



HOSP-225 – Food Introduction

Business

Effective Term & Year: Fall 2022
Course Outline Review Date: 2026-04-01

Program Area: Tourism, Recreation, & Hospitality

Description:

This course will give students an introduction to the fundamentals of culinary skills & techniques with a focus on theoretical studies, and the application thereof, in a practical kitchen environment. Students will also expand their knowledge of classic cooking fundamentals and investigate current industry trends. Further explorations will investigate the function and safe use of tools and equipment commonly used in kitchen environments.

Program Information:

This course is required for the completion of the Hospitality Management Diploma.

Delivery Methods: On-campus (Face-to-Face)

Credit Type: College of the Rockies Credits

Credits: 3

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	45
Seminar/Tutorials	
Laboratory/Studio	15
Practicum/Field Experience	
Co-op/Work Experience	
Other	

Total	60
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Course Requisites:

- Complete all of the following
 - Earned a minimum grade of C- (55%) in each of the following:
 - **HOSP220** – Food and Beverage Cost Controls (3)
 - Food Safe I certificate.

Flexible Assessment: Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Labensky, S. R., Hause, A. M., Martel, P. A., Malley, F., Bevan, A. & Sicoli, S. (2018). *On Cooking: A Textbook of Culinary Fundamentals* (7th Canadian ed). Pearson.

Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

Learning Outcomes:

Upon the successful completion of this course, students will be able to:

- Demonstrate knowledge of the food service industry by using related terminology and descriptors of food products.
- Identify and compare the different functions and sources of the six essential nutrients.
- Investigate and summarize methods used to maximize nutrient retention in food preparation and storage.
- Discuss the effective acquisition and storage of food to reduce waste and maintain quality.
- Design, complete and use standardized recipe formats, to create consistency in food production.
- Classify commonly used kitchen tools and equipment in functional categories, and effectively use and clean them.
- Understand the importance of taste and flavour in cooking, and apply these during food preparation.
- Apply basic cooking principles and techniques by demonstrating the procedures used to prepare soups and sauces, vegetables and fruit, pasta and rice, eggs and dairy, meat and poultry, fish and flour products.
- Prepare and present completed food dishes in an appetizing and aesthetic manner.
- Maintain a safe kitchen work environment by applying food safety principles according to industry standards.

Course Topics:

- Professionalism in the workplace
 - History of the restaurant industry
 - Types of restaurants
 - Trends in the food industry
 - Handling and storage of food
- Nutrition
 - Essential nutrients
 - Function of nutrients in the body
 - Sources of nutrients
 - Healthy cooking
- Meal planning
 - Meal planning principles
 - Standardized recipes
 - Food costing
 - Food presentation techniques
- Kitchen tools & equipment
 - Hand tools
 - Measuring equipment
 - Knives & knife skills
 - Cooking equipment

- Serving equipment
- Flavours
 - Understanding taste
 - Ingredients used to create taste
 - International flavour profiles
- Principles of cooking
 - Cooking methods
 - Effect of heat on food
 - Food safety
- Classification, components, preparation and cooking
 - soups & sauces
 - vegetables & fruit
 - pasta & rice
 - eggs & dairy
 - meat & poultry
 - fish
 - flour products

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

Evaluation and Assessments

Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Class discussion and participation	10%
Lab participation	10%
Cooking principles assignment	10%
Food preparation techniques assignment	10%
Midterm Exam	30%
Final Exam	30%
Total	100%

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	<50

Pass requirements: None

Evaluation Notes: A minimum grade of C (60%) is required for credit towards a diploma in Hospitality Management.

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
 - Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
 - Policy 2.5.8 Academic Performance
 - Policy 2.5.3 Grade Appeal
 - Policy 2.4.9 Student Concerns Re Faculty
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Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.