Minnesota State College Southeast

NUHA 2110: Food Preparation

A. COURSE DESCRIPTION

Credits: 4
Lecture Hours/Week: 1
Lab Hours/Week: 6
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

Food preparation introduces the student to healthy, safe, and economical food preparation techniques and storage. Students will demonstrate competence in theory and application of preparation skills of hot and cold item including portion control, recipe modification, and family-style menu preparation. HACCP principles will be used. (Prerequisite: NUHA2100) (4 credits: 1 lecture/3 lab)

B. COURSE EFFECTIVE DATES: 05/22/2018 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)

1. Identify common kitchen equipment and describe its function
2. Define basic cooking and baking terms
3. Describe the essential function of a food pantry
4. Demonstrate proper compliance with recipe usage
5. Demonstrate recipe modification for portion adjustment
6. Demonstrate safety techniques on a kitchen
7. Prepare and present a cooking class with focus on families of four and dinner menu
8. Discuss the relationship between time and temperature impact on protein cooking

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted