

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: CUL 120 Credits: 3

Course Title: Principles of Food Preparation

Course Description :

Applies scientific principles and techniques to

- Emphasize the necessity for separation of starch granules for even hydration and gelatinization
- Identify high quality characteristics of sauces, illustrate, prepare and evaluate these sauces
- Demonstrate methods of cookery which retain the nutrients within foods
- Demonstrate methods of preparing various breakfast, lunch, dinner, and other meal period recipes
- Define principles of salad dressing formation based on emulsion principles and categories
- Recognize common emulsifiers used in food preparation and learn procedures on reforming broken emulsions
- Define the various food classifications, categories and characteristics that align with menu design
- Learn the role of salads, prepare and evaluate according to principles of quality salads
- Discuss and use marinades and salad dressings and relationship properties of fats and acids
- Learn appropriate deep fat frying temperatures for different foods – proteins, sugars, carbohydrates
- Study factors that affect the rate of fat decomposition, smoke point, and flash point
- Discuss the factors that influence fat absorption of fried foods, pan, shallow, deep frying
- Illustrate and compare quality characteristics of a gelatin prepared from various gelatin products
- Illustrate and discuss factors that affect the strength of a gelatin g4.3 (he (des).6 (he.5 (c)-2)11.2 (g)-t)4

- Identify the quality grades in proteins, dairy, produce, drystock, seafood, poultry, and fish
- Distinguish between fin-fish and shellfish and memorize the market forms of each
- Prepare different types of fin and shellfish utilizing a variety of cooking methods preparation
- Illustrate the use of legumes as meat substitutes
- Demonstrate the effects of adding certain ingredients to various foods and their affects
- Demonstrate and prepare baking methods and techniques for combining ingredients for baked products
- Illustrate leavening action as water is converted to steam in baked products
- Discuss, identify, and prepare a variety of protein and other alternative market products
- Discuss various dietary restraints, choice diets and eating lifestyles

Major Topics to be Included:

- Healthy food choice
- Preparing complete nutritionally balanced dishes
- Food safety, sanitation, and proper hygiene
- transfer of heat and how foods are affected
- Flavor, taste, pairing, as they affect the palate using a variety of spices and flavorings
- Discuss, identify, taste, prepare, evaluate various foods across all food groups
- Nutrition and compositional make up of foods
- Equipment identification, usage and cleaning of various kitchen tools

Effective Date/Updated: August 1, 2024