

HOSP-1050: FUNDAMENTALS OF FOOD PREPARATION FOR HOTEL-LODGING

Cuyahoga Community College

Viewing: HOSP-1050 : Fundamentals of Food Preparation for Hotel-Lodging

Board of Trustees:

December 2025

Academic Term:

Fall 2026

Subject Code

HOSP - Hospitality Management

Course Number:

1050

Title:

Fundamentals of Food Preparation for Hotel-Lodging

Catalog Description:

Introduction to food preparation techniques, culinary theory, and equipment used in commercial food service. Basic concepts of kitchen organization and operation, heat transfer, basic terminology, use of standardized recipes, weights and measures, product evaluation, recipe conversion, food composition and introduction to commercial equipment and work methods. Directed practice in hotels and event preparation and service.

Credit Hour(s):

3

Lecture Hour(s):

2.5

Other Hour(s):

.5

Other Hour Details:

Directed practice: 37.5 hours of directed practice at a hospitality approved site

Requisites

Prerequisite and Corequisite

MATH-0955 Beginning Algebra; or concurrent enrollment in MATH-0930 Essential Skills for Algebraic and Quantitative Reasoning and MATH-1190 Algebraic and Quantitative Reasoning; or appropriate Math placement score; and ENG-0995 Applied College Literacies, or appropriate score on English Placement Test; and HOSP-1020 Sanitation and Safety or concurrent enrollment; or departmental approval: industry experience.

Note: ENG-0990 Language Fundamentals II taken prior to Fall 2021 will also meet prerequisite requirements.

Outcomes

Course Outcome(s):

Program Learning Outcomes (ACPHA)

(PL01) Identify and apply the knowledge and skills necessary for hospitality and tourism operations.

Objective(s):

1. Demonstrate application of knowledge and skill in hospitality and tourism operations relative to food service management (PL01) as evidenced by Written Final with score of 70% or better.
2. Demonstrate application of knowledge and skill in hospitality and tourism operations relative to food service management (PL01) as evidenced by Directed Practice Presentation with score of 70% or better.

Course Outcome(s):

Use basic preparation and cooking terms.

Objective(s):

1. Define basic preparation and cooking terms.
 2. Define and explain basic menu items, equipment, and other key words used in foodservice.
 3. Spell and properly use words used in food service, including slang.
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Course Outcome(s):

Explain basic food preparation and cooking techniques to prepare standardized recipes in appropriate portion amounts in a commercial kitchen.

Essential Learning Outcome Mapping:

Written Communication: Demonstrate effective written communication for an intended audience that follows genre/disciplinary conventions that reflect clarity, organization, and editing skills.

Objective(s):

1. Follow procedural patterns for directed practice sessions.
 2. Discuss principles of basic food preparation.
 3. Discuss the basic principles of using seasonings, flavoring, herbs, and spices.
 4. Discuss need for adjusting recipes to satisfy the health conscious market.
 5. Describe the purpose and use of a production schedule
 6. Describe ways heat is transferred: convection, conduction, radiation, and microwave.
 7. Explain various cooking methods using moist heat, dry heat, and dry heat with fat.
 8. Describe the basic preparation and cooking techniques used in the commercial kitchen.
 9. Identify kitchen equipment and tools for various types of food preparation.
 10. Describe basic knife skills and dimensions of cuts.
 11. Follow safe and sanitary procedures.
 12. Identify the proper temperatures for preparing various food products.
 13. Use reference tables of yields, substitutions, and portioning.
 14. Explain correct weights and measurements.
 15. Utilize product identification knowledge.
 16. Discuss procedures for production and pre-preparation.
 17. Develop a production schedule.
 18. Identify various cheeses by visual appearance and texture.
 19. Describe various cooking methods for eggs including omelets, over-easy, poached, and scrambled.
 20. Describe preparation methods for various breakfast foods including waffles, pancakes, and eggs.
 21. Identify a variety of smoked meats and sausage.
 22. Identify the appropriate greens to prepare various appetizer and entrée salads.
 23. Recognize a variety of dressings, emulsion and partial emulsion, creamy, and vinaigrette.
 24. Recognize a variety of sandwiches including breads, spreads, and proteins/vegetarian, and accompaniments.
 25. Define a variety of classic soups.
 26. Write directed practice reflections intended for the hospitality industry that are clear and concise, use standard rules for written language, effectively organize language, and include culinary related terminology.
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Course Outcome(s):

Recognize the importance of following a recipe, the limitations for modifying a recipe, and the importance of judgment in cooking.

Essential Learning Outcome Mapping:

Written Communication: Demonstrate effective written communication for an intended audience that follows genre/disciplinary conventions that reflect clarity, organization, and editing skills.

Objective(s):

1. Discuss factors that determine quality.
2. Describe what happens to the most important components of foods when they are cooked and/or processed.
3. Identify function of ingredients used in recipes.

4. Explain weights, measures and portioning.
 5. Write directed practice reports intended for the hospitality industry that are clear and concise, use standard rules for written language, effectively organize language, and include culinary related terminology.
 6. Describe the function of various ingredients; i.e., thickeners, starches, fats, eggs and leavening agents.
 7. Interpret, satisfactorily increase/reduce, and calculate yields.
 8. Calculate food costs, food cost percentages, and portion cost.
 9. Identify components of standardized recipes.
 10. List the reasons for the use of standardized recipes.
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Methods of Evaluation:

1. Evaluation of understanding of standard culinary skills.
2. Participation: adherence to standard operating procedures, teamwork, and proper attire in directed practice.
3. Evaluation of directed practice experiences
4. Written directed practice experience reports
5. Quizzes and exams
6. Homework assignments
7. Directed Practice Presentation (must achieve score of 70% or higher)
8. Written Final Exam (must achieve score of 70% or higher)

Course Content Outline:

1. Introduction to fundamentals of foodservice
2. Standard kitchen procedures
 - a. Mis-en-place
 - b. Small kitchen equipment
 - c. Large kitchen equipment
 - d. Terminology
 - e. Production schedules
 - f. Brigade, modern and classical
3. Standard recipes
 - a. Portion control
 - b. Yield
 - c. Weights and measures
 - i. Scales
 - ii. Weight vs. volume
4. Classical knife cuts for fruits, vegetables, and herbs
 - a. Julienne
 - b. Batonnet
 - c. Dice
 - d. Pasayene
 - e. Chiffonade
 - f. Rondelle
 - g. Oblique
 - h. Lozenges
 - i. Brunoise
 - j. Tourn r
 - k. Zesting
 - l. Segmenting
5. Cooking, preparation, and evaluation
 - a. Quality factors
 - b. Palatability
 - c. Stocks
 - i. White
 1. Fish
 2. Chicken
 - ii. Brown

1. Beef
2. Veal
- iii. Vegetable
- d. Classification and preparation of soups
 - i. Broth/clear
 - ii. Cream
 - iii. Puree
 - iv. Nationality
- e. Classification and preparation of sauces
 - i. Thickening Agents
 1. Roux/liaison
 2. Beurre manie
 3. Slurry
 - ii. Béchamel
 - iii. Espagnole
 - iv. Tomato
 - v. Veloute
 - vi. Hollandaise
 - vii. Contemporary
- f. Meat, fish, and poultry
 - i. Dry cooking techniques
 1. Broiling
 2. Grilling
 3. Roasting
 4. Deep frying
 5. Sautéing
 - a. Pan seared
 - b. Pan roasting
 - ii. Moist cooking techniques
 1. Blanching
 2. Boiling
 3. Poaching
 4. Steaming
 - iii. Combination cooking techniques
 1. Braising
 2. Stewing
- g. Vegetable cookery
 - i. Dry cooking
 1. Grilling
 2. Roasting
 3. Deep frying
 4. Sautéing
 - ii. Moist cooking
 1. Blanching
 2. Boiling
- h. Starch cookery
 - i. Potatoes
 - ii. Grains & pasta
- i. Cheese and dairy
 - i. Classification of cheeses
 1. Unripened
 2. Ripened
 3. National origin
 4. Cow/sheep/goat/yak
 5. Firm and hard cheeses
 - ii. Milk, cream, and butter
- j. Breakfast cookery

- i. Eggs
- ii. Breakfast meats
- iii. Breakfast foods
- k. Salads and salad dressings
 - i. Vinaigrette
 - 1. Emulsion
 - 2. Partial emulsion
 - ii. Creamy
 - iii. Mayonnaise
 - iv. Appetizer salad
 - v. Entrée salad
- l. Sandwiches
 - i. Breads
 - ii. Spreads/fillings
 - iii. Protein/vegetarian

Religious Accommodation

Before reviewing the course schedule, students should carefully review the following religious accommodation policy and other required instructional policies:

Religious Accommodation:

Students seeking an accommodation for absences permitted under Ohio's Testing Your Faith Act must provide the instructor with written notice of the specific dates for which the student requires an accommodation and must do so not later than fourteen (14) days after the first day of instruction. Please submit requests for accommodations at this link: <https://portal2.tri-c.edu/ReligiousAccommodation/ReligiousAccommodationForm>. Students with questions about their religious accommodations under Ohio's Testing Your Faith Act may contact the College's Office of General Counsel and Legal Services by phone at 216.987.4856 or via email at legal@tri-c.edu.

Other Required Instructional Policies:

<https://www.tri-c.edu/student-resources/curriculum/documents/syllabus-part-b.pdf>

Weekly Schedule

	Topics
Week 1	Introduction to fundamentals of foodservice. Standard kitchen procedures
Week 2	Standard kitchen procedures. Standard recipes
Week 3	Classic knife Cuts
Week 4	Stocks - Understanding cooking, preparation and evaluation.
Week 5	Soups - Understanding of classifications, preparation and service.
Week 6	Understanding of hotel breakfast cookery, set up, service and clean up. Understanding of event food preparation, service and execution.
Week 7	Breakfast cookery - Understanding of breakfast foods and preparation. Begin directed practice in approved hotel.
Week 8	Meat, fish and poultry - Understanding of various cooking techniques. Directed practice in hotel continued.
Week 9	Vegetable cookery - Understanding of cooking methods and applications. Directed practice in hotel continued.
Week 10	Starch cookery - Understanding of cooking principles and application. Completion of directed practice in hotel.
Week 11	Cheese and Dairy - Understanding of cheese classifications and applications. Begin directed practice in event site.
Week 12	Sauces - Understanding of classifications, preparation and service. Continue directed practice in event site.
Week 13	Salads and Salad dressings - understanding of classifications, preparation and application. Continue directed practice in event site.

Week 14	Sandwich - understanding of classifications, preparation and service. Completion of directed practice in event site.
Week 15	Presentation of Directed Practice.
Week 16	Written Final

The Course Schedule is subject to change due to pedagogical needs, instructor discretion, parts of term, and unexpected events.

Required/Recommended Readings

On Cooking, Labensky, Sarah, Hause, Alan and Martel, Priscilla.

Resources for the Instructor

American Culinary Federation. *Culinary Fundamentals*. Upper Saddle River, Pearson Prentice Hall, 2022.

Baskette, Michael, and Eleanor Mainella. *The Art of Nutritional Cooking*. 3rd ed. Upper Saddle River, N.J. : Pearson/Prentice Hall, 2009.

Culinary Institute of America. *Techniques of Healthy Cooking*. 4th ed. Hoboken, New Jersey: John Wiley Sons, 2013.

Labensky, Sara and Steve, Gaye Ingram. *Webster's New World Dictionary of Culinary Arts*. 5th Ed. New Jersey: Prentice Hall, 2011.

Molt, Mary. *Food for Fifty*. 14th Ed. Upper Saddle River, N.J. : Pearson Prentice Hall, 2018.

Labensky, Sara and Steve, Gaye Ingram. *The Prentice Hall Dictionary of Culinary Arts*. 2nd Ed. Upper Saddle River, Pearson Prentice Hall, 2020.

Gisslen, Wayne. *Professional Cooking*. 9th ed. Hoboken, NJ: John Wiley & Sons, 2018.

Labensky, Sarah, Hause, Alan and Martel, Priscilla. *On Cooking*. 7th. Upper Saddle River, New Jersey: Pearson Education, 2025.

Culinary Institute Of American. *The Professional Chef*. 10th. Hobobken, New Jersey: John Wiley & Sons, 2024.

Additional Resources for the Instructor**Video Titles (Recommended Videos) Knife Skills**

Sharpening: <https://cuyahoga.kanopy.com/video/your-most-essential-tool-knives> (<https://cuyahoga.kanopy.com/video/your-most-essential-tool-knives/>)

Cooking Techniques

Boiling and Poaching - <https://cuyahoga.kanopy.com/video/poach-steam-moist-heat-cooking> (<https://cuyahoga.kanopy.com/video/poach-steam-moist-heat-cooking/>)

Frying -

<https://cuyahoga.kanopy.com/video/frying-dry-heat-cooking-fat> (<https://cuyahoga.kanopy.com/video/frying-dry-heat-cooking-fat/>)

Braise and Stewing - <https://cuyahoga.kanopy.com/video/braising-and-stewing-combination-cooking> (<https://cuyahoga.kanopy.com/video/braising-and-stewing-combination-cooking/>)

Roast and Bake - <https://cuyahoga.kanopy.com/video/roasting-dry-heat-cooking-without-fat> (<https://cuyahoga.kanopy.com/video/roasting-dry-heat-cooking-without-fat/>)

Grilling and Broiling - <https://cuyahoga.kanopy.com/video/grilling-and-broiling-dry-heat-cooking-without-fat> (<https://cuyahoga.kanopy.com/video/grilling-and-broiling-dry-heat-cooking-without-fat/>)

Saute and Pan Fry <https://cuyahoga.kanopy.com/video/saut-dry-heat-cooking-fat> (<https://cuyahoga.kanopy.com/video/saut-dry-heat-cooking-fat/>)

Vegetables/Starches

Grains and Legumes - <https://cuyahoga.kanopy.com/video/grains-and-legumes-cooking-great-flavor> (<https://cuyahoga.kanopy.com/video/grains-and-legumes-cooking-great-flavor/>)

Fresh Pasta -

https://youtu.be/1i_hs2-VYOU (https://youtu.be/1i_hs2-VYOU/)

Sauces

Veloute -

<https://youtu.be/SEkCiuomG7Q> (<https://youtu.be/SEkCiuomG7Q/>)

Brown Sauce -

<https://youtu.be/lkcl4qVfeg4> (<https://youtu.be/lkcl4qVfeg4/>)

Hollandaise - <https://cuyahoga.kanopy.com/video/eggs-classic-contemporary> (<https://cuyahoga.kanopy.com/video/eggs-classic-contemporary/>)

Poultry

Cutting a chicken into Pieces <https://youtu.be/vMINSCIDdWI> (<https://youtu.be/vMINSCIDdWI/>)

Carving Poultry/Trussing Poultry <https://youtu.be/EWlt6G85zC4> (<https://youtu.be/EWlt6G85zC4/>)

Beef & Lamb

Pounding Cutlets <https://youtu.be/y0izkLXcKdQ> (<https://youtu.be/y0izkLXcKdQ/>)

Fish

Filleting Round Fish - <https://youtu.be/mlRUwZIDM9A> (<https://youtu.be/mlRUwZIDM9A/>)

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