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## CULI 1121: Basic Kitchen Skills

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### EFFECTIVE DATE

### DEPARTMENT

Professional Cook 1  
**DESCRIPTION**

This course provides the student with kitchen terminology, weights and measures conversion, merchandising, recipe conversion, and receiving and storing inventory. Also included in the course are the introductions to the basic methods of cooking and baking. These topics are covered by lectures, assignments and tests. This course is part of the full-time Cooking Foundation - High School, Culinary Arts Programs.

### CREDITS

2.0

### YEAR OF STUDY

1st Year Post-secondary

### PREREQUISITES

None

### COREQUISITES

None

### COURSE LEARNING OUTCOMES

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

- Use the basic cooking principles and cooking methods;
- Describe varieties of convenience foods and their uses;
- Use basic seasoning and flavouring techniques;
- Practice standard methods of receiving and storing foods;
- Use metric measurements and weights in cooking;
- Convert recipe units of measure and yields;
- Practice professional etiquette and personal hygiene during production;
- Work effectively as a team member during production and service;
- Implement principles of kitchen management for inventory and cost control;
- Evaluate product outcomes for consistency and accuracy in yield, flavor, texture and overall appearance according to product specifications and standards.

## PRIOR LEARNING ASSESSMENT & RECOGNITION (PLAR)

Permission to challenge this course must be obtained from the department head. PLAR must occur prior to the program start and will be conducted according to content-specific guidelines created by the department. PLAR is unavailable to students enrolled in the Culinary Arts Diploma (International Cohort).

## HOURS

Lecture: 10

Other: 40

## INSTRUCTIONAL STRATEGIES

A combination of lecture, demonstration, discussion and independent study will be used.

## GRADING SYSTEM

Letter Grade (A-F)

## PASSING GRADE

70%

## EVALUATION PLAN

Type	Percentage	Assessment activity
Lab Work	50	evaluated and marked daily products and performance
Quizzes/Tests	50	2 tests at 25% each

## COURSE TOPICS

- basic cooking principles
- basic methods of cooking

- basic seasoning and flavouring techniques
- receiving foods
- storage of food
- metric measurements and weights
- recipe conversion

## LEARNING RESOURCES

None

Notes:

- Course contents and descriptions, offerings and schedules are subject to change without notice.
- Students are required to follow all College policies including ones that govern their educational experience at VCC. Policies are available on the VCC website at:  
<https://www.vcc.ca/about/governance--policies/policies/>.
- To find out how this course transfers, visit the BC Transfer Guide at <https://www.bctransferguide.ca>.

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