

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

### 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.

#### 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	43 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 125	Legal Aspects of the Hospitality Industry ..... 2
HM 300	Becoming a Chef ..... 3
HM 310	Sanitation, Safety and Equipment ..... 3
HM 315	Food Theory and Preparation ..... 4 <sup>1</sup>
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 <sup>2</sup>
HM 380	Restaurant Management and Production ..... 3 <sup>3</sup>
<b>And a minimum of 5 units from the following:</b> ..... 5	
HM 498	Work Experience in Hospitality Management (1 - 4)
<b>And a minimum of 3 units from the following:</b> ..... 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)

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

#### 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.

Requirements for Certificate	43 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 125	Legal Aspects of the Hospitality Industry ..... 2
HM 300	Becoming a Chef ..... 3
HM 310	Sanitation, Safety and Equipment ..... 3
HM 315	Food Theory and Preparation ..... 4 <sup>1</sup>
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 <sup>2</sup>
HM 380	Restaurant Management and Production ..... 3 <sup>3</sup>
<b>And a minimum of 5 units from the following:</b> ..... 5	
HM 498	Work Experience in Hospitality Management (1 - 4)
<b>And a minimum of 3 units from the following:</b> ..... 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)

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

### 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.

### 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 <sup>1</sup>
<b>And a minimum of 5 units from the following:</b> .....		5
HM 498	Work Experience in Hospitality Management (1 - 4)	

<sup>1</sup>HM 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.

### 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

### HM 100 Calculations in Foodservice Occupations 3 Units

*Advisory: MATH 25; 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 introductory course is designed to provide the foundation for all entry level food preparation courses. It focuses extensively on the development of job skills, equipment utilization, weights, measurements, knife speed and accuracy, as well as kitchen product identification.

### HM 110 Management and Supervision in the Hospitality Industry 2 Units

*Advisory: ENGWR 102 or 103 and ENGRD 116 or ESLR 320, ESLL 320, and ESLW 320, or placement through assessment.*

*Hours: 36 hours LEC*

The role of management in supervision including profiles of effective management styles, supervision and leadership is covered. Current theories of management and supervision of service industry are introduced.

### HM 115 Advertising and Sales in Food Service 2 Units

*Advisory: ENGWR 102 or 103 and ENGRD 116 or ESLR 320, ESLL 320, and ESLW 320, or placement through assessment.*

*Hours: 36 hours LEC*

This course is an introductory presentation of 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: ENGWR 102 or 103 and ENGRD 116 or ESLR 320, ESLL 320, and ESLW 320, or placement through assessment.*

*Hours: 36 hours LEC*

This course is a study of beverages, both alcoholic and non-alcoholic, used in the food service industry. Topics include: beverage composition, production methods and regions, quality, characteristics, uses in drinks and food, beverage service; wine analysis, service and pairing with food; government regulations and licenses. Field trips are included.

### HM 125 Legal Aspects of the Hospitality Industry 2 Units

*Advisory: ENGWR 102 or 103 and ENGRD 116 or ESLR 320, ESLL 320, and ESLW 320, or placement through assessment.*

*Hours: 36 hours LEC*

This course provides an explanation of legal aspects of the food service industry. Topics include government regulations, patron safety and rights; liability issues for food, alcohol, property and ownership protection; employee issues of fair hire and termination and forms of business organization.

### HM 150 Catering 3 Units

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

*Advisory: ENGWR 102 or 103 and ENGRD 116 or ESLR 320, ESLL 320, and ESLW 320, or placement through assessment.*

*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. Also included are interviewing clients and organizing catered menus and events; pricing menus and services; staffing, equipping, and transporting catered services; culinary techniques; and weddings and receptions. Off-campus catering events are required.

### 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**

*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: ENGWR 102 or 103 and ENGRD 116 or ESLR 320, ESLL 320, and ESLW 320, or placement through assessment.*

*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 covered include hors d'oeuvre, canapés, salads, brining, pickling, curing, and smoking. It also includes basic charcuterie with emphasis on forcemeats, mouselines, terrines, patés, galantines and sausages.

**HM 290 Competitive Culinary Training 2-4 Units**

*Prerequisite: Hospitality Management 315 with a "C" or better.*

*Hours: 18 hours LEC; 225 hours LAB*

This course is a cooperative effort between the college, The American Culinary Federation and The Capital Chef's Associations. Students will work with instructors and local chefs to prepare themselves to compete in regional and national culinary competitions, using the American Culinary Federation format. Labs will include knife skills and hot food preparation. Field trips to local restaurants will be included to work with local chefs. This course may be taken 4 times for a maximum of 12 units.

**HM 297 Internship in Hospitality Management 1-4 Units**

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

*Advisory: MATH 25, ENGWR 102 or 103 and ENGRD 116 or ESLR 320, ESLL 320, and ESLW 320, or placement through assessment process.*

*Hours: 18 hours LEC; 225 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. May be taken 4 times for credit for a maximum of 8 units.

**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: MATH 204, ENGWR 102 or 103 and ENGRD 116 or ESLR 320, ESLL 320, and ESLW 320, or placement through assessment process.*

*Course Transferable to CSU*

*Hours: 54 hours LEC*

This course covers all phases of food sanitation; cause, control and investigation of illnesses caused by food contamination; sanitary practices in food preparation, proper dishwashing procedures; sanitation of kitchen, dining room, and all equipment; cleaning materials and procedures; garbage and refuse disposal. The course includes general safety precautions, including elementary first aid; maintenance and operation of appropriate food service equipment; and elements of kitchen planning and types of equipment used.

**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: MATH 25, 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 the theory and principles of fine baking and pastry with emphasis on the European tradition. Concentration is on cakes, fine pastry, chocolate work, decoration, and classic and modern desserts. All lecture and laboratory material is intended for students interested in commercial application in restaurants, bakeries and other food service facilities. Laboratory work allows individual and quantity production of products studied.

**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**

*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*

This course covers accounting and cost control principles in the foodservice 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 presents the study of intermediate culinary techniques, 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 8 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 expectations, methods of service, management of service operations and personnel, internal and external marketing, and daily reports and controls. Work experience component allows for hands-on experience running the dining room of the Oak Café 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 494 Topics in Hospitality Management .5-4 Units**

*Advisory: ENGWR 102 or 103 and ENGRD 116 or ESLR 320, ESLL 320, and ESLW 320, or placement through assessment process.*

*Course Transferable to CSU*

*Hours: 72 hours LEC*

This course is designed to give students an opportunity to study topics in Hospitality which are job oriented and not included in current offerings. The course may be repeated for up to 6 units of credit provided there is no duplication of topics.

**HM 498 Work Experience in Hospitality Management 1-4 Units**

*Corequisite: Maintain a minimum of 7 units.*

*Advisory: ENGWR 102 or 103 and ENGRD 116 or ESLR 320, ESLL 320, and ESLW 320, or placement through assessment.*

*General Education: AA/AS Area III(b)*

*Course Transferable to CSU*

*Hours: 18 hours LEC; 225 hours LAB*

This course is a cooperative effort between the college and hospitality employers in the community. Discussion topics include performance based objectives, resume writing, interviewing and career planning. May be taken 4 times for credit up to 12 units.