

APPRENTICESHIP: CULINARY ARTS (APCA)

APCA 100 • CULINARY SAFETY & SANITATION

Units:	2.5
Hours:	32 lecture, 8 laboratory per quarter (40 total per quarter)
Prerequisite:	Per California Code of Regulations, this course is limited to students admitted to the Culinary Arts Apprenticeship Program.
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Students will study first aid, food safety management and other safety issues related to food service operations. They will learn how to assess the threat of contamination, prevention measures, and alternative responses to food safety and other concerns, such as allergens. The course also presents other material critical to safety in the modern day professional kitchen, including Hazard Analysis Critical Control Point (HACCP) and active managerial control. A case study in the form of food safety inspection and audit of the cafeteria and culinary classroom kitchen will give students a chance to see the difficulties that face food service operators every day.

APCA 101 • BASIC CULINARY THEORY

Units:	2.5
Hours:	32 lecture, 8 laboratory per quarter (40 total per quarter)
Prerequisite:	Per California Code of Regulations, this course is limited to students admitted to the Culinary Apprenticeship Program.
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Students will be exposed to food chemistry and the vocabulary necessary to succeed in an industrial food service setting. Topics will range from baking to cold kitchen preparation to various understandings of dry and moist cooking techniques. In addition, students will learn product identification and protocols in food handling and preferred cooking methods for meats, poultry, fruits, vegetables, starches, legumes, fish and shellfish.

APCA 102 • CULINARY MATH, MEASUREMENTS & CALCULATIONS

Units:	2.5
Hours:	32 lecture, 8 laboratory per quarter (40 total per quarter)
Prerequisite:	Per California Code of Regulations, this course is limited to students admitted to the Culinary Apprenticeship Program.
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

One of the most important courses in culinary arts, this course instills methods to measure ingredients (volume, weight, time and temperature), convert from U.S. to Metric systems of measurement, calculate portion cost and recipe cost. Also covers pricing strategies and instills an understanding of order guides and invoices. Students will work with ratios and fractions with key ratios applied to achieve an edible result without a recipe. Students will learn to detect flaws in a recipe if the ratio is not correct. Students will produce a portfolio of their own recipe calculations.

APCA 104 • BASIC COOKING TECHNIQUES

Units:	5
Hours:	30 lecture, 90 laboratory per quarter (120 total per quarter)
Prerequisite:	Per California Code of Regulations, this course is limited to students admitted to the Culinary Apprenticeship Program.
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Covers basic cooking. Students will make stocks, soups, sauces; prepare vegetables, starches, salads; fabricate and cook various cuts of meat and poultry. Highlights basic cooking techniques, such as sauteing, roasting, poaching, braising, and frying, while following industrial recipes.

APCA 105 • CULINARY MENU DEVELOPMENT

Units:	3
Hours:	40 lecture per quarter (40 total per quarter)
Prerequisite:	Per California Code of Regulations, this course is limited to students admitted to the Culinary Arts Apprenticeship Program.
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Students develop their own menus for breakfast, lunch, and dinner; develop a beverage program; and cost out the menu items. Students design pricing strategies and submit as a portfolio.

APCA 106 • SUSTAINABILITY IN FOOD SERVICE OPERATIONS

Units:	2.5
Hours:	32 lecture, 8 laboratory per quarter (40 total per quarter)
Prerequisite:	Per California Code of Regulations, this course is limited to students admitted to the Culinary Apprenticeship Program.
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Covers the principles of sustainability, including issues of animal welfare, nutrition, climate change, farm to table; other issues that impact people and the environment, such as water consumption, wage and supply chain ethics, and the reduction of our environmental footprint. The future of food and technology emerge as topics of discussion, and case studies feature menu innovation, actual operations, and a field trip to a sustainable restaurant or foodservice operation.