

## Distance Learning Programs for Culinary Teachers

NASA Johnson Space Center:

***New***

### **“Space Food”**

Everyone knows that people on Earth need food in order to stay alive. If we are in space, does that requirement change? The answer is no. Astronauts need food in order to live in space just as when they are on Earth. The trick is that they cannot run to the grocery store before launch because there are several requirements the food must meet to make it aboard the Space Shuttle.

Instructional Goal: Upon completion of this learning module, students will be able to explain which variables are included in a person’s daily dietary requirements. They will also be able to discuss space food in detail, including its purpose and how it is created, prepared and disposed.

The quality of each Expedition increases with the completion of pre-event activities. Students will interact with NASA presenters to share their results.

New York Institute of Technology Culinary Arts Center \*:

### **"Chicken or the Egg"**

Which came first the chicken or the egg has been a pervasive question. Our discussions will focus on chicken related issues to include nutrition, sanitation, food science, preparation and presentation.

### **"Food Choices for Healthy Living"**

Learn how to explore and develop a healthy approach to food selection and diet. Basic nutritional concepts in relation to current health concerns and the eating habits of individual are identified. Study is directed to the use of low calorie and healthy food substitutions in altering the nutritional content relating to special diets and ethnic food preferences.

### **"Chocolate Truffles"**

This class explores the basic techniques to produce a variety of chocolate truffles. Students will learn production, tempering, handling and preparation of basic recipes. Chocolate covered strawberries and fruit are also addressed.

### **"Pie Dough and Breadsticks"**

Students will learn the fundamentals and techniques of baking dough products. Emphasis is place don understanding weights and measures, terminology and ingredient functions.

### **"Food Chemistry"**

Testing various foods for basic nutrients and an exploration of how foods impact their health. Kit on Food Chemistry from Carolina 800-334-5551 excellent resource to use with lesson- \$406.95 (kit purchase optional). Other items may be purchased for less cost.

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### **"Low Fat, Diabetic and Allergy Specific Foods"**

Students will identify offending products and learn how to avoid them through label reading and product knowledge.

The following classes require a kitchen/lab setting for students. We can do a one-hour introductory on any of the courses listed below at any scheduled time other than months listed below.

First set of five weeks: October/November

### **"Purchasing" - 10 hours**

Staffing and operating storeroom and participation in receiving, storing, recording inventory control and requisition systems. An integral part of the course is control and report procedures including preparation of daily and weekly reports and their purposes. An introduction is provided to variation in the quality of products, the most common product packing counts and methods of freezing.

### **"Food Science" - 10 hours**

Students are introduced to the skillful and efficient handling of raw ingredients and the preparation of quality meals. Instruction includes preparing and storing of foods used in cooking and sauce bases. Emphasis is placed on making the best use of ingredients to eliminate waste and spoilage.

### **"Pantry" - 10 hours**

Basic cold food preparation and its place in the kitchen. Topics of instruction include: salad dressings, salad classification, cold soups, canapés, cold food preparations, sandwich varieties, fruit salads, fruit sculptures, fruit mousses, sanitation methods, food storage and planning, aspics, chaud froids, and introductory force-meats.

Second set of five weeks: January /February

### **"Hot Foods" - 10 hours**

The student will develop fundamental skills and techniques in the preparation of classical luncheon cuisine. Food products and recipes related to luncheon cooking are introduced to include eggs, beef, pork, veal, poultry, lamb, game, fish, vegetables and farinaceous products.

### **"Baking" - 10 hours**

Study of the fundamentals of baking science, terminology and equipment. The student learns the use of basic baking ingredients, the importance of weights, measures, types of flour, cake mixing, decorating, icing, puddings, cake finishing and yeast products.

### **"Pastry" - 10 hours**

Advanced baking methods to include preparation of cakes, decorations, pastries, batters, pastes, and creams.

Third set of five weeks: April/May

### **"Food Safety and Sanitation" - 10 hours**

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A study of the principles of bacteriology, food borne illness, sanitation, safety, personal hygiene, housekeeping and health regulations and inspections.

### **"Supervision/Human Relations Management" - 10 hours**

The student will focus on human resources and the supervision and management procedures required to attract, train and retain a quality culinary and hospitality staff that will perform in the appropriate ways to ensure the production and service of safe food to clients to ensure a successful business.

### **"Nutrition" - 10 hours**

Basic nutritional concepts in relation to current health concerns and the eating habits of customers, patrons and clients are identified and studied. Study is directed to the use of low calorie and healthy food substitutions in altering the nutritional content relating to special diets.

\*NYIT Culinary Arts Center can teach any culinary related course materials upon request.

### **Vanderbilt University Virtual School:**

#### **"Careers in Culinary Arts (part of the Career Conversations series)"**

**Nov. 1, 2005, 10am AND 10:45am**

Target Audience: High School

The culinary arts field in the United States and all over the globe is a challenging and rewarding profession for those with artistic inclinations. People eat with their eyes before they eat with their mouths. Food that doesn't stimulate the appetite visually is not fully enjoyed even if it is consumed.

In the United States a variety of programs offer formal culinary arts education. The American Culinary Federation (ACF), the nation's largest and oldest organization of culinary professionals, has accredited approximately 97 culinary arts programs. These schools are evaluated on a number of criteria, and continual adherence to these standards ensures programs' quality. Typically, culinary arts programs require two-three years of classes emphasizing preparation and lab classes. Culinary programs also offer courses in sanitation, nutrition, menu preparation and business. Most programs offer an associate's degree and various certificates, and many are affiliated with local colleges so that one may transfer credits.

For students desiring a more work-oriented experience, culinary apprenticeship programs are an attractive option. If your students are "hands-on" apprenticeship may be their best opportunity. Currently, there are 81 apprenticeship programs sponsored by ACF chapters in conjunction with local colleges. Apprenticeships require a three year combination of work experience and classroom instruction. Graduates earn a certificate and the ACF certification of Certified Culinarian (CC).