



## Food Introduction – HOSP 225 Hospitality Management Diploma

### Course Outline

COURSE IMPLEMENTATION DATE: September 2018  
OUTLINE EFFECTIVE DATE: September 2021  
COURSE OUTLINE REVIEW DATE: April 2026

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#### GENERAL COURSE DESCRIPTION:

This course will give students an introduction to the fundamentals of culinary skills & techniques with a focus on theoretical studies, and the application thereof, in a practical kitchen environment. Students will also expand their knowledge of classic cooking fundamentals and investigate current industry trends. Further explorations will investigate the function and safe use of tools and equipment commonly used in kitchen environments.

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**Program Information:** This course is required for the completion of the Hospitality Management Diploma.

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**Delivery:** This course is delivered face-to-face

**COTR Credits:** 3

**Hours for this course:** 60 hours

#### Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	45
Seminars / Tutorials	
Laboratory / Studio Hours	15
Practicum / Field Experience Hours	
Other Contact Hours	
<b>Total</b>	<b>60</b>

#### Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-Job Experience	
Formal Work Experience	
Other	
<b>Total</b>	<b>N/A</b>

**Course Outline Author or Contact:**

Anna-Marie Rautenbach, MBA, CHE

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Signature

**APPROVAL SIGNATURES:**

Department Head

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Department Head Signature

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Dean Signature

EDCO

Valid from: September 2021 – April 2026

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Education Council Approval Date

**COURSE PREREQUISITES AND TRANSFER CREDIT:**

**Prerequisites:** A minimum of C- (55%) in HOSP 220.  
Food Safe I certificate.

**Co-requisites:** None

**Flexible Assessment (FA):**

Credit can be awarded for this course through FA

Yes

No

Learners may request formal recognition for flexible assessment at the College of the Rockies through one or more of the following processes: External Evaluation, Worksite Assessment, Demonstration, Standardized Test, Self-assessment, Interview, Products/Portfolio, Challenge Exam. Contact an Education Advisor for more information.

**Transfer Credit:** For transfer information within British Columbia, Alberta and other institutions, please visit <http://www.cotr.bc.ca/Transfer>.

Student should also contact an academic advisor at the institution where they want transfer credit.

## Textbooks and Required Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Labensky, S. R., Hause, A. M., Martel, P. A., Malley, F., Bevan, A. & Sicoli, S. (2018). *On Cooking: A Textbook of Culinary Fundamentals* (7<sup>th</sup> Canadian ed). Pearson.

Please see the instructor's syllabus or check COTR's online text calculator <http://go.cotr.bc.ca/tuition/tCalc.asp> for a complete list of the currently required textbooks.

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## LEARNING OUTCOMES:

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

- demonstrate knowledge of the food service industry by using related terminology and descriptors of food products;
  - identify and compare the different functions and sources of the six essential nutrients;
  - investigate and summarize methods used to maximize nutrient retention in food preparation and storage;
  - discuss the effective acquisition and storage of food to reduce waste and maintain quality;
  - design, complete and use standardized recipe formats, to create consistency in food production;
  - classify commonly used kitchen tools and equipment in functional categories, and effectively use and clean them;
  - understand the importance of taste and flavour in cooking, and apply these during food preparation;
  - apply basic cooking principles and techniques by demonstrating the procedures used to prepare soups and sauces, vegetables and fruit, pasta and rice, eggs and dairy, meat and poultry, fish and flour products;
  - prepare and present completed food dishes in an appetizing and aesthetic manner; and
  - maintain a safe kitchen work environment by applying food safety principles according to industry standards.
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## COURSE TOPICS:

- Professionalism in the workplace
  - History of the restaurant industry
  - Types of restaurants
  - Trends in the food industry
  - Handling and storage of food
- Nutrition
  - Essential nutrients
  - Function of nutrients in the body
  - Sources of nutrients
  - Healthy cooking

- Meal planning
  - Meal planning principles
  - Standardized recipes
  - Food costing
  - Food presentation techniques
- Kitchen tools & equipment
  - Hand tools
  - Measuring equipment
  - Knives & knife skills
  - Cooking equipment
  - Serving equipment
- Flavours
  - Understanding taste
  - Ingredients used to create taste
  - International flavour profiles
- Principles of cooking
  - Cooking methods
  - Effect of heat on food
  - Food safety
- Classification, components, preparation and cooking
  - soups & sauces
  - vegetables & fruit
  - pasta & rice
  - eggs & dairy
  - meat & poultry
  - fish
  - flour products

*See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.*

**EVALUATION AND ASSESSMENT (Face-to-Face Delivery):**

Assignments	% of Total Grade
Class discussion and participation	10%
Lab participation	10%
Cooking principles assignment	10%
Food preparation techniques assignment	10%
Midterm Exam	30%
Final Exam	<u>30%</u>
Total:	100%

*Please see the instructor's syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments and use of electronic aids.*

**EXAM POLICY:**

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of "0" for the exam.

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**COURSE GRADE:**

Course grades are assigned as follows:

Grade	A+	A	A-	B+	B	B-	C+	C	C-	D	F
Mark (Percent)	≥ 90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	< 50

A course grade of "C-" or better is required for credit towards a diploma in Hospitality Management.

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**ACADEMIC POLICIES:**

See [www.cotr.bc.ca/policies](http://www.cotr.bc.ca/policies) for general college policies related to course activities, including grade appeals, cheating and plagiarism.

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**COURSE CHANGES:**

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor endeavours to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.