to desired yields and other related industry math.
- Demonstrates effective use and cleaning of industry equipment.
- Demonstration and assessment of repetitive skills, correction and reinforcement.
- Explores preparing complete menu items and related components.
- Displays improved time management and mise en place skills
- Demonstrates ability to properly prepare fruits, vegetables, and other food products.
- Expanded knowledge and increased use of a variety of tools, knives, and other handheld items.
- Discuss and apply garnishes products and techniques.
- Demonstrates application of proper cooking methods on food at high quality.
- m Identify and properly prepare and use convenience products..
- Discuss and prepare required employment paperwork.
- Engage in job search, interview skill sets, and professional readiness.

**Major Topics to be Included:**

- Identify and assess quality products
- Expanded communication in kitchens and usage of industry terminology

- Preparation of appetizers, vegetables, sides, soups, sauces, dressings, fruits, rice, cereal, pasta, seafood and meat products.

**Effective Date/Updated:** August 1, 2024