

National Schools Bakery Arts Curriculum

Course 101 A: Food Service Industry, Sanitation and Safety

Course starts – end:

Contact Hours: 30 Hours

Instructor:

Office hours:

Email:

Text: Serve safe Course Handbook, Professional Cooking.

Other Materials: Handouts and other materials as assigned by the instructor.

Course Description:

This course will focus on foundational concepts that reflect the structure in which a professional kitchen is operated. Included will be Bakery Concepts, Organizational Structure, Safety and Sanitation, and Product Identification. This course will meet the standards for the American Culinary Federation Certification.

Your Education starts with the current knowledge on how to be successful in the food service industry by knowing how to make the restaurant operations successful in reducing cost and increasing profits.

Sanitation & Safety have two sides, when both are carefully maintained under the proper rules you will learn, your job will be secure and the food operation and your employer will be protected and you will advance at a faster pace; otherwise failure can cause catastrophic liability and your job.

1. THE FOOD SERVICE INDUSTRY

- (A) A short history of modern food service
- (B) The Organization of modern kitchens
- (C) Standards of professionalism
- (D) Identify kitchen equipment and use

2. SANITATION

- (A) Introduction to microbiology
- (B) Food borne diseases
- (C) Personal Hygiene
- (D) Food handling, preparation, and storage all foods and meats, poultry & fish

3. SAFETY

- (A) The safe workplace
- (B) Preventing cuts, burns, fires and falls
- (C) Preventing strains and injuries from lifting

Expectations:

- All absences should be reported in advance.
- Observe the rules of behavior as outlined in Orientation.
- Students will be expected to read and study the assigned materials.
- Be on time, prepared to work, and prepared to learn. Make sure you have all necessary materials for your class. It is your responsibility to find out what materials, etc., you will need if you miss time in class.
- Respect the rights and property of others. Do not disrupt the class.

Grade Adjustment Table:

- -10% If taken or turned in ONE day following the test or deadline date.
- -12% TWO days late.
- -15% THREE days late.
- -21% FOUR days late.
- -100% All assignment, exams, etc. more than FOUR days late will receive ZERO points. There are no extra credit assignments in this course

The final course grade is derived from the accumulation of points in each grade component, with the total calculated percentage earned converted to a letter grade as follows:

Performance:	35 %	90% - 100%	= A
Homework:	5 %	80% - 89%	= B
Quizzes and Tests:	20 %	70% - 79%	= C
Independent Study:	10 %	60% - 69%	= D
Final Exam:	30 %	Less than 60%	= F

TOTAL:	Maximum of 100 %		
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If the Final Exam percentage is less than 70%, the Final Exam grade will also be the grade for the entire course and the course will have to be retaken.

Instructional Methodology: Class lecture and discussion
 Knowledge: Short answer quizzes and examinations
 Assessment: Homework assignments
 Methodology: Production based outcomes

1. THE FOOD SERVICE INDUSTRY

- (A) A short history of the Baking Industry
- (B) The organization of modern kitchens
- (C) Standards of professionalism

2. SANITATION

- (A) Introduction to microbiology
- (B) Food borne diseases
- (C) Personal Hygiene
- (D) Food handling, preparation of refrigerated and dry storage

3. SAFETY

- a. The safe workplace
 - b. Preventing cuts, burns, fires and falls
 - c. Preventing strains and injuries from lifting
-

Course Start – End:

Contact Hours: 30 Hours

Instructor:

Office Hours:

Email

Text:

Other Materials: Handouts and other as assigned by the instructor.

Course Description:

Given the health conscience society we live in today foodservice workers must know the nutrition value of different kinds of foods and the growing need to provide a healthier choice for our guests. In this course student will learn food and nutrition sources, functions, nutritional guideline to menu writing, and various population groups and nutritional applications to recipe development. This mod meets the standards for the American Culinary Federation Nutritional certification.

Objectives:

Upon completion of this course, the students will be able to:

- **Define nutrition and its roll in good health.**
- **Name the essential nutrition and explain their function.**
- **Plan a nutritious menu or special dietary menu.**
- **Explain the function of vitamin and minerals.**
- **Explain the process of digestion and how food is metabolized.**
- **Read vitamin supplements and food labels and determine their value.**
- **Create a personal nutrition and fitness program.**
- **Discuss vegetarianism and special diets.**

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Instructional Methodology: Class lecture and discussion
Knowledge: Short answer quizzes and examinations

Assessment:
Methodology:

Homework assignments
Production based outcomes

Course 203 Principles of Baking 40 hours

5. PRINCIPLES of BAKING

- a. Yeast products types
- b. Mixing methods
- c. Steps in yeast dough production
- d. Bread and rolls formulas
- e. Artisan Bread
- f. French and Italian loaves
- g. Braided breads and rolls

Course Description:

This course will focus on culinary concepts and the production of a variety of yeast raised breads and sweet doughs. Students will study the following topics: Breads, rolls, specialty breads, hearth breads, laminated dough, dough mixing and fermentation.

You will learn different yeast products of lean and rich dough that are either high or low in fat and sugars and rolled-in yeast dough products. In bakery all ingredients must be weighed accurately, this is precision ingredient mixing. There are different flours and grains used in baking that you will learn and formulas used in bread recipes. Recipes are the foundation of the bakery art followed by measurement.

Respect the rights and property of others. Do not disrupt the class.

Objectives:

Upon completion of this course, the student will be able to:

- ◆ Identify the organizational structure of a professional kitchen
- ◆ Understand the science of baking
- ◆ Explore the fundamentals of baking math, ratios, and baker's percentage, and yields weights and measures.
- ◆ Produce a variety of yeast raised sweet dough and bread products.

Course 204 Breakfast Pastries 35 hours

6. BREAKFAST PASTRIES

- (A) Puff Pastry
- (B) Croissant
- (C) Cinnamon snails and knots
- (D) Brioche
- (E) Puff pastry breakfast items
- (F) Danish fillings

Course Description:

Students focus on culinary concepts and the production of a variety of breakfast items, cookies, muffins, Danish, croissants, puff pastry, pate choux, and quick breads. Students will practice techniques central to foaming, creaming and blending.

Objectives:

Upon completion of this course, the student will be able to:

- ◆ **Explore the fundamentals of baking math, ratios, and baker's percentage, and yields weights and measures.**
- ◆ **Develop culinary techniques central to baking.**
- ◆ **Work with a variety of dough's and batters.**
- ◆ **Demonstrate various mixing methods, creaming and foaming methods.**
- ◆ **Produce a variety of breakfast items, cookies, muffins, Danish, croissants and quick breads.**

You will learn the primary fundamentals of making breakfast pastries and other sweet dough products that will be needed in any breakfast Restaurant, Bakery, Hotel or Casino.

7. Cookies

- (A) Sugar dough
- (B) European style cookies
- (C) Tea Cookies
- (D) Puff Pastry cookies
- (E) Pettis Fours

8. CUSTARDS & TARTS

- (A) Different Custards, Flan
- (B) Crème Brule pudding
- (C) Tarts filled w/ custard
- (D) Individual Tarts
- (E) Lemon Meringue Tarts
- (F) Meringues – 3 types
- (G) Pies

Course 207 Cakes & Sponge Cakes

35 hours

9. Cakes & Sponge Cake

- (A) Different sponge cakes formulas and methods
- (B) Fillings for cakes
- (C) Butter cream icing and glazing cakes
- (D) Icings & glazing cakes

Course 208 Piping & Decoration

30 hours

10. Piping & Decorations

- (A) How to use a piping bag
- (B) Practice with butter cream decoration
- (C) Various methods of using rolled fondant for cakes

Course Description:

Students will review culinary concepts and create a variety of French pastries including; pies, pastries, unfilled cakes, tarts, and tortes.

Objectives:

Upon completion of this course, the student will be able to:

- ◆ Explore the fundamentals of baking math, ratios, and baker's percentage, and yields weights and measures.
- ◆ Develop culinary techniques central to baking.
- ◆ Demonstrate skill in various creaming, foaming and mixing methods
- ◆ Produce a variety of French pastries, tarts, pies, tortes, unfilled cakes and torts.

Course 209 Individual Plated Deserts 20 hours

11. Individual Plated Desserts

- (A) Chocolate decorations**
- (B) Making sauces for desserts**
- (C) Preparing individual desserts**
- (D) Warm plated desserts**

Course Description:

Students will explore the design and presentation of hot, warm and cold plated desserts. Students will practice a variety of techniques using colors and textures to present exquisitely displayed creations. Students will also review culinary concepts.

Objectives:

Upon completion of this course, the student will be able to:

- ◆ Explore the fundamentals of baking math, ratios, and baker's percentage, and yields weights and measures.**
- ◆ Identify and produce Cold, Warm and Hot Desserts**
- ◆ Demonstrate various plating and presentation techniques used for plating desserts.**

As you are being taught the various cookies, custards, tarts, cakes, pies and piping decorations you will be creating many delicious bakery products and will also be taught the many bakers secrets of making these tasty items.

You will learn these desserts requiring plate presentation for special deserts served primarily in restaurants. All though their individual cost is low these desserts are a high profit center and you will learn the art to present them.

Course 210 Frozen Desserts

10 hours

12. Frozen Desserts

- (A) Ice Cream & Sorbets**

Course 211 Demonstration

24 hours

- 13. Students to perform from scratch a plated dessert**

This entire program although referred to as Basic Bakery will accomplish more than the essential knowledge for employment in

either wholesale or retail establishments. National has a successful track record of job placement for their students and our students are sought after for employment. In order to advance to National's high end Pastry course, Basic Bakery must be completed.

14. Preparing Students for Job Placement 6 hours

Job search Instruction

Job Interview Technique - student resumes

Keeping & Advancing on the job

Graduation day

Total 300 hours

**National Culinary & Bakery School
8400 Center Dr. La Mesa, CA 91942
Ph (619) 461-2800 fax (619) 461-2881
www.nationalschools.com**