Title of Course: Advanced Selection & Preparation of Foods  

I. Catalog Description and Credit Hours of Course:  

Advanced principles in the culinary arts including: food selection, recipe utilization and modification, and food production. (3)  
2 hour lecture/2 hour lab  

II. Prerequisite(s): HM150, HM205 or FN205  

III. Purposes or Objectives of the Course:  

A. Interpret and apply the advanced principles of food preparation.  
B. Identify the functions of ingredients in food products.  
C. Develop advanced techniques and skills in menu creation and food preparation.  
D. Use the advanced skills and techniques of food preparation to interpret recipes into a successful product.  

IV. Student Learning Outcomes:  

A. Identify and explain components of recipes and their functions.  
B. Demonstrate skills in advanced food preparation techniques.  
C. Create menus and recipes that demonstrate an understanding of the application of ingredients and fundamental skills.  

V. Expectations of Students:  

A. Students will wear clean chef attire, specified hair cover, and closed-toe, flat shoes in the kitchen. Jewelry and nail polish are prohibited.  
B. Participate in class discussions and group assignments.  
C. Participate in laboratory experiences.  
D. Demonstrate competency on individual and laboratory assignments and examinations.
VI. Course Content or Outline:

A. Review 4 hrs

1. Safety and Sanitation
2. Mise en Place
3. Knife Skills
4. Tools and Equipment

B. Plating 3 hrs

1. Plate Presentation
2. Choosing Appropriate Vessels
3. Garnishing

C. Garde Manger 10 hrs

1. Salads and Salad Dressings
   a. Composed Salads
   b. Tossed Salads
   c. Bound Salads
2. Sandwiches

D. Baking and Pastries 10 hrs

1. Basic Principles
2. Quick Breads
3. Pies and Pastries
4. Yeast Breads
5. Custards, Cremes, Frozen Desserts, and Sauces
6. Classic Desserts

E. Review of Sauces and Soups 6 hrs

1. Sauces
   a. Principles and Techniques
2. Soups
   a. Principles and Techniques

F. Recipes and Menus 12 hrs

1. Composed Plates
2. Composed Meals
   a. Meal Coursing
3. Recipe Creation
   a. Recipe Adaptations
      i. Special Dietary Needs
      ii. Gluten-free
      iii. Low-Fat
4. Menu Creation and Development
5. Recipe and Menu Costing
VII. **Textbook(s) and/or Other Required Materials or Equipment:**


VIII. **Basis for Student Evaluation:**

A. Examinations: 40%
B. Laboratory Assignments: 40%
C. Course Assignments: 20%

**Grading Scale:**

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Grade</th>
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<tbody>
<tr>
<td>100-90%</td>
<td>A</td>
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<tr>
<td>89-80%</td>
<td>B</td>
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<td>79-70%</td>
<td>C</td>
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<td>69-60%</td>
<td>D</td>
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<tr>
<td>59-0%</td>
<td>F</td>
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IX. **Academic Policy Statement**

Students will be expected to abide by the University policy for Academic Honesty regarding plagiarism and academic honesty. Refer to: [http://www.6semo.edu/juaffairs/code.html](http://www.6semo.edu/juaffairs/code.html)

X. **Student with Disabilities Statement**

If a student has a special need addressed by the Americans with Disabilities Act (ADA) and requires materials in an alternative format, please notify the instructor at the beginning of the course. Reasonable efforts will be made to accommodate special needs. Refer to: [http://222.semo.edu/ds](http://222.semo.edu/ds)

XI. **Academic Integrity Statement**

Questions, comments, or requests regarding this course or program should be taken to the instructor. Unanswered questions or unresolved issues involving this class may be taken to the Chairperson, department of Human Environmental Studies.