



# CULI 1124: Hot & Cold Breakfast Cooking

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## EFFECTIVE DATE

## DEPARTMENT

Professional Cook 1  
**DESCRIPTION**

This course provides the student with the practical skills associated with breakfast cooking, including egg cooking and breakfast meat cooking. Also included are French toast, waffle and hot cake production as well as fruits, cereal, and starch accompaniments. Emphasis is placed on efficient work methods and the quality of the finished products. 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:

- Adhere to industry health and safety standards in the preparation, handling and storage of food;
- Identify, prepare and serve using both a la carte and buffet breakfast service methods;
- Prepare breakfast meats;
- Prepare eggs for breakfast service;
- Prepare breakfast potatoes and starches;
- Prepare hotcakes, waffles, French toast and crepes;
- Prepare breakfast fruits, cereals and grains;
- Prepare fruit garnishes.
- Practice professional etiquette and personal hygiene during production;
- Work effectively as a team member during production;
- 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: 5

Other: 45

## **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	75	evaluated and marked daily products and performance
Quizzes/Tests	25	2 tests

## **COURSE TOPICS**

- breakfast meats
- hot eggs breakfast items
- breakfast potatoes and starches
- breakfast cereals and grains
- hotcakes, french toast and crepes
- fruit garnishes
- set up and execution of hot and cold breakfast services

## 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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### **Broadway campus**

1155 East Broadway  
Vancouver, B.C. Canada  
V5T 4V5

### **Downtown campus**

250 West Pender Street  
Vancouver, B.C. Canada  
V6B 1S9

### **Annacis Island campus**

1608 Cliveden Avenue  
Delta, B.C. Canada  
V3M 6P1

604.871.7000

**VCC.ca**

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