



CERTIFICATE IN CULINARY ARTS

PROGRAM DESCRIPTION

The Certificate in Culinary Arts program aims to provide the students with practical and theoretical knowledge about basic culinary, basic food preparation and food presentation. It also provides the opportunity to apply the theoretical knowledge into practice commonly found in an operational environment.

The program covers mise en place, food preparation, storage of food products, food infection and intoxication, hygiene and cleanliness, methods and techniques of cooking, stocks, sauces and soups, eggs, vegetables and farinaceous products, poultry and meat butchery and cooking, product knowledge and occupational health and safety, weight measure as applied to cooking, unit and temperature conversion, proper knife usage skills, basic cutting and butchering, standard kitchen hand tools, operations of equipment in a commercial kitchen and culinary terminology.

Duration	:	6 months with internship
Students	:	minimum of 12 students
Venue	:	Kitchen laboratory, SHL Bldg.

OBJECTIVES OF THE PROGRAM

Cognitive

1. Explain basic kitchen operation.
2. Define kitchen terminology as used in an international kitchen.
3. Calculate unit conversion of a recipe.
4. Knowledge of basic cooking.
5. Identify the value of chef's ethics and apply it to normal practice.
6. Justify the importance of good personal hygiene and preparing food in a good hygienic manner

Affective

1. Relate the VMO of LPU-CIHM to the Introduction to Pastry and Bakery Subject
2. Show self-reliance when working independently
3. Cooperate with group when preparing group work / laboratory activities / report

Psychomotor

1. Set up, use, clean and store kitchen equipment properly and effectively.

2. Measure each ingredient in a recipe accurately.
3. Prepare and use basic flavoring agents, binding agents and thickening agents correctly.
4. Apply the skills necessary for basic cooking.

Program Outcomes:

At the end of the six months program, students will be able to:

- a) Recognize the importance of the principles in preparation, cooking and presentation of dishes as foundation in culinary arts.
- b) Create a working plan using the proper cooking method
- c) Observe the principles and techniques in food preparation and cooking.
- d) Evaluate the different parts, cuts and market forms of basic food according to standard quality.
- e) Apply the different principles and techniques in basic food preparation and cooking.
- f) Prepare appetizer, main course and hot and cold desserts.
- g) Display creativity by plating the finished products.
- h) Pass the competency assessment in Cookery NC II
- i) Gain meaningful experiential learning through internship.

CCA CURRICULUM		
FCA – Fundamentals in Culinary Arts		9 units
MODULE 1	16 hours	
<ul style="list-style-type: none"> • Introduction to Culinary Arts • Basic Kitchen Operations • Food Microbiology, Hygiene and Sanitation • Kitchen Tools and Equipment • Knife and Knife Handling Techniques 		
MODULE 2	64 hrs	
<ul style="list-style-type: none"> • Methods of Cookery • Stocks and Soups • Salad and Sauces • Appetizers, Hors d' oeuvres and Sandwiches • Egg Cookery • Vegetable Cookery • Fish Fabrication • Poultry Fabrication • Pasta and Pizza 		
MODULE 3	64 hours	
<ul style="list-style-type: none"> • Baking 1: Cookies and Quick breads • Baking 2: Pies and Pastries 		

<ul style="list-style-type: none"> • Baking 3: Cake and Cake Decoration • Basic Food & Beverage Service • Food Mathematics • Recipe Writing and Qualification • TESDA Competency Assessment – Cookery NC II • Restaurant Simulation 		
PRACTICUM (200 HOURS)		3 units
TOTAL	344 hours	12 units

Schedule of Classes		
FCA	Saturday	7:00 – 12:00 1:00 – 5:00
Internship	Schedule depends on the internship venue	

GRADING SYSTEM:

A. Midterm Grade	
Preliminary Examination	25 %
*Class Performance	50 %
Midterm Examination	25 %
Midterm Grade Total	100 %

Components of Class Performance

Practical/Laboratory	60%
Attendance	10%
Classroom Activities	30%
	<u>100%</u>

B. Final Grade	
Midterm Grade	40%
*Class Performance	15%
Semi Finals	20%
Final Exams	25%
Final Grade Total	100%

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