University of South Florida Sarasota-Manatee  
College of Hospitality and Technology Leadership (CHTL)  

FSS 3231  
Introduction to Food Production

Instructors: Garry Colpitts CEC, CFSE, Office: Sarasota Campus- CIL  
Cihan Cobanoglu (IR)  

E-Mail: Please communicate with Anne Castellina on Canvas or in person regarding CIL and Community events  
Office Telephone: 941- 388-8977  

Office Hours: Mon-Tue: 8:am-2:pm or by appointment  

PREREQUISITES: Curiosity + Passion = Purpose.  

COURSE CREDIT HOURS: 3  

COURSE DESCRIPTION: The course’s focus is on food preparation, standards and techniques in a professional food sustainable production and service. The class emphasizes factors affecting the quality and nutritional considerations of food being served. Students will gain practical know-how in food creation and service in accordance with principles in, sanitation/safety, cost control and sustainability with utilizing kitchen excess.  

COURSE TOPICS: This course will cover the following content areas:  
1. Food preparation and sustainable and composting service in a professional kitchen  
2. Menu planning, Food Storage, Purchasing and Cost Control  
3. Strategies to assure the highest quality in an operation’s product  
4. Time management and critical thinking in the BOH  

COURSE OBJECTIVES:  
1. Read and understand recipes, conversions costing, pricing and invoices  
2. Choose correct equipment and food products for preparation of recipes  
3. Exhibit basic cooking skills to prepare required recipes  
4. Follow food safety, sanitation, and nutritional guidelines  
5. Accomplish food presentation in an appealing fashion  
6. Utilizing excess foods innovatively  
7.  

BACHELOR OF SCIENCE IN HOSPITALITY MANAGEMENT MISSION STATEMENT: The Bachelor of Science in Hospitality Management in the College of Hospitality and Technology Leadership at the University of South Florida Sarasota-Manatee prepares graduates for leadership positions in the hospitality industry through foundational knowledge of hospitality operations and experiences that promote diversity, ethical responsibility, lifelong learning, and community engagement.  

BACHELOR OF SCIENCE IN HOSPITALITY MANAGEMENT PROGRAM LEARNING OUTCOMES (PLOs):  
1. Identify and apply business concepts and skills relevant to the operational areas of hospitality management.  
2. Describe and apply the fundamental principles of leadership and model the behavior of effective leaders.  
3. Demonstrate effective communication skills.  
4. Analyze information and make decisions using critical thinking and problem solving skills.  
5. Evaluate diversity and ethical considerations relevant to the hospitality industry.
COURSE STUDENT LEARNING OUTCOMES: Upon completion of this course, students will be able to:

1. Explain principles of preparing meal items with maximum quality and retention of nutrients (aligns with PLO’s 1 & 3)
2. Describe the basic principles of Safety and Sanitation in the kitchen and putting into practice HACCP (aligns with PLO’s 1, 3 & 5)
3. Recognize the physical, economic, and other factors involved in the changes that take place during storage, preparation, assembly, distribution and service (aligns with PLO’s 1 & 4)
4. Demonstrate basic knife skills, classical cuts of vegetables, fruits and various proteins (aligns with PLO 1)
5. List the many types of kitchen equipment, hand tools, their uses, as well as safety and care (aligns with PLO’s 1 & 3)
6. Demonstrate the ability to select the appropriate method to meet highest quality standards in the production and service of food (aligns with PLO’s 1, 2, 4 & 5)

TEXT AND MATERIALS:

- Required Composition Book, 80 Sheet for weekly journal entries of class outcomes
- OPTIONAL TEXT: Professional Cooking 8th edition by Wayne Gisslen, ISBN # 978-1-118-63672-5 can be purchased online or at the USF bookstore. Below are the instructions on purchasing the text online.
  - Go to www.usfsarasota.bncollege.com
  - select the Textbooks tab
  - select term - Spring 2014- USF SM
  - select department- FSS
  - select course- 3231
  - select section- either 521 or 591
  - select find materials
  - you will then be able to order the book for full price or for a 7 day free trial.

- Materials needed: pen/pencil, small note pad for recipes, and a sharpie. Knife set is optional; no need to purchase: program will provide knives needed for this course. Facility will also purchase hand towels, hats and aprons

DRESS CODE:
You are only required to purchase a white skull cap from the USFSM bookstore. These are usually priced at $8/ each. Your lab fee will include the following: apron, side towel, and lab coat. Any long hair must be tucked behind your neck or under the hat. Nails must be kept to a minimum and CLEAN; no nail polishes. Jewelry must be kept to a minimum, nothing that is excessive, that could cause harm, distraction or pose a sanitation or safety problem. Shoes are to be of sturdy construction. Black skid/oil resistant safety shoes or sneakers are strongly encouraged. No open toe shoes, sandals, or flip-flops are permitted for safety/sanitation reasons. Failure to dress properly will result in dismissal from class/lab activities.

CANVAS USE:
The class syllabus is posted in Canvas, an online course management system. You must have an active Canvas account. You must have it active on or before the second-class meeting. We will post course material and other information on Canvas, which you must read. Also, any changes or additions specific to class may be announced and posted here. It is your responsibility to periodically check Canvas between class meeting times.

Canvas may be accessed using your net ID and password. Go to: usflearn.instructure.com
GRADING, EVALUATION AND ATTENDANCE POLICIES:

Methods: Lecture, kitchen/lab activities and discussion format, read assignments as required for each chapter. There is a total of 560 points.

3 Quizzes (20 points each):
- These will be given random throughout the semester

1 Midterm (100 points):
- Given in the middle of the semester

1 Final Exam (100 points):
- Last day of class

Daily Lab Evaluation Plus journal entries (300 points):
- See rubrics below. Each student will be evaluated during each class session. There are no make-ups for these evaluations. The purpose of journal entries is to reflect and generate future thought topics being discussed and demonstrated in lab. Examples (basic cooking/baking techniques, industry terminology).

Service Functions/Practical
FLO Menu Project (Robert Ault),
Industry Tour/ Guests Lecture,

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<thead>
<tr>
<th>Criteria</th>
<th>Poor</th>
<th>Fair</th>
<th>Good</th>
<th>Excellent</th>
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<tbody>
<tr>
<td>Interaction with group/class</td>
<td>no participation, lacks knowledge of procedures, incomplete, unsafe, very dirty station</td>
<td>minimal participation, general knowledge, ignores some safety precautions, untidy station</td>
<td>good participation, has sound knowledge of topic, proper safety, station is clean</td>
<td>superb participation, encourages others, role model, proper safety, very clean and tidy</td>
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<tr>
<td>Follow Procedure</td>
<td>1</td>
<td>2</td>
<td>3</td>
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Lab Evaluation - Contemporary Cuisine - Total: 20

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<th>Criteria</th>
<th>Poor</th>
<th>Fair</th>
<th>Good</th>
<th>Excellent</th>
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<tr>
<td>Cooking Techniques</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<tr>
<td>Safety</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<tr>
<td>Clean-up</td>
<td>1</td>
<td>2</td>
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1. **(January 7th) Ch. 1- The Food Service Industry; Ch. 2- Food Safety and Sanitation; Ch. 3- Tools and equipment. Performance objectives: Describe the history of cooking and the brigade system, have a common knowledge of the industry language, culinary terminology and French terms, identify potentially hazardous foods and basic food safety issues, identify commercial cookware and tools.**
2. **(January 14th) quiz Ch. 5- Recipes and Menus and cost management; Ch. 7- Mise en place. Chef demo/class/lab activity: knife sharpening, classical knife cuts and basic cooking methods/terminology.**
3. **(January 21st) Ch. 6- Nutrition, Healthy Cooking; Ch. 4- Principles of Cooking and Food Science. Recipes provided by Chef**
4. **(January 28th) Ch. 8- Stocks and Sauces; Ch. 9- Understanding soups, clear and thick soups plus many more. Chef demo: How to make roux plus other thickening agents. Recipes provided by Chef**
5. **(February 4th) Ch.15- Understanding Meats and Game principles of cooking, Ch. 16- Cooking Meats and Game. Student activity and lab production.**
6. **(February 11th) quiz Ch. Ch. 21- Salad Dressings and Salads, Ch. 23- Hors d’ Oeuvre. Student production (work in groups): Caesar salad dressing, (chef will provide recipe), research recipes for Heirloom Tomato Salad, Chicken Satay, Dates Stuffed with Gorgonzola, Spring Rolls and Bruschetta.**
7. **(February 18th). Mystery Basket (team participation). Reminder that mid – term will be the following week.**
8. **(February 25th) Mid – Term.** **NOTE:** this will not be open notes or journal.
9. **(March 4th) SPRING BREAK NO CLASS!**
10. **(March 11th) Ch. 34 Cookies and their mixing methods. Recipes will be provided in class.**
11. **(March 18th) quiz, Guest chef demo (TBA).**
12. **(March 25th) Chef demo/Mystery Basket (student team participation).**
13. **(April 1st). Ch. 31 Yeast products. (Student team participation), Chef will provide recipes.**
14. **(April 8th) Mystery Basket: Students will work in teams of two and will be shown ingredients to work with. Teams will have 20 minutes to take inventory, and then create a menu with available groceries. Chef Instructors will brief you prior to event.**
15. **(April 15th ) Cooking for the health of it? Students will research food ingredients from local area farms and create a two-course menu of their choice, utilizing only products available from their assigned local farm. Of course this needs to be done weeks ahead of time so please give this some thought as we move forward**
16. **(April 22nd) Mise en place and prepping for brewing**
17. **(April 29th) Final Exam, Final FLOMenu Practical**

**GRADE SCALE**
- 95-100 = A+
- 93-94 = A
- 90-92= A-
- 88-89 =B+
- 83-87 = B
80-82 = B-
78-79 = C+
73-77 = C
70-72 = C-
68-69 = D+
63-67 = D
60-62 = D-
59 & below = F

USFSM Policies

A. **Academic Dishonesty**: The University considers any form of plagiarism or cheating on exams, projects, or papers to be unacceptable behavior. Please be sure to review the university’s policy in the catalog, [USFSM Undergraduate Catalog](#) or [USFSM Graduate Catalog](#), the USF System Academic Integrity of Students, and the [USF System Student Code of Conduct](#).

B. **Academic Disruption**: The University does not tolerate behavior that disrupts the learning process. The policy for addressing academic disruption is included with Academic Dishonesty in the catalog: [USFSM Undergraduate Catalog](#) or [USFSM Graduate Catalog](#), USF System Academic Integrity of Students, and the [USF System Student Code of Conduct](#).

C. **Contingency Plans**: In the event of an emergency, it may be necessary for USFSM to suspend normal operations. During this time, USFSM may opt to continue delivery of instruction through methods that include but are not limited to: Blackboard, Elluminate, Skype, and email messaging and/or an alternate schedule. It’s the responsibility of the student to monitor Blackboard site for each class for course specific communication, and the main USFSM and College websites, emails, and [MoBull](#) messages for important general information. The USF hotline at 1 (800) 992-4231 is updated with pre-recorded information during an emergency. See the [Safety Preparedness Website](#) for further information.

Disabilities Accommodation: Students are responsible for registering with the Office of Students with Disabilities Services (SDS) in order to receive academic accommodations. Reasonable notice must be given to the SDS office (typically 5 working days) for accommodations to be arranged. It is the responsibility of the student to provide each instructor with a copy of the official Memo of Accommodation. Contact Information: Pat Lakey, Coordinator, 941-359-4714, plakey@sar.usf.edu, [www.sarasota.usf.edu/Students/Disability/](http://www.sarasota.usf.edu/Students/Disability/)

E. **Fire Alarm Instructions**: At the beginning of each semester please note the emergency exit maps posted in each classroom. These signs are marked with the primary evacuation route (red) and secondary evacuation route (orange) in case the building needs to be evacuated. See [Emergency Evacuation Procedures](#).

F. **Religious Observances**: USFSM recognizes the right of students and faculty to observe major religious holidays. Students who anticipate the necessity of being absent from class for a major religious observance must provide notice of the date(s) to the instructor, in writing, by the second week of classes. Instructors canceling class for a religious observance should have this stated in the syllabus with an appropriate alternative assignment.

G. **Web Portal Information**: Every newly enrolled USF student receives an official USF e-mail account. Students receive official USF correspondence and Blackboard course information via that address.