

Basic Food Preparation (CHEF 1401 9C2)

CREDIT

4 Semester Credit Hours (2 hours lecture, 4 hours lab)

MODE OF INSTRUCTION

Face to Face

PREREQUISITE/CO-REQUISITE:

CHEF 1205

COURSE DESCRIPTION

A study of the fundamental principles of food preparation and cookery to include Brigade System, cooking techniques, material handling, heat transfer, sanitation, safety, nutrition, and professionalism.

COURSE OBJECTIVES

Upon completion of this course, the student will be able to

- Demonstrate skills in knife, tool and equipment handling, and operate equipment safely and correctly
- demonstrate proficiency in dry and moist heat cooking methods
- produce a variety of food products applying principles of food handling and preparation
- implement professional standards in food production

INSTRUCTOR CONTACT INFORMATION

Instructor: Chef Ashley Williams

Email: ataylor@bmtisd.com

Office Phone: (409) 617-5740

Office Location: Career and Technical Education Center

Office Hours: 7:00 am – 3:00 pm

REQUIRED TEXTBOOK AND MATERIALS

1. On Cooking 6th Edition; Labensky, Hause, Martel ISBN# 9780134441900
2. ServSafe Manager WorkBook 7th Edition
3. Black pants and non-skid Shoes
4. 1inch black binder, 1-2inch colored binder, 1 package college ruled notebook paper, 3 package dividers, 1 large glue stick, 1 package black ink pens only, 1 package No. 2 pencils, 2 packages clear page protectors.



**LAMAR INSTITUTE
OF TECHNOLOGY**

ATTENDANCE POLICY

State law (TEC 25.092 and 11.158) contains a provision of law commonly referred to as the “90 percent rule,” which applies to any student in grade level K through grade 12. Generally, to receive credit for the award of a final grade for a class, a student must be in attendance for at least 90 percent of the days the class is offered, even if some or all of the absences are deemed excused. A student who is in attendance for at least 75 percent, but less than 90 percent, of the days offered may be given credit or a final grade if the student completes a plan approved by the principal that provides for the student to meet the instructional requirements of the class. Students whose attendance falls below 75 percent are required Beaumont ISD Student Attendance Procedures Manual 9 | P a g e to petition for the award of credit or a final grade from the campus attendance review committee. There are some exceptions to the 90% Rule based on provisions of law and documented extenuating circumstances.

DROP POLICY

If you wish to drop a course, you are responsible for initiating and completing the drop process. If you stop coming to class and fail to drop the course, you will earn an “F” in the course.

COURSE CALENDAR

DATE	TOPIC	READINGS	ASSIGNMENTS (Due on this Date)
Week 1 & 2	History of Culinary Arts/Professionalism (8/17- 8/21) ● Chefs and restaurants ● Modern Food Service Operations ● Modern Kitchen Brigade ● The Professional Chef	Pgs. 1-15	August 21, 2025
Week 3 & 4	Food Safety and Sanitation (8/24-9/3) ● Sanitation ● Biological Contaminants ● Chemical Contaminants ● Physical Contaminants ● Cross Contamination ● Hazard Analysis Critical Control Points ● Food Allergies and Intolerances ● The Safe Worker	Pgs. 17-37	September 3, 2025

Week 5 & 6	Nutrition (9/8-9/18) ● Nutrition Basics ● Tools for Healthy Eating	Pgs. 39-52	September 3, 2025
Week 7 &8	Tools and Equipment(9/28-10/8) ● Standards for Tools and Equipment ● Knives ● Hand Tools ● Measuring and Portion Devices ● Cookware ● Storage containers ● Heavy Equipment	Pgs. 71-75	October 8, 2025
Week 9& 10	Mise en Place (10/14- 10/23) ● Mise en Place ● Selecting Tools and Equipment ● Measuring Ingredients ● Preparing Ingredients ● Flavoring Foods ● Preparing to Cook	Pgs. 161-172	October 23, 2025
Week 11 &12	Principles of Cooking (10/26- 11/6) ● Heat Transfer ● The Effects of Heat ● Dry Heat Cooking Methods ● Moist Heat Cooking Methods ● Combination Cooking Methods	Pgs. 173-195	November 6 2025
Week 13&16	Hors d'Oeuvre (11/9- 11/20) 1. COLD HORS D'OEUVRE ● Canapés ● Crudités ● Dips ● Caviar ● Other Cold Hors d'Oeuvre 2. HOT HORS D'OEUVRE ● Filled Pastry Shells ● Skewers ● Meatballs ● Hors d'Oeuvre Wrapped in Cheese, Meat or Vegetables	Pgs. 869-884	November 20, 2025

	● Hors d'Oeuvre Wrapped in Dough ● Other Hot Hors d'Oeuvre 3. SERVING HORS D'OEUVRE ● Butler Service ● Buffet Service ● Buffet Platters		
Week 17	Pies, Pastries and Tarts (12/1-12/11) 1. PASTRIES, PIES, AND TARTS ● Crusts ● Fillings ● Assembling Pies and Tarts ● Storing Pies and Tarts 2. CLASSIC PASTRIES ● Puff Pastry ● Éclair Paste ● Meringue 3. COOKIES ● Mixing Methods for Cookie Dough ● Make-Up Methods for Cookies ● Storing Cookies	Pgs. 977-1002	December 11, 2025
Week 18	Eggs and Breakfast (12/14-12/18) 1. EGGS ● Egg Storage and Sanitation ● Egg Products 2. NUTRITION INFORMATION FOR EGGS 3. WHIPPED EGG WHITES 4. COOKING METHODS FOR EGGS 5. DRY-HEAT COOKING METHODS FOR EGGS ● Baking ● Sautéing ● Pan-Frying ● Griddling 6. MOIST-HEAT COOKING METHODS FOR EGGS	Pgs. 551-567	December 18, 2025

	● In-Shell Cooking (Simmering) ● Poaching		

COURSE EVALUATION

Final grades will be calculated according to the following criteria:

Test	60%
Daily/Lab	40%

Lab attendance as well as participation is mandatory. It will be given in accordance to the performance level of assignment, as well as the professionalism of the student.

GRADE SCALE

- 90-100 A
- 80-89 B
- 70-79 C
- 60-69 D
- 0-59 F

TECHNICAL REQUIREMENTS

The latest technical requirements, including hardware, compatible browsers, operating systems, etc. can be online at <https://lit.edu/online-learning/online-learning-minimum-computer-requirements>. A functional broadband internet connection, such as DSL, cable, or WiFi is necessary to maximize the use of online technology and resources.

DISABILITIES STATEMENT

The Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973 are federal anti-discrimination statutes that provide comprehensive civil rights for persons with disabilities. LIT provides reasonable accommodations as defined in the Rehabilitation Act of 1973, Section 504 and the Americans with Disabilities Act of 1990, to students with a diagnosed disability. The Special Populations Office is located in the Eagles' Nest Room 129 and helps foster a supportive and inclusive educational environment by maintaining partnerships with faculty and staff, as well as promoting awareness among all members of the Lamar Institute of Technology community. If you believe you have a disability requiring an accommodation, please contact the Special Populations Coordinator at (409)-951-5708 or email specialpopulations@lit.edu. You may also visit the online resource at [Special Populations - Lamar Institute of Technology \(lit.edu\)](#).

STUDENT CODE OF CONDUCT STATEMENT

It is the responsibility of all registered Lamar Institute of Technology students to access, read, understand and abide by all published policies, regulations, and procedures listed in the *LIT*

Catalog and Student Handbook. The *LIT Catalog and Student Handbook* may be accessed at www.lit.edu. Please note that the online version of the *LIT Catalog and Student Handbook* supersedes all other versions of the same document.

ARTIFICIAL INTELLIGENCE STATEMENT

Lamar Institute of Technology (LIT) recognizes the recent advances in Artificial Intelligence (AI), such as ChatGPT, have changed the landscape of many career disciplines and will impact many students in and out of the classroom. To prepare students for their selected careers, LIT desires to guide students in the ethical use of these technologies and incorporate AI into classroom instruction and assignments appropriately. Appropriate use of these technologies is at the discretion of the instructor. Students are reminded that all submitted work must be their own original work unless otherwise specified. Students should contact their instructor with any questions as to the acceptable use of AI/ChatGPT in their courses

STARFISH

LIT utilizes an early alert system called Starfish. Throughout the semester, you may receive emails from Starfish regarding your course grades, attendance, or academic performance. Faculty members record student attendance, raise flags and kudos to express concern or give praise, and you can make an appointment with faculty and staff all through the Starfish home page. You can also login to Blackboard or MyLIT and click on the Starfish link to view academic alerts and detailed information. It is the responsibility of the student to pay attention to these emails and information in Starfish and consider taking the recommended actions. Starfish is used to help you be a successful student at LIT.

ADDITIONAL COURSE POLICIES/INFORMATION

COURSE REQUIREMENTS

1. Be able demonstrate skills in knife, tool and equipment handling, and operate equipment safely and correctly.
2. Be able to demonstrate proficiency in dry and moist heat cooking methods; produce a variety of food products applying principles of food handling and preparation.
3. Be able discuss Occupational Safety and Health Administration (OSHA) requirements and effective workplace safety programs.
4. Be able to describe food storage and refrigeration techniques; explain sanitation of dishes, equipment, and kitchens including cleaning material, garbage, and refuse disposal.
5. Be able to implement professional standards in food production.

COURSE POLICIES

1. No food or drinks in the classroom.
2. Students have three days to make up missing assignments.
3. Students are required to take a missed test the day upon returning to class.
4. See BISD attendance policy.

5. As the instructor, I maintain the right to maintain and govern my class
6. The lab classes are mandatory. If you are absent the day of a lab, you are responsible for making up the lab at home, recording the lab and submitting it in the Google Classroom folder.
7. If you are more than 20 minutes late for class you will be counted absent.
8. Turn off phones before entering class. You will receive a warning on the first disruption, then your phone will be collected and turned in.
9. Assignments are due on the date specified. Five points will be deducted per day for up to three days then a zero will be the final grade.