

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: CUL 83 **Credits:** 4

Course Title: 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. Lecture 3 hours. Laboratory 3 hours. Total 6 hours per week. Part I of II. 4 credits

General Course Purpose:

This course reinforces the foundations from CUL 80. 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.

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.
- Demonstrates ability to assume and adequately complete assigned responsibilities.
- Practices use of equipment, including scales, mixer, food processors, slicer, ovens, salamander, grill, fryer, steamer, griddle, and microwave.
- Demonstration and assessment of repetitive skills, correction and reinforcement.
- Practices inventory of supplies.
- Practices maintenance of work place organization.
- Identifies meats, seafood, vegetables, fruits, baked goods, desserts, and beverages.
- Demonstrates ability to properly clean fruits, vegetables, and other food products.
- Practice food preparation using production and forecasting sheets.
- Improves demonstrated ability with tools, knives, and other handheld items.
- Practice completing standard industry forms accurately.
- Practices work organization and mise en place in food preparations.
- Demonstrates application of proper cooking methods on food at high quality.
- Identify and properly prepare and use convenience products.

Major Topics to be Included:

- Safe and sanitary production of food throughout the flow of foods
- Identification and use of major equipment
- Food production through identification, preparation, and cooking methods

- Expanded kitchen and industry terminology

Effective Date/Updated: August 1, 2024