

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

**Course Prefix and Number:** CUL 80    **Credits:** 3

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

**Course Description:**

Studies personal hygiene, safety and sanitation, ware-washing, knife skills development, foundations of food preparation, fundamentals of cooking methods, standard operating procedures, and kitchen terminology as it pertains to the food service industry. Lecture 2 hours. Laboratory 2 hours. Total 4 hours per week. 3 credits

**General Course Purpose:**

This course introduces the student to the food service industry through setting standards and application of: personal hygiene, safety and sanitation, ware-washing, knife skills development, foundations of food preparation, fundamentals of cooking methods, standard operating procedures, and kitchen terminology. Familiarizes students with kitchen based math applications, working as a team, kitchen terminology, equipment identification and usage.

**Course Prerequisites/Corequisites:**

None.

**Course Objectives:**

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

- Practices working independently and as a team.
- Practices following written and verbal food service instructions.
- Practices proper hygiene, sanitation, and safety measures.
- Identifies equipment, utensils, knives, pots and pans and proper usage.
- Recognizes cleaning and sanitation agents and applies proper testing methods.
- Practices dish room procedures, using dishwasher, and various sink styles and cleaning.
- Practices proper kitchen cleaning procedures.
- Studies and practices work organizational standards and proper station setup.
- Demonstrates and applies mise en place effectively.
- Practices using various methods of accurately measuring via use of scales and other tools.
- Demonstrates ability to relate fractions to whole numbers.
- Discusses and demonstrates understanding of cooking terms.
- Practices setting oven temperatures.
- Practices accurately estimating preparation time of products.
- Practices kitchen safety including accidents, fire, oil, and water issues.
- Practices physical inventory procedures.

**Major Topics to be Included:**

- Food service assisting and responsibilities, terminology, techniques and procedures
- Identifies equipment and utensils
- Studies measurement equivalents

- Reviews kitchen math including: fractions, percentages, decimals, yields
- Studies hygiene, sanitation, and safety standards and procedures

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