

CENTRAL TEXAS COLLEGE
CHEF 1302
PRINCIPLES OF HEALTHY CUISINE

Semester Hours Credit: 3

INSTRUCTOR: _____

OFFICE HOURS: _____

I. INTRODUCTION

- A. Introduction to the principles of planning, preparation, and presentation of nutritionally balanced meals. Adaptation to basic cooking techniques to lower the fat and caloric content. Alternative methods and ingredients will be used to achieve a healthier cooking style.
- B. This course, CHEF 1302 Principles of Healthy Cuisine, is an elective course in the Restaurant Skills and Culinary Arts Certificates and the Restaurant and Culinary Management and Culinary Associate in Applied Science degree programs.
- C. This course is occupationally related and serves as preparation for jobs in the Restaurant and Culinary Management Degree Plan.
- D Prerequisites: CHEF 1301

II. LEARNING OUTCOMES

Upon successful completion of this course, CHEF 1302 Principles of Healthy Cuisine, the student will be able to:

- A. Plan, prepare, and present nutritionally balanced meals. **(C1,C3, C5, C14, C17, F1, F2, F3, F7 ,F11)**
- B. Identify the sources of toxins and allergens in foods and develop strategies for effective communication with the guest about these concerns. **(C1,C3, F6, F9, C14, F1, F3,F7, F11)**
- C. Adapt basic cooking techniques to lower the fat and caloric content in recipes.**(C1,C3, C14, F1, F3, F7, F8, F11)**
- D. Understand what influences the amount of calories individuals need daily. **(C1,C3,C14, F1, F3, F7, F11)**
- E. Plan a meal that reflects an understanding of the essential nutrients the human body needs. **(C1,C3, C5, C14, F1, F3, F7, F11)**

- F. Use alternative cooking methods and ingredients to achieve a healthier cooking style. (C3, C5, C14, C17, F1, F3, F7, F11)
- G. Modify recipes and substitute ingredients to reduce calories, sugar, fat, and sodium. (C3, C5, C14, C17, F1, F3, F7, F11)
- H. Use flavor profiles and flavor dynamics to develop healthier menu options. (C3, C14, F1, F3, F7, F11)
- I. Use a variety of cooking techniques to develop the best flavor in menu items. (C1, C3, C14, F1, F3, F7, F11)
- J. Create recipes using healthy techniques. (C3, C14, C17, F1, F3, F7, F11)
- K. Identify common food allergies and special dietary needs. (C3, C14, F1, F3, F7, F11)
- L. Relate nutritional guidelines to diets and recipe production. (C1, C3, C14, F1, F3, F7, F11)
- M. Prepare various whole grain desserts so they provide nutritional benefits as fiber. (C1, C3, C5, C14, C17, F1, F3, F7, F11)
- N. Prepare baked goods and deserts that contain fresh and dried fruit or fruit juices to reduce sugars. (C1, C3, C14, F1, F3, F7, F11)

III. INSTRUCTIONAL MATERIALS

- A. The instructional materials identified for this course are viewable through www.ctcd.edu/books
- A. Additional references may be required that are available in the Central Texas College Library.
- B. Equipment: The following equipment is required for this course.
 - a. 1 chef uniform to include chef jacket, pants, hat, apron and safety shoes.
 - b. 6 piece knife set with carry case to include sharpening steel, paring knife, boning knife, sandwich knife, chef knife and slicer.

IV. COURSE REQUIREMENTS

- A. Reading Assignments: Read text assignments prior to class and be prepared to discuss the text material, answering instructor questions orally with well-organized thoughts and ideas.
- B. Class Attendance: (Refer to CTC Catalog, Page 43, for detailed policy). You are expected to attend each class period, be on time and stay the full class

period or are counted absent. You are responsible for all course material missed due to absence. The instructor does not provide class notes for classes missed.

V. EXAMINATIONS

- A. There will be two examinations:
 - a. Exam 1 (Mid-Term)
 - b. Exam 2 (Final Exam)
- B. A student must be present for all examinations. No makeup examinations will be given.
- C. Students who know in advance they will be absent from an examination due to valid reasons must arrange to take an early examination. Unexpected absences due to illness or extenuating circumstances will require the student to see the instructor about individual make-up work in lieu of the missed examination.
- D. Students without excused absences will be given a zero for the examination missed

VI. SEMESTER GRADE COMPUTATIONS

Exam 1 (Mid-Term)	200 points	20%
Exam 2 (Final)	200 points	20%
Laboratory	400 points	40%
Quizzes 4 @ 50 points each.	200 points	20%
Total Points	1000 points	100%

A (1000 – 900) **B** (899 – 800) **C** (799 – 700) **D** (699 – 600) **F** (Below 600)

A student must take the final examination to receive a grade for this course. A student must take the final examination and prepare and present their display item to receive a grade for the course.

VII. NOTES AND ADDITIONAL INSTRUCTIONS FROM COURSE INSTRUCTOR

- A. Course Withdrawal: It is the student's responsibility to officially withdraw from a class if circumstances prevent attendance. Any student who desires to, or must, officially withdraw from a course after the first scheduled class meeting must file a Central Texas College Application for Withdrawal (CTC Form 59). The Withdrawal form must be signed by the student. CTC Form 59 will be accepted at any time prior to Friday, the 12th week of classes during the 16-week fall and spring semesters. The deadline for sessions of other lengths is:

10 – week session Friday of the 8th week
8 - week session Friday of the 6th week
5 - week session Friday of the 4th week

The equivalent date (75% of the semester) will be used for sessions of other lengths.

The specific last day to withdraw is published each semester in the Schedule Bulletin.

A student who officially withdraws will be awarded the grade of “W”, provided the student’s attendance and academic performance are satisfactory at the time of official withdrawal. Students must fill a withdrawal application with the College before they may be considered for withdrawal.

A student may not withdraw from a class for which the instructor has previously issued the student a grade of “F” or “FN” for nonattendance.

- B. Administrative Withdrawal: An administrative withdrawal may be initiated when the student fails to meet College attendance requirements. The instructor will assign the appropriate grade on CTC Form 59 for submission to the registrar.
- C. Incomplete Grade: The College catalog states, “An incomplete grade may be given in those cases where the student has completed the majority of the course work but, because of personal illness, death in the immediate family, or military orders, the student is unable to complete the requirements for a course...” Prior approval from the instructor is required before the grade of “I” is recorded. A student who merely fails to show for the final examination will receive a zero for the final and an “F” for the course.
- D. Cellular Phones and Beepers: Cellular phones and beepers will be turned off while the student is in the classroom or laboratory.
- E. Americans with Disabilities Act (ADA): Disability Support Services provide services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.

- F. Instructor Discretion: The instructor reserves the right of final decision in course requirements.
- G. Civility: (FC3) Individuals are expected to be cognizant of what a constructive educational experience is and respectful of those participating in a learning environment. Failure to do so can result in disciplinary action up to and including expulsion.
- H. Honesty and Integrity: (FC5) All students are required and expected to maintain the highest standards of scholastic honesty in the preparation of all course work and during examinations. The following will be considered examples of scholastic dishonesty:
1. Plagiarism: The taking of passages from writing of others without giving proper credit to the sources.
 2. Collusion: Using another's work as one's own; or working together with another person in the preparation of work, unless joint preparation is specifically approved in advance by the instructor.
 3. Cheating: Giving or receiving information on examinations. Students guilty of scholastic dishonesty will be administratively dropped from the course with a grade of 'F' and will be subject to disciplinary action.

VIII. COURSE OUTLINE

- A. **Unit One**: Chapters 1 & 2, A Healthy Diet, Healthy Ingredients.

1. Unit Objectives: Upon successful completion of this unit, the student will be able to:

- a. Understand the dual meaning of the term "diet".
- b. Understand what influences the amount of calories individuals need daily.
- c. Plan a meal that reflects an understanding of the essential nutrients the human body needs.
- d. Understand the value of non-caloric nutrients.
- e. Evaluate the different ways vitamins and minerals are acquired and absorbed by the human body.
- f. Understand the proper use of nutrient content and health claims on labels and menus.
- g. Select ingredients properly by understanding some basic issues in ingredient selection.
- h. Keep foods safe and healthy from the moment they arrive at the kitchen until they are served to the guest.

- i. Define sustainable agriculture, organic farming, free-range livestock, biotechnology, and irradiation as they relate to the task of purchasing healthy ingredients.
- j. Identify the sources of toxins and allergens in foods and develop strategies for effective communication with the guest about these concerns.

2. Learning Activities:

- a. Classroom lecture/discussion
- b. Online Course
- c. Homework and other assignments designated by the instructor

B. Unit Two: Chapters 3 & 4, The Techniques of Healthy Cooking, Developing Healthy Recipes and Menus

1. Unit Objectives: Upon successful completion of this unit, the student will be able to:

- a. Select appropriate cooking techniques for optimal nutrient retention.
- b. Understand when and why some techniques are used over others.
- c. Choose the optimal pan or cooking vessel for different techniques.
- d. Select proper serving sizes of various food items.
- e. Understand the difference between dry and moist heat cooking methods.
- f. Use flavor profiles and flavor dynamics to develop healthier menu options.
- g. Use a variety of cooking techniques to develop the best flavor in menu items.
- h. Read a recipe and evaluate its potential.
- i. Create original healthy recipes and modify traditional recipes to make them healthier.
- j. Use a variety of techniques to cook with less fat, sodium, sugar, and alcohol.
- k. Develop a healthy menu based on your market, and develop menus for those with special needs.

2. Learning Activities:

- a. Classroom lecture/discussion
- b. Online Instruction
- c. Homework and other assignments designated by the instructor

C. Unit Three: Chapters 5, 6, & 7, Soups, Salads, and Appetizers, Main Dishes for Lunches and Dinners, Side Dishes.

1. Unit Objectives: Upon successful completion of this unit, the student will be able to:

- a. Prepare various light and broth soups.
- b. Prepare healthy salad and appetizers.

- c. Select healthy menu options that are lower in fat, sodium, and calories.
- d. Evaluate and adjust soups, salads, and appetizers recipes for healthier options.
- e. Adjust cooking methods and equipment to produce healthy soups, salads, and appetizers.
- f. Adjust calorie counts on recipes
- g. Create healthier menu options by introducing vegetable-laden sauces whole grain side dishes.
- h. Select fresh, colorful, seasonal vegetables to enhance main dishes for lunch and dinners.
- i. Utilize color, textures, and flavors when selecting side dishes.
- j. Prepare various sauces and side dishes using vegetable cookery.

2. Learning Activities:

- a. Classroom lecture/discussion
- b. On line Instruction
- c. Homework and other assignments designated by the instructor

D. Unit Four: Chapters 8, 9, & 10, Breakfast and Beverages, Baked Goods and Desserts, Chef's Pantry

1. Unit Objectives: Upon successful completion of this unit, the student will be able to:

- a. Evaluate familiar breakfast recipes and make them more interesting, flavorful and nourishing.
- b. Match egg dishes with beans and vegetables.
- c. Prepare sausage with lean pork and rice for a fresh alternative to traditional breakfast meats.
- d. Prepare various healthy breakfast beverages.
- e. Prepare various whole grain desserts so they provide nutritional benefits as fiber.
- f. Prepare baked goods and deserts that contain fresh and dried fruit or fruit juices to reduce sugars.
- g. Incorporate various spices blends, marinades, rubs and coatings and match them with a variety of foods.
- h. Prepare condiments, relishes, dips, and sauces for dishes to improve flavor and improve nutritional value in foods.

2. Learning Activities:

- a. Classroom lecture/discussion
- b. Online Instruction
- c. Homework and other assignments designated by the instructor