

Course Abstract

If you need accommodations due to a disability, contact Disability Services in Edison Hall Room 100, 732.906.2546.

To foster a productive learning environment, the College requires that all students adhere to the Code of Student Conduct which is published in the college catalog and website.

Course ID and Name: HCD 102 – Food and Cooking Fundamentals

Department:

Chairperson or Course Coordinator: Dr. Mary-Pat Maciolek

Office Location: College Center 185

E-mail Address: mmaciolek@middlesexcc.edu

Telephone: 732-906-2538

Prerequisites: none

Co-requisites: HCD 104

Course Description: The study of food: ingredient knowledge, cooking techniques, food science, and recipes. Emphasis is on the development of professional culinary skills.

General Education Status:

Credits: 3.0

Lecture Hours: 1.0

Lab Hours: 4.0

Learning Outcomes:

Upon successful completion of the course, students will be able to

1. demonstrate the basic principles and techniques underlying high standards of food selection and culinary skill.
2. describe and use the vocabulary of professional food selection, preparation and production.
3. demonstrate the safe and efficient use of commercial foodservice equipment.
4. identify and demonstrate the basic concepts of sanitation and safety in a commercial kitchen.

Course Content Areas:

An introduction to cooking through a one-hour lecture and four-hour food preparation lab. The course provides a culinary foundation as the student studies and prepares a variety of foods.