

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by: Rick Linsalato

Date: 12/17/2020

Department	Subject	Course Number	Title
Culinary Arts	Culinary Arts CUL	700	Culinary History

Units/Hours
Each lecture unit requires 1 hour per week of class time, and 2 hours per week of study outside of class.
Each laboratory unit requires 3 hours per week of class time.
Each activity unit requires 2 hours per week of class time and 1 hour per week of study outside of class.

Lecture Units	Total Units
2.00	2.00
Lecture Contact Hours	Total Contact Hours
32.00 - 36.00	32.00 - 36.00
Lecture Homework Hours	
64.00 - 72.00	

Stand Alone:

Program Applicable

AA/AS Degree General Ed Breadth Area(s):

-none-

General Education Justification:

Maximum Enrollment:	40
Maximum Enrollment Justification:	Justification:
Grading Method:	Letter Grade or P/NP
TOP code:	1306.30*

Can be Taken

1

time(s) for credit (max 4)

- Visual or Performing Arts course that is required to meet major requirements for UC/CSU

	- Intercollegiate athletics course
	- Academic/vocational competition course

Catalog Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(75 words or less in gray box below).

This course examines the history of food and its preparation from prehistoric times until the present. The evolution of kitchens and processing of foods throughout history will also be a focus of this course. The appreciation and understanding of important historical developments in the culinary arts will be emphasized.

Schedule Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(25 words or less in gray box below).

This course examines the role that food has played throughout history. The history and evolution of food, kitchens and chefs will be discussed.

Need for the course:

Culinary History explores the origins and history of food and the food service industry. The evolution and influence of food and history of chefs will be explored. This course is part of the Culinary Arts & Hospitality Certificate Program.

Prerequisite(s):

Prerequisites go through a separate approval process. See Forms E1-E6 for details.
(For further clarification, contact the Prerequisite Subcommittee)

-none-

Corequisite(s):

Corequisites go through a separate approval process. See Forms E1-E6 for details.

-none-

Recommend Preparation:

Recommended Preparation goes through a separate approval process. See Forms E1-E6 for details.

-none-

Other Enrollment Criteria:

-none-

Learning Objectives:

(please number each objective and express in behavioral terms)
Upon the completion of the course the student will be able to do the following:

1. Explain the history of food during the prehistoric world to today.
2. Examine the origins of leavening agents used in breads.
3. Relate the discovery of wine and beer to other fermented items.
4. Compare foods of the Old World to the New World. Examine food throughout different regions and how food evolved through time.
5. Analyze the effect the Industrial Revolution had on the production and preserving of food.
6. Analyze the influence food has on today's society.

- 7. Differentiate between organic and non GMO foods.
- 8. Examine the Farm to Table concept and measure the benefits it may have on healthier eating.
- 9. Describe the influence that the discovery of spices had on different cuisines.
- 10. Explore the development and evolution of kitchens.

Course Content:

(please number the outline of main topics and subtopics)

- 1. The Prehistoric World
 - 1. Hunting, Fishing & Gathering
 - 2. Early Development of Cooking
 - 3. The beginning of agriculture
- 2. Early Civilization
 - 1. Development of food
 - 2. Fire and cooking
- 3. Foods of the East
 - 1. Social Banquets
 - 2. Discovery and use of spices
- 4. Foods of Egypt
 - 1. Origin of yeast
 - 2. Early bread
 - 3. Bread made with leavening agents
- 5. Foods of Europe
 - 1. Olives and olive oil
 - 2. Wine and fermented beverages
- 6. Asian Food
 - 1. Vegetarian Food
 - 2. Early Chinese Food
 - 3. Discovery of soybeans
 - 4. Salt & Preserving
- 7. Food of Biblical Times
 - 1. Hebrew Foods
 - 2. Christian Foods
 - 3. The role of food in Religious Celebrations
- 8. The New World
 - 1. Foods of America
 - 2. Convenience Foods
- 9. The Modern Worlds
 - 1. The Industrial Revolution
 - 2. Canning, freezing and storing foods
 - 3. Mass Production of food
 - 4. Processing foods
- 10. History of the Kitchen
 - 1. Development of kitchen
 - 2. Auguste Escoffier
 - 3. The Brigade System
- 11. Food in today's culture
 - 1. Fad Foods
 - 2. Diets
 - 3. Farm to Table
 - 4. Organic
 - 5. Where is food headed

Methods of Instruction:

Methods of instruction may include, but are not limited to the following:

- **Method:** Lecture
Integration: Lectures will introduce key concepts and expand upon information provided in the assigned reading materials such as discovery and origins of foods, discovery of fermented items and leavened bread. Supporting visual materials may include PowerPoint presentations, videos and charts.
- **Method:** Activity
Integration: Students will research topics and share their information with the class. Topics will include origin of food, recipe research and the influence of ingredients.
- **Method:** Discussion
Integration: The instructor will lead the class in a discussion based on the topics for that day. Students will participate in this discussion using information they had researched.

Methods of Evaluation:

A student's grade shall be determined by the instructor using multiple measures of performance related to the course objectives. Methods of evaluation may include but are not limited to the following:

- **Method:** Class Participation
Integration: The instructor will engage students in discussions about the topics for that class meeting such as discovery of food, origins, development of cuisines. Students are expected to participate in these discussions and display knowledge about the topics. Students will be evaluated on how much they participate and the quality of the information they share.
- **Method:** Class Work
Integration: The instructor will assess the student's knowledge based on the completion and thoroughness of assigned work. Students will be expected to submit complete assignments and display an understanding of that particular topic.
- **Method:** Exams/Tests
Integration: Exams and tests will be conducted on a weekly basis to assess the student's knowledge of the previous weeks topics and be evaluated based on exam accuracy.

Examples of Assignments:

Students will be expected to understand and critique college level texts or the equivalent. Reading and writing, as well as out of class assignments are required. These assignments may include but are not limited to the following:

1. Research and write an essay on the development of kitchens. Include how kitchens were created and how they have developed to our commercial kitchens of today.
2. Choose one food, research the origins and evolution of that item. Write an essay detailing how that food was discovered and how it has evolved to how we know it today.
3. Research and write an essay on chocolate. Include the discovery, history, harvesting, processing and uses of chocolate.
4. Research Auguste Escoffier, write an essay about his life and how he developed the Brigade System.

Textbooks:

- Paul Freedman (2019). *Food: The History of Taste* Thames and Hudson Ltd. ISBN: 978-0500295373

Other Resources:

Minimum Qualification

- Culinary Arts/Food Technology **or**
- Food Technology **or**

- Restaurant Management