

Area: Fine & Applied Arts
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Degree: A.A. - Culinary Arts/Restaurant Management
 Certificates: Culinary Arts/Restaurant Management
 Restaurant Management
 Introductory Baking

DEGREES AND CERTIFICATES

Culinary Arts/Restaurant Management Degree

This degree focuses on basic and advanced culinary techniques, related to both hot food and baking. There is additional emphasis on supervisory and management skills, marketing, law, and financial accountability. The Oak Cafe is a small, fine dining restaurant that provides a management training lab for advanced students in the program.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- analyze and design cost effective labor and production schedules.
- analyze and compare methods of internal cost control.
- assess contracts commonly used in the food service industry.
- choose and demonstrate optimal cooking procedures for all categories of foods to include, but not be limited to, vegetables, fruits, fats and oils, milk products, eggs, legumes, grains, baked products, poultry, meat seafood, and soups.
- assess standards and procedures for delivery concepts into appropriate restaurant service.
- construct menus considering food, labor, production costs, and marketing.
- evaluate quality principles to management of the restaurant kitchen, including team building.

Career Opportunities

The hospitality industry is one of the fastest growing market segments available for entry level and professional employees. Businesses including, restaurants, hotels, theme parks, bakeries, cruise ships, caterers and grocery stores are in search of line cooks, entry level and advanced managers, chefs, sous chefs, servers and more.

Requirements for Degree	41 Units
HM 100 Calculations in Foodservice Occupations.....	3
HM 110 Management and Supervision in the Hospitality Industry	2
HM 115 Advertising and Sales in Food Service.....	2
HM 120 Beverage Operation.....	2
HM 300 Becoming a Chef.....	3
HM 310 Sanitation, Safety and Equipment.....	3
HM 315 Food Theory and Preparation.....	4 ¹
HM 320 Breads, Yeast Doughs and Pastry	2
HM 325 Fine Baking and Pastry (European)	2
HM 340 Cost Control in the Food Service Industry	2
HM 360 Professional Cooking	3
HM 370 Dining Room Management	2 ²
HM 380 Restaurant Management and Production	3 ³
And a minimum of 5 units from the following:	5
HM 498 Work Experience in Hospitality Management (1 - 4)	

And a minimum of 3 units from the following:3

- HM 150 Catering (3)
- HM 155 Mediterranean Cuisine (3)
- HM 165 Regional American Cuisine (3)
- HM 180 Garde Manger (3)
- HM 297 Internship in Hospitality Management (1 - 4)
- HM 330 Advanced Baking and Pastry (3)

¹HM 315 is a prerequisite for all HM hot-food lab classes

²HM 370 requires an additional minimum of 8 hours per week in the Oak Cafe

³HM 380 requires an additional minimum of 16 hours per week in the Oak Cafe

Associate Degree Requirements: The Hospitality Management: Culinary Arts/Restaurant Management Associate in Arts (A.A.) Degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See ARC graduation requirements.

Culinary Arts/Restaurant Management Certificate

This Certificate focuses on basic and advanced culinary techniques, related to both hot food and baking. There is additional emphasis on supervisory and management skills, marketing, law, and financial accountability. The Oak Cafe is a small, fine dining restaurant that provides a management training lab for advanced students in the program.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- analyze and design cost effective labor and production schedules.
- analyze and compare methods of internal cost control.
- choose and demonstrate optimal cooking procedures for all categories of foods to include, but not limited to, vegetables, fruits, fats and oils, milk products, eggs, legumes, grains, baked products, poultry, meat, seafood, and soups.
- assess standards and procedures for delivery concepts into appropriate restaurant service.
- construct menus considering food, labor, production costs, and marketing.
- evaluate quality principles to the management of the restaurant kitchen, including team building.

Career Opportunities

Opportunities for qualified people in the restaurant field are endless. The demand for trained cooks, chefs, and managers in all types of restaurants and food service organizations continues to grow.

See losrios.edu/gainful-emp-info/gedt.php?major=011149C01 for Gainful Employment Disclosure.

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(Culinary Arts/Restaurant Management Certificate continued)

Requirements for Certificate		41 Units
HM 100	Calculations in Foodservice Occupations.....	3
HM 110	Management and Supervision in the Hospitality Industry	2
HM 115	Advertising and Sales in Food Service.....	2
HM 120	Beverage Operation.....	2
HM 300	Becoming a Chef.....	3
HM 310	Sanitation, Safety and Equipment.....	3
HM 315	Food Theory and Preparation.....	4 ¹
HM 320	Breads, Yeast Doughs and Pastry.....	2
HM 325	Fine Baking and Pastry (European).....	2
HM 340	Cost Control in the Food Service Industry.....	2
HM 360	Professional Cooking.....	3
HM 370	Dining Room Management.....	2 ²
HM 380	Restaurant Management and Production.....	3 ³
And a minimum of 5 units from the following:		5
HM 498	Work Experience in Hospitality Management (1 - 4)	
And a minimum of 3 units from the following:		3
HM 150	Catering (3)	
HM 155	Mediterranean Cuisine (3)	
HM 165	Regional American Cuisine (3)	
HM 180	Garde Manger (3)	
HM 330	Advanced Baking and Pastry (3)	

¹HM 315 is a prerequisite for all HM hot-food lab classes
²HM 370 requires an additional minimum of 8 hours per week in the Oak Cafe
³HM 380 requires an additional minimum of 16 hours per week in the Oak Cafe

Hospitality Management: Restaurant Management Certificate

This Certificate provides hands-on learning with an emphasis on supervisory and management skills in the restaurant environment. Management and the front-of-the-house skills are emphasized, with students learning basic culinary skills. The Oak Cafe is a small, fine dining restaurant that provides a management training lab for advanced students in the program.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- analyze and design cost effective labor and production schedules.
- analyze and compare methods of internal cost control.
- assess standards and procedures for delivery concepts into appropriate restaurant service.
- construct menus considering food, labor, production costs, and marketing.
- evaluate quality principles to the management of a restaurant, including team building and motivation.

Career Opportunities

The continued growth of the hospitality industry has resulted in an increased need for qualified managers, both entry level and advanced, in all levels of restaurants, hotels, bakeries and other food service and hospitality establishments.

See losrios.edu/gainful-emp-info/gedt.php?major=011148C01 for Gainful Employment Disclosure.

Requirements for Certificate		28 Units
HM 100	Calculations in Foodservice Occupations.....	3
HM 110	Management and Supervision in the Hospitality Industry	2
HM 115	Advertising and Sales in Food Service.....	2
HM 120	Beverage Operation.....	2
HM 300	Becoming a Chef.....	3
HM 310	Sanitation, Safety and Equipment.....	3
HM 315	Food Theory and Preparation.....	4
HM 340	Cost Control in the Food Service Industry.....	2
HM 370	Dining Room Management.....	2 ¹
And a minimum of 5 units from the following:		5
HM 498	Work Experience in Hospitality Management (1 - 4)	

¹HM 370 requires an additional minimum of 8 hours per week in the Oak Cafe

Introductory Baking Certificate

The Introductory Baking certificate provides hands-on learning, focusing on job skills with an emphasis on baking and pastry. It includes production baking, candies, wedding and specialty cakes, plated desserts and artisan breads.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- assess and demonstrate basic mixing methods for yeast doughs, cakes, cookies and pastries.
- analyze and critique professional, commercial bakeshop ingredients and supplies.
- analyze quality defects in baked products and specify possible errors in technique or ingredient selection.
- prepare and critique a variety of products in include: biscuits, artisan breads, Danish pastry, muffins, coffee cakes, pies, tarts, puff pastry, cakes, cookies, pastry cream, pate a choux, icings, souffles, ice creams and meringues.

See losrios.edu/gainful-emp-info/gedt.php?major=011574C01 for Gainful Employment Disclosure.

Requirements for Certificate		17 Units
HM 300	Becoming a Chef	3
HM 310	Sanitation, Safety and Equipment	3
HM 315	Food Theory and Preparation	4
HM 320	Breads, Yeast Doughs and Pastry	2
HM 325	Fine Baking and Pastry (European)	2
HM 330	Advanced Baking and Pastry	3

Hospitality Management

HM 100 Calculations in Foodservice Occupations 3 Units

Advisory: MATH 25 or 41; or placement through the assessment process.
Hours: 54 hours LEC

This course is a study of mathematical principles in the context of commercial food production. Topics include recipe conversion and yields, production baking formulas, weights and measures, product yield tests, and recipe and food cost analysis.

HM 101 Introductory Culinary Skills 1.5 Units

Hours: 27 hours LEC

This course introduces the foundational skills required for all entry-level food preparation courses. Topics include the development of job skills, equipment utilization, weights, measurements, knife cut identification, speed and accuracy, as well as kitchen product identification and utilization.

HM 110 Management and Supervision in the Hospitality Industry 2 Units

Advisory: ENGRD 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better
Hours: 36 hours LEC

This course covers the effective management of human resources in the hospitality industry. Topics include the application of human resource techniques in planning, recruitment, selection, training, performance management, coaching, counseling, discipline, delegation, decision-making, and leadership.

HM 115 Advertising and Sales in Food Service 2 Units

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGRD 300; OR ESLR 340 AND ESLW 340
Hours: 36 hours LEC

This course introduces principles involved in advertising for food service establishments. Topics covered include menu planning, design and pricing; marketing plans; market information systems; consumer behavior; and internal and external promotions.

HM 120 Beverage Operation 2 Units

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGRD 300; OR ESLR 340 AND ESLW 340.
Hours: 36 hours LEC

This course is a study of beverages, both alcoholic and non-alcoholic, used in the food service industry. Topics include non-alcoholic beverages, spirits, beer, and wine, including their production methods and regions, quality and characteristics. Beverage service, wine analysis, service and pairing with food are also covered, as are government regulations, licenses and product costing. Field trips may be required.

HM 150 Catering 3 Units

Prerequisite: HM 315 with a grade of "C" or better
Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGRD 300; OR ESLR 340 AND ESLW 340
Hours: 18 hours LEC; 108 hours LAB

This course covers the business and culinary aspects of catering. Topics include starting a catering business, laws, licenses, taxes, insurance and contracts; event design, menu development, pricing, staffing, equipping, and transporting catered services. On and off-campus catering events are required. A portion of this course may be offered in a TBA component of 6-20 hours which may include setting tables, preparing, and serving food for catered events.

HM 155 Mediterranean Cuisine 3 Units

Prerequisite: HM 315 with a grade of "C" or better.
Advisory: HM 100 and 310.
Hours: 36 hours LEC; 54 hours LAB

This course presents the study of ingredients and culinary techniques used in preparing foods from the Mediterranean including France, Italy, Sicily, Greece, Spain, North Africa and regional focuses within these areas. The laboratory component includes skills development, production and the use of equipment specific to preparation of Mediterranean foods.

HM 165 Regional American Cuisine 3 Units

Prerequisite: None

Advisory: HM 100, 310, and 315.
Hours: 36 hours LEC; 54 hours LAB

This course presents the study of ingredients and culinary techniques used in the preparation of foods from a variety of North American cuisines, including New England, Floridian, Cajun, Californian, Midwestern, Southern, Pacific Northwestern, and others. Topics include the foods indigenous to the regions and the influences of early settlers. The laboratory component includes skills development, production and the use of equipment specific to those individual areas.

HM 180 Garde Manger 3 Units

Prerequisite: HM 315 with a grade of "C" or better
Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGRD 300; OR ESLR 340 AND ESLW 340.
Hours: 36 hours LEC; 54 hours LAB

This course focuses on the art of the cold kitchen with emphasis on both modern and classical techniques. Topics include hors d'oeuvre, canape, salads, brining, pickling, curing, and smoking. This course also includes basic charcuterie with emphasis on forcemeats, mousselines, terrines, pate, galantines, and sausages.

HM 290 Competitive Culinary Training 2-4 Units

Prerequisite: HM 315 with a grade of "C" or better
Hours: 18 hours LEC; 54-162 hours LAB

This course is a cooperative effort between the college, The American Culinary Federation and The Capital Chefs' Association. This course offers the skills necessary to compete in regional and national culinary competitions, using the American Culinary Federation format. 54 hours per unit of TBA practices include knife skills and hot food preparation. Field trips to local restaurants are required to work with local chefs. This course may be taken up to 4 times for credit.

HM 295 Independent Studies in Hospitality Management 1-3 Units

Prerequisite: None
Hours: 54-162 hours LAB

Independent Study is an opportunity for the student to extend classroom experience in this subject, while working independently of a formal classroom situation. Independent study is an extension of work offered in a specific class in the college catalog. To be eligible for independent study, students must have completed the basic regular catalog course at American River College. They must also discuss the study with a professor in this subject and secure approval. Only one independent study for each catalog course will be allowed.

HM 297 Internship in Hospitality Management 1-4 Units

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.

Enrollment Limitation: Must have completed 15 units in Hospitality Management with a grade of "C" or better.

Hours: 6 hours LEC; 36-198 hours LAB

This course is a cooperative effort between the college and hospitality industries in the community to provide training through practical on-the-job experience. Internship sponsors/employers assist in the acquisition of skills and application of knowledge learned in the classroom. A portion of this course may be offered in a TBA component of 36 - 198 hours which may include setting tables, setting up food, and serving food.

HM 300 Becoming a Chef 3 Units

Course Transferable to CSU

Hours: 54 hours LEC

This course covers the history of the culinary profession, explores the numerous avenues of opportunity, and studies the advantages of continuing education in the field. It also covers the backgrounds and approaches of successful chefs and restaurateurs. Field trips are required and provide exposure to different types of kitchens, industry food shows, and/or markets.

HM 310 Sanitation, Safety and Equipment 3 Units

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.

Course Transferable to CSU

Hours: 54 hours LEC

This course covers all phases of food sanitation, including the cause, control and investigation of illness related to food contamination. Sanitary practices in food preparation; proper dishwashing procedures, sanitation of kitchen, dining room, and all equipment; cleaning materials and procedures and garbage and refuse disposal. This course includes general safety precautions, maintenance and operation of appropriate food service equipment, along with elements of kitchen planning and types of equipment used. Successful completion of this course results in Servsafe certification.

HM 315 Food Theory and Preparation 4 Units

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

Course Transferable to CSU

Hours: 36 hours LEC; 108 hours LAB

This course is a comprehensive study of basic principles of food science and theory and techniques involved in food preparation. A study of the factors that influence foods and the changes which occur in foods during preparation is included. Emphasis is on basic cooking skills, theory application, product and quality identification.

HM 320 Breads, Yeast Doughs and Pastry 2 Units

Corequisite: HM 315

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

Course Transferable to CSU

Hours: 18 hours LEC; 54 hours LAB

This course covers theory and principles of doughs, yeast and pastries with emphasis in bread production, sweet and savory doughs, and egg doughs. Topics include croissant, puff dough, and pate-a-choux, traditional breakfast pastries, and American cookies and teacakes. All content is intended for students interested in commercial restaurants, bakeries, and other food service facilities. Laboratory work allows individual and quantity production of products studied.

HM 325 Fine Baking and Pastry (European) 2 Units

Prerequisite: HM 320 with a grade of "C" or better

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.

Course Transferable to CSU

Hours: 18 hours LEC; 54 hours LAB

This course covers the theory and principles of fine baking and pastry with emphasis on the European tradition. It focuses on on cakes, fine pastry, chocolate work, decoration, and classic and modern desserts. This course is intended for students interested in commercial application in restaurants, bakeries and other food service facilities.

HM 330 Advanced Baking and Pastry 3 Units

Prerequisite: HM 310, 320, and 325 with grades of "C" or better.

Course Transferable to CSU

Hours: 36 hours LEC; 54 hours LAB

This course focuses on commercial production of baked products, pastries, candies, restaurant style desserts and wedding cakes. Lecture emphasizes advanced baking science; laboratory hours are spent in commercial production. Products include European style breads, restaurant style plate presentation, frozen desserts, tortes, cakes, sauces, tarts, pulled sugar, piping and chocolate work. Emphasis is placed on production of high quality products and professional presentation. Field trips to professional bakeries are required.

HM 340 Cost Control in the Food Service Industry 2 Units

Prerequisite: HM 100 with a grade of "C" or better

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.

Course Transferable to CSU

Hours: 36 hours LEC

This course covers accounting and cost control principles in the food service industry. It includes the use of accounting techniques to analyze food and labor cost control, business operations, budgeting, financing, and profit and loss statements.

HM 360 Professional Cooking 3 Units

Prerequisite: HM 315 with a grade of "C" or better

Advisory: HM 100 and 310

Course Transferable to CSU

Hours: 36 hours LEC; 54 hours LAB

This course covers intermediate and advanced culinary techniques. It includes production standards, recipe analysis, presentation, stocks, sauces, and major ingredients used in professional cooking. The laboratory component includes use of equipment, skills development, and time management in the commercial kitchen.

HM 370 Dining Room Management 2 Units

Prerequisite: HM 100 and 310 with grades of "C" or better

Corequisite: HM 498, to include a minimum of eight hours per week of work experience in the operation of the front of the house for The Oak Café at American River College

Course Transferable to CSU

Hours: 36 hours LEC

This course focuses on restaurant management with emphasis on service and the dining room. Topics include the historical view of service, quality, and exceeding guest expectations, methods of service, management of service operations and personnel, internal and external marketing, and daily reports and controls. The work experience component allows for hands-on experience running the dining room of the Oak Café two days a week.

HM 375 Bakery Management and Production 2 Units

Prerequisite: HM 310, 315, and 325 with grades of "C" or better
Corequisite: HM 498
Course Transferable to CSU
Hours: 36 hours LEC

This course focuses on bakery production, merchandising and management for a professional bakery/cafe outlet. Topics include production techniques, recipe development, customer service, advertising and promotion, menu planning, costing, production and staff scheduling. Work experience takes place in the Oak Cafe Bakery two days a week.

HM 380 Restaurant Management and Production 3 Units

Prerequisite: HM 100, 310, 315, 320, 325, and 360 with grades of "C" or better.
Corequisite: HM 498 (to include a minimum of 16 hours per week of work experience in the commercial kitchen of The Oak Café American River College, or other site as assigned-effectively and efficiently producing food for the campus restaurant, campus catering or other commercial use).
Course Transferable to CSU
Hours: 54 hours LEC

This course focuses on restaurant management with emphasis on the kitchen. It includes the study of successful restaurant concepts, food styles and ethnic influences, production methods and standards, menu design, including specific purchasing and cost control, application of sanitation and safety standards, employee scheduling, motivation and supervision, and product marketing. Students practice concepts in the work experience portion of the class as they work in the Oak Café two days a week.

HM 495 Independent Studies in Hospitality Management 1-3 Units

Prerequisite: None
Course Transferable to CSU
Hours: 54-162 hours LAB

Independent Study is an opportunity for the student to extend classroom experience in this subject, while working independently of a formal classroom situation. Independent study is an extension of work offered in a specific class in the college catalog. To be eligible for independent study, students must have completed the basic regular catalog course at American River College. They must also discuss the study with a professor in this subject and secure approval. Only one independent study for each catalog course will be allowed.

HM 498 Work Experience in Hospitality Management 1-4 Units

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
Enrollment Limitation: Students must be in a paid or unpaid internship, volunteer position, or job related to hospitality management with a cooperating site supervisor. Students are advised to consult with the Hospitality Management Department faculty to review specific certificate and degree work experience requirements.
General Education: AA/AS Area III(b)
Course Transferable to CSU
Hours: 60-300 hours LAB

This course provides students with opportunities to develop marketable skills in preparation for employment or advancement within the field of hospitality management. It is designed for students interested in work experience and/or internships in transfer-level degree occupational programs. Course content includes understanding the application of education to the workforce, completion of Title 5 required forms which document the student's progress and hours spent at the work site, and developing workplace skills and competencies. During the semester, the student is required to attend a weekly orientation and 75 hours of related paid work experience, or 60 hours of unpaid work experience for one unit. An additional 75 or 60 hours of related work experience is required for each additional unit. First-time participants are required to attend a weekly orientation and a final meeting. Returning participants are required to attend the first class meeting, a mid-semester meeting, and a final meeting and may meet individually with the instructor as needed to complete a work site observation and all program forms, receive updates, and assignments. Students may take up to 16 units total across all Work Experience course offerings. This course may be taken up to four times when there are new or expanded learning objectives. Only one Work Experience course may be taken per semester.