



# Atlantic Technical College

## Professional Culinary Arts & Hospitality

### Program Syllabus

#### 2024-2025



**Instructor Name(s):** Dominick Plateroti & Shermika Lyons  
**Department Name:** Professional Culinary Arts & Hospitality  
**Chef Dom’s Office:** Building 4, Room 142A.  
**Chef Shermika’s Office and Classroom Location:** Building 4 Room 142A  
**Phone Numbers:**  
 (Dominick) 754-321-5110  
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**Instructor Virtual Office Hours:**  
 Monday - Friday; 1:50 PM -2:30, or by appointment.

**Student Hours:**  
**Monday – Friday**  
**Morning Class Hours:** 7:05 AM – 10:05 AM  
**Break:** 10:05 AM – 10:20 AM  
**Lunch:** 10:20 AM – 10:50 AM  
**Afternoon Class Hours:** 10:50 AM – 1:50 PM

<b>Program Name:</b> Professional Culinary Arts & Hospitality		
<b>OCPs</b>	<b>Course Names</b>	<b>Hours</b>
C	HMV0171, Chef/Head Cook	300
<b>American Culinary Federation Educational Foundation:</b>		
ACF Standards	Food Preparation Nutrition	

**Course Description:**  
 The course is designed to instruct the student in the fundamentals of food preparation and cooking. The students will produce stocks, sauces, soups, entrees, vegetables and starches in all the cooking methods. Emphasis will be placed on sanitation, safety, and knife skills while preparing meals for the cafeteria. Each student will be guided through the program learning the different styles of service and gain knowledge of cooking equipment.

**Technical College Policy/Adult Student Attendance:**

- A student must be withdrawn after being absent for six (6) consecutive days.
- Two (2) additional absences may be allowed under certain circumstance with appropriate documentation.
- Please refer to the Student Handbook for postsecondary students.  
<http://www.atlantictechcollege.edu/atc-student-handbook/>

**Magnet High School/Attendance Policy:**  
 A student who has had at least five unexcused absences, or absences for which the reasons are unknown, within a calendar month, or 10 unexcused absences, or absences for which the reasons are unknown, within a 90-calendar-day period, may be exhibiting a pattern of non-attendance according to (F.S.1003.26 (1) (b)) and the School Board of Broward County, Policy 5.5.

**Required Book(s) and/or Online Access:**

- *On Cooking* textbook & online access, 6<sup>th</sup> Edition, Pearson, ISBN# 978-0-13-444190-0-
- *Nutrition*, 2<sup>nd</sup> Edition, Pearson, ISBN# 978-0-13-218163-1

**Required Materials/Supplies:**

Purchased from the ATC Bookstore:

- Professional knife kit
- Thermometer
- Chef pants, chef coat, apron and chef hat. Notebook and writing utensils i.e. pens, pencils and permanent marker.

Not Purchased from ATC Bookstore:

- Non-slip closed shoes

All required books and most materials/supplies can be purchased from the ATC bookstore. Stop by during operational hours for pricing and purchasing information.

<b>Grading System</b>	<b>Additional Program Specific Grading Information</b>
A 90 – 100%	<b>Grades Weights</b> <b>2024-25</b>
B 80 – 89%	Attendance 10.0%
C 70 – 79%	Kitchen Lab 30.0%
D 60 – 69%	Homework: Online Assignment & Quizzes 20.0%
F 0 – 59%	ACF Competency 15.0%
I Incomplete	(ServSafe, Nutrition, Management, Food Cost/Kitchen Math)
	Practical Exam 15.0%
	Final Exam 10.0%
	100%

**Online Course Grading Policy:**  
Late submission of online work will result in one full letter grade reduction

**View Your Grades:**  
**Grades can be viewed online by following the directions below:**

- Go to Clever SSO Website link: <https://sso.browardschools.com> and login:
  - Username: 10-digit student ID number
  - Password: PMM/DD/YYYY (or your personally created password after initial login)
- Click on the FOCUS app on your Clever opening page.  
(You may need to scroll-down the page to see the FOCUS app.)
- Enter your FOCUS username and password.

*NOTE:* If the Focus App. is not visible after logging into Clever, please navigate to the Broward Focus website directly: <https://broward.focusschoolsoftware.com/focus/>.

**Classroom/Lab Rules:**  
Refer to classroom management handout.

<b>Industry Certification &amp; State Credential Exam Cost:</b> ServeSafe Manager - \$95.00 <i>You may qualify for certification reimbursement of your exam cost(s) upon passing. Credential fees are subject to change</i>	<b>Outstanding Student Recognition Information:</b> A gold seal will be applied to a Program Completion Certificate or an Applied Technology Diploma if the student has earned a 3.5 GPA or higher in their Career and Technical Education (CTE) classes.
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**Program Name:** Professional Culinary Arts & Hospitality

**Course Number:** HMV0171

**Course Name:** Chef/Head Cook

**Occupational Completion Point:** C

**Intended Outcomes:** (From FL DOE Curriculum Framework) The student will be able to:

- 21.0 Demonstrate fruit and vegetable preparation skills.
- 22.0 Demonstrate buffet food preparation skills.
- 23.0 Demonstrate dairy, egg, and starchy product preparation skills.
- 24.0 Demonstrate stock, soup, and sauce preparation skills.
- 25.0 Demonstrate meat, poultry, fish, and seafood preparation skills.

**Intended Outcomes from American Culinary Federation Education Foundation:**

**Intro to Food Service**

5. Identify and describe professional organizations associated with the hospitality and foodservice profession, and discuss these organizations' roles in preparing and advancing one's career in the industry.

6. Evaluate the types of professional career opportunities in the hospitality and foodservice industry with support of guest speakers, field trips and stages.

**Intended Outcomes from American Culinary Federation Education Foundation:**

**Sanitation and Safety**

The student will be able to:

2. Demonstrate acceptable procedures when preparing potentially hazardous foods to include time/temperature principles.
3. Demonstrate good personal hygiene and health habits in a laboratory setting to include hand washing.
6. List the major reasons for and recognize signs of food spoilage and contamination.
8. Review Safety Data Sheets (SDS) and explain their requirements in handling hazardous materials. Discuss right-to-know laws.
10. Demonstrate appropriate emergency policies for kitchen and dining room injuries.
13. Review and apply the laws and rules of the regulatory agencies governing sanitation and safety in a foodservice operation.

**Intended Outcomes from American Culinary Federation Education Foundation:**

**Business and Math Skills**

The student will be able to:

1. a. Perform basic math functions to include fractions, weights and measurements.  
b. Demonstrate competency of scaling, measuring, weighing ingredients with a portion scale.
2. a. Evaluate the components and functions of a standardized recipe. b. Convert recipes using a yield formula to increase and decrease quantities.
3. Determine a butcher yield percentage to track cooking and carving loss, and determine the new yield and cost per lb.

**Intended Outcomes from American Culinary Federation Education Foundation:**

**Food Preparation**

The student will be able to:

1. Identify tools, small and large equipment used in a professional kitchen and demonstrate proper handling of these items to include safety, sanitation, and storage.
2. Demonstrate proficiency in using knives and small wares to achieve professional quality results when producing classical knife cuts used in various food preparation and cooking.
3. Identify, describe, and utilize herbs, spices, and seasonings by themselves and in a combination that exemplify national and international cooking medians.

5. Define mise en place and demonstrate a combination of organizational skills, preparedness, and timing when it comes to food preparation, cooking and serving.
6. Define and describe the process for all the cooking techniques used in moist, dry and combination cooking methods to include: steam, poach, simmer, boil, deep fry, sauté, pan-fry, grill, roast, poele, stew, and braise.
7. Prepare and cook a variety of proteins (including beef, chicken, pork, fish, game, lamb and veal), vegetables, legumes, grains, and starches using moist, dry and combination cooking methods.
8. Evaluate and analyze the preparation of a variety of proteins (including beef, chicken, pork, fish, game, lamb and veal), vegetables, legumes, grains, and starches using moist, dry and combination cooking methods
9. Define, and describe the process for making classical stocks, soups, and mother and compound sauces.
10. Demonstrate how to prepare and cook classical stocks, soups, and mother and compound sauces.
11. Evaluate and analyze the preparation of classical stocks, soups, and mother and compound sauces.
12. Utilize safety and sanitation practices when preparing, cooking and serving all food items in the professional kitchen.
13. Demonstrate the proper process in cooling, storing, labeling and dating, and reheating food utilizing the proper Sanitary procedures when working with all food items.
14. Define, prepare, cook, evaluate and assess breakfast items:
15. Demonstrate how to maximize food freshness, quality, safety and sanitation when serving hot foods and cold foods.
16. In the preparation of food items, demonstrate effective techniques in presenting food that maximizes the flavor and esthetic quality of the products used.

**Intended Outcomes from American Culinary Federation Education Foundation:**

**Garde Manger**

The student will be able to:

4. Soups and Sauces:
  - a. Identify cold soups and sauces used in the Garde Manger area of a foodservice establishment.
  - b. Produce several types of cold soups and sauces using a food processor and blender.
  - c. Analyze and evaluate the quality of soups and sauces produced in conjunction with the foods served.

**Intended Outcomes from American Culinary Federation Education Foundation:**

**Beverage Management**

The student will be able to:

3. Discuss and describe wines by grape and/or other fruit variety, country, growing region and production process.
4. Analyze and evaluate the importance of the on-going relationship between beverages and food and discuss that relationship in reference to menu planning.
5. Identify and discuss the presentation and service of alcoholic and non-alcoholic beverages, including coffee and tea.

**Intended Outcomes from American Culinary Federation Education Foundation:**

**Purchasing & Receiving**

The student will be able to:

1. Discuss the flow of goods in a foodservice operation and the role of ordering, receiving and issuing.
3. Identify dry, refrigerated and frozen foods used in a commercial kitchen.
4. List factors that affect food prices, menu costs and quality such as market fluctuation, seasonality, product availability, and supply and demand.
5. Explain the importance of a written food specification when ordering food and describe the components that are included in the food spec.
7. Describe proper techniques of receiving and storing fresh, frozen, and dry proteins, produce, eggs, dairy and dry goods.

**Intended Outcomes from American Culinary Federation Education Foundation:**

**Nutrition**

The student will be able to:

1. Identify and discuss dietary guidelines and recommended dietary allowances based on current USDA Food Guideline principles and food groups.
2. Describe primary characteristics, functions and major food sources of major nutrients.
3. List the primary characteristics, functions and sources of vitamins, water and minerals.

4. Interpret food labels in terms of the portion size, ingredients and nutritional value.
5. Identify common food allergies and determine appropriate substitutions. (i.e. gluten, sugar, lactose free).
6. Evaluate and analyze recipes and menus using dietary guideline recommendations, food guides and food labels.
7. Discuss contemporary nutritional issues to include specialty diets, dietary trends, and religious dietary laws (i.e. vegetarianism, veganism, heart-healthy menus, food allergies, alternative dieting, etc.).
8. Discuss and demonstrate cooking techniques that apply sound nutritional principles and current industry trends.

**Intended Outcomes from American Culinary Federation Education Foundation:**

**Dining Service**

The student will be able to:

2. Explain the importance of communication between the front and back of the house employees.

**Intended Outcomes from American Culinary Federation Education Foundation:**

**Environmental Sustainability**

The student will be able to:

1. Explain the importance of sustainable practices in a foodservice operation.

## Student Acknowledgement for Chef/Head Cook H MV01710

I have carefully read the syllabus for this course as well as the Broward Technical Colleges Student Handbook and the Commercial Foods and Culinary Arts/ Professional Culinary Arts & Hospitality Program General Guidelines and Regulations. I understand the school, program, and course expectations as well as the consequences for not following these expectations.

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**Student Name (printed)**

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**Date**

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**Student Signature**

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**Parent Signature  
(For high school students only)**