

MISSION VALLEY REGIONAL OCCUPATION PROGRAM
Introduction to Hospitality Course
Course Outline

Course Title:

Introduction to Culinary Arts and Hospitality

CTE Career Sector and Pathway:

Hospitality, Tourism, and Recreation (HOS), Intro to Hospitality (Pathway 200)

CALPADS Number

8000

Job Titles:

Entry Level	DOT Codes
Cook Apprentice (Hotel and Restaurant)	313.361-018
Cook, Cold Meat (Hotel & Restaurant)	313.361-034
Cook, Fast Food (Hotel & Restaurant)	313.374-010
Pantry Goods Maker (Hotel & Restaurant)	317.384-010
Cook Helper (Hotel & Restaurant)	317.687-010
Caterer Helper	319.677-010
Food Service Worker/Hospital	319.677-014
Sous Chef (Hotel & Restaurant)	313.131-026

Course Description:

This Course Provides Entry-level preparation for advanced training in hospitality, tourism, recreation and food service occupations. Employment possibilities include guest relations, banquet/catering or food and beverage services, housekeeping, guest service clerk, recreation assistant, host/hostess, establishment guide and lodging facilities attendant. Instruction covers the following areas: assessing personal/career goals, career preparation standards, occupational safety, guest satisfaction, security and emergency procedures, hospitality services, waiter/waitress, host/hostess, lodging occupations, travel related occupations, housekeeping/room attendant, proper use of the telephone, and guest services.

Hours: 90 hours

Date of Revision: Aug. 2, 2023

Approved by Advisory:

Prerequisites: None

Articulation Agreement(s): This course is not articulated with a community college

UC/CSU Eligibility: This course does not meet the UC/CSU A-G requirements

Instructional Materials: *Hospitality Services – Food and Lodging (second edition).*

Course Outline:

Upon successful completion of this course, students will be able to demonstrate the following skills necessary for entry-level employment.

Unit	Content Area	Hours
Integrated throughout the course	Workplace Basic Skills & Behaviors (Necessary skills for any occupation – MVROP SLO #1) Learner Outcomes: A. Apply skills learned in class B. Analyze information and makes decisions C. Communicate verbally and in writing D. Work independently and as a team member in a diverse workplace E. Work reliably, responsibly, and ethically	Integrated Throughout the course
Integrated throughout the course	Job Employment Skills (Occupational competencies – MVROP SLO # 3) Learner Outcomes: A. Develop a plan to achieve career goals. B. Use effective job search strategies. C. Demonstrate an awareness of the importance of lifelong learning.	Integrated Throughout the course
Unit	Career Technical Skills (Occupational competencies – MVROP SLO #2)	Hours
1	Introduction to the Profession Learner Outcomes A. Introduction to the Profession B. Discuss the history of culinary arts C. Identify career opportunities for culinary professionals D. Compare attributes of a culinary professional	5
2	Tools and Ingredients in the Professional Kitchen Learner Outcomes: A. Identify equipment B. Describe parts of a knife, types of knives, sharpening knives	5

	<ul style="list-style-type: none"> C. Select hand tools D. Demonstrate small equipment E. Compare pots, pans, and molds F. Explain large equipment use 	
3	Food and Kitchen Safety Learner Outcomes: <ul style="list-style-type: none"> A. Recognize foodborne illness B. Detect cross contamination C. Identify the food danger zone D. Examine hazard analysis critical control points (HACCP) E. Demonstrate food serving safety F. Perform cleaning and sanitizing G. Know how to keep pests out H. Recognize health and hygiene I. Define fire safety J. Demonstrate dress for safety K. Indicate regulations, inspections, and certifications (OSHA) L. Discuss drugs and alcohol in the workplace 	7.5
4	The Basics of Nutrition and Food Science Learner Outcomes: <ul style="list-style-type: none"> A. Identify calories B. Discuss carbohydrates, fibers, fats, cholesterol, proteins C. Examine water D. Study vitamins and minerals E. Read and identify antioxidants F. Chart dietary guidelines and recommendations G. Demonstrate serving sizes H. Evaluate heat transfer I. Compare the effects of heat on starches and sugars J. Define denaturing proteins K. Describe the function of cooking fats L. Identify state of and function of water in cooking M. Recognize forming emulsions 	5
5	Business Functions Learner Outcomes: <ul style="list-style-type: none"> A. Identify and manage time, money, materials, facilities, and human resources within a culinary business. B. Recognize areas of administration, operations, personnel, finance, legal, production, distribution, services, and marketing within the culinary industry. C. Purchasing and cost analysis 	5
6	Menus and Recipes Learner Outcomes: <ul style="list-style-type: none"> A. Read a recipe 	5

	<ul style="list-style-type: none"> B. Measure ingredients accurately C. Use recipe conversion factors (RCF) to convert yields D. Convert portion sizes E. Convert volume measurements to weight F. Convert to common unit of measure G. Calculate "as purchased cost" (APC) H. Calculate yield of fresh fruits and vegetables I. Calculate edible portion quantity using yield percentage (EPQ) J. Calculate edible portion cost K. Use recipes effectively L. Measure lab experiments 	
7	The World of Hospitality Learner Outcomes: <ul style="list-style-type: none"> A. Food and Beverage B. Lodging C. Recreation D. Travel and Tourism (Business and Pleasure) E. Hospitality-Past, Present and Future 	7.5
8	Food and Beverage Industry Learner Outcomes: <ul style="list-style-type: none"> A. Types of Food Services Businesses <ul style="list-style-type: none"> a. Quick Service b. Full Service c. Catering d. Hotel and Club Food Service e. Institutional Food Service <ul style="list-style-type: none"> i. Schools ii. Healthcare iii. Stadium and Arenas 	20
9	Lodging Industry Learner Outcomes: <ul style="list-style-type: none"> A. Hotels B. Bed and Breakfast C. Resorts D. Hotel/Motel 	10
10	Careers <ul style="list-style-type: none"> A. Chef B. Baker C. Restaurant Manager D. Nutrition Services E. Business Owner F. General Manager 	20

	a. Golf Club b. Hotel G. Agriculture a. Perry Farms b. Ardenwood Farms c. Regan Nursery	
Integrated throughout the course	Job Employment Skills (Occupational competencies – MVROP SLO # 3) Learner Outcomes: D. Develop a plan to achieve career goals. E. Use effective job search strategies. F. Demonstrate an awareness of the importance of lifelong learning.	Final Unit or any best fit within the course
	Total Hours	90

Instructional Strategies:

lecture	Multimedia
group discussion	Hands-on Practice
Team learning	Labs
projects	Simulation
reading assignments	Oral Questioning

Certificate Competency List:*Career Preparation Standards:*

- Use effective workplace basic skills and behaviors
- Develop job employment skills
- Identify Business Functions of the Culinary Industry

Career Technical Skills:

- Describe Menus and Recipes
- Explain Basic Nutrition and Food Science
- Demonstrate Food and Kitchen Safety
- Identify Tools and Ingredients in the Professional Kitchen
- Identify Different Careers in Hospitality
- Identify Different Positions Within Hospitality Professions
- Develop an Awareness of Hospitality and Tourism Functions