

**Course Objectives/Course Outline**  
**Spokane Community College**

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**Course Title:** Introduction to Culinary Arts

**Prefix and Course Number:** CUL 110

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**Course Learning Outcomes:**

**By the end of this course, a student should be able to:**

- describe cleaning and sanitizing methods used in the preparation of food
- identify the types of knives and their functions
- identify types of kitchen equipment and their uses

**Course Outline**

- I. History of Cookery
  - A. How Cooking Skills Evolved
  - B. Where Food Products Originated
  - C. Styles of Cookery and Their Origins
  - D. Preservation Methods and Their Origins
- II. Beginning of Food Service
  - A. Origins of Inns and Taverns
  - B. Where Did Chefs Come From?
  - C. Cookbooks – Old and New
  - D. Attributes of a Chef
- III. Types of Food Service Establishments
  - A. Cafeterias
  - B. Quick Service Units
  - C. Diners, Truck Stops, Mom and Pops, Casual Cafes
  - D. Theme Operations
  - E. Ethnic Cuisine Facilities
  - F. Fine Dining Operations
  - G. Institutional Food Service
  - H. Hotel Food Service Operations
  - I. Takeout Cuisine
- IV. ACF and NRA
  - A. Organization of Professional Chefs
  - B. Organization of Food Service Operators
  - C. Local Chapters and Their Roles in the Community
- V. Trends and Opportunities
  - A. Evolution of Food Service
  - B. Opportunities for Employment
  - C. Types of Jobs Available
  - D. Variations of Operations (Commercial and Institutional)
- VI. Customer Service, Safety, and Work Ethics in the Workplace
  - A. An Ounce of Prevention = A Pound of Cure
  - B. Working Smarter, Not Harder
  - C. Organization and Dedication
  - D. Working and Communicating with People
  - E. The Importance of Teamwork

- F. Guest-first Mentality
- G. The Role of the Customer
- VII. Food Service Equipment Identification
  - A. Major Appliances
  - B. Pots, Pans, and Containers
  - C. Measuring Devices
  - D. Hand Tools
  - E. Knives
  - F. Dish and Ware Washing Equipment
- VIII. Food Identification
  - A. Meat, Fish, and Poultry
  - B. Fruits and Vegetables
  - C. Dairy, Cheese, and Eggs
  - D. Dry Goods
  - E. Spices, Herbs, Seasonings, and Condiments
- IX. Mis en Place and Cooking Terminology
  - A. Basic Knife Cuts
  - B. Advanced Vegetable and Fruit Preparation
  - C. Dried Fruits and Vegetable Usage
  - D. Bread Crumbs and Croutons
  - E. Mother Stocks
  - F. Thickeners and Hot Sauces
  - G. Cold Sauces and Vinaigrettes
  - H. Gelatins
  - I. Mirepoix
  - J. Marinades and Spice Rubs
  - K. Dry Heat Cookery
  - L. Moist Heat Cookery
  - M. Garde-manger Work