

Prep Cook Certificate Program PC51

Updated: 11/09/17
Effective Term: 201714

Curriculum

Program-Specific Core – Total of 12 Hours

CUUL 1000 *Fundamentals of Culinary Arts* (4)
CUUL 1110 *Culinary Safety & Sanitation* (2)

CUUL 1120 *Principles of Cooking* (6) - OR -
Co-Req: CUUL 1110

CUUL 1122 *Foundations of Cooking Principles* (3)
Co-Req: CUUL 1000 + CUUL 1110

CUUL 1124 *Foundations of Cooking Techniques* (3)
Co-Req: CUUL 1000 + CUUL 1110 + CUUL 1122

} Both



Total: 12 Hours

Program Description

The Prep Cook technical certificate of credit provides skills for entry into the food services preparation area as a prep cook. Topics include: food services history, safety and sanitation, purchasing and food control, nutrition and menu development and design, along with the principles of cooking.

Admissions Requirements

- ACCUPLACER Testing

Beyond Dual Enrollment

The Prep Cook certificate leads directly into the Culinary Arts Diploma and Degree programs located at Lanier College & Career Academy near Lanier Tech's Oakwood campus and Sims Academy near Lanier Tech's Barrow campus.

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Course Descriptions

CUUL 1000 – Fundamentals of Culinary Arts

(4 credit/5 contact hours)

Provides an overview of the professionalism in culinary arts, culinary career opportunities, Chef history, pride, and esprit de corps. Introduces principles and practices necessary to food, supply, and equipment selection, procurement, receiving, storage, and distribution. Topics include: cuisine, food service organizations, career opportunities, food service styles, basic culinary management techniques, professionalism, culinary work ethics, quality factors, food tests, pricing procedures, cost determination and control, selection, procurement, receiving, storage, and distribution. Laboratory demonstration and student experimentation parallel class work.

CUUL 1110 – Culinary Safety & Sanitation

(2 credit/3 contact hours)

Emphasizes fundamental kitchen and dining room safety, sanitation, maintenance, and operation procedures. Topics include: cleaning standards, O.S.H.A. M.S.D.S. guidelines, sanitary procedures following SERV-SAFE guidelines, HACCAP, safety practices, basic kitchen first aid, operation of equipment, cleaning and maintenance of equipment, dishwashing, and pot and pan cleaning. Laboratory practice parallels class work.

CUUL 1120 – Principles of Cooking

(6 credit/12 contact hours)

This course introduces fundamental food preparation terms, concepts, and methods. Course content reflects American Culinary Federation Educational Institute apprenticeship training objectives. Topics include: weights and measures, conversions, basic cooking principles, methods of food preparation, recipe utilization, and nutrition. Laboratory demonstrations and student experimentation parallel class work.

CUUL 1122 – Foundations of Cooking Principles

(3 credit/6 contact hours)

This Course introduces fundamental food preparation terms, concepts, and methods. Course content reflects American Culinary Federation Educational Institute apprenticeship training objectives. Topics include: weights and measures, conversions, introduction to basic production mise en place, classical knife cuts, basic stock preparation methods, mother sauce techniques and preparations, small sauces and derivatives from mother sauce, basic thickening agents, classical soup preparation methods, introduction methods of food preparation, recipe utilization, and nutrition. Laboratory demonstrations and student experimentation parallel class work.

CUUL 1124 – Foundations of Cooking Technique

(3 credit/6 contact hours)

This Course introduces fundamental food preparation terms, concepts, and methods. Course content reflects American Culinary Federation Educational Institute apprenticeship training objectives. Topics include: weights and measures, conversions, methods of food preparations, classical knife cuts, kitchen aromatics, regional cuisine history, and introduction to safe food preparations, recipe utilization, and nutrition. Laboratory demonstrations and student experimentation parallel class work. Course Capstone is based on The American Culinary Federations Certification: Certified Culinarian written and practical exams.