

FOOD, WINE & WELLNESS 2019/2020 COURSE DESCRIPTIONS

(COURSES SUBJECT TO CHANGE)

FALL SEMESTER:

FWCAPC335 – Introduction to Professional Cooking Experiential Learning, 6 Credits.

Description: This course is the first out of three about Professional Cooking and its aim is to introduce students to culinary fundamentals. The structure of the classical kitchen will be compared to the contemporary one in order to understand the differences in the organization of the brigade. The role of the Chef will be explained and discussed. Tools and equipment use, weights, measures and recipe conversion will be explained and practiced. This course will provide the first basic information about seasonings and flavorings and the application of herbs and spices in the kitchen. Students will approach cooking thanks to a careful analysis of knife skills, principles of cooking and basic cooking techniques, that include eggs, vegetables, pasta and meat cookery. Special emphasis will be placed on methods and procedures rather than on the complete preparation of finished dishes. A special focus will be put on kitchen cleaning, sanitation, maintenance and personal safety. This course includes experiential learning hours with our Community Engagement Member Institutions (CEMI). CEMI are dynamic learning environments created to foster learning through a structured interaction with the community. In addition to regular lecture hours, students will be involved in learning by doing through real projects and integration with the local population and territory in order to remove cultural and learning barriers as well as to develop a strong likelihood for success in life. The experiential learning hours are fully supervised by instructors who track students step by step during their learning experience, monitor and advise according to student needs, and support student initiative. This unique learning model allows students to benefit from an all-encompassing educational experience based on theory and practice in real enterprises, learning of comprehensive operational processes, problem-solving, leadership, and management.

FWBPBT320 – Baking Techniques, 3 Credits.

Description: Baking techniques introduces the functions of baking ingredients (such as yeast, flour, and shortening), mixing methods for dough's, fermentation techniques, heat transfer methods. Focus on basic elements such as pastry dough, sponge cake, pachoux, puff pastry, plunder, danesi, croissant, egg/butter based basic creams, production and conservation of fruit preserves and meringues. In this course, students taste and test the products they create as well as complete a research assignment.

FWCATF20 – Tradition of Italian Food, 3 Credits.

Description: This course focuses on the preparation of dishes that distinguish traditional Italian cuisine. Students will learn how to use different ingredients to prepare representative Italian dishes. The fundamentals of cooking methods, techniques, and preparations utilized in Italian cuisine will be thoroughly covered; these concepts will prepare students continuing on to the intermediate and advanced sections of this course (II + III). Notions of the history of these dishes will also be discussed as students prepare the various recipes.

FWDNIN305 – Introduction to Nutrition, 3 Credits.

Description: This course introduces students to the basic nutrition concepts such as calories, nutrient density and dietary reference intake. Through the course the characteristics and the role of the basic nutrients (protein, carbohydrates, lipids, vitamins and minerals) will be closely examined and different food combinations analyzed and discussed. The concept of food pyramid will be extensively analyzed and different food pyramids and their cultural and scientific backgrounds compared: the Mediterranean, the USDA, the traditional Latin American, the Asian and the Vegetarian. Menu composition and meal planning will be discussed from the nutritionist's point of view.

SPRING SEMESTER:

Course Descriptions Coming Soon!

- Professional Cooking II: Cooking Techniques Experiential Learning
- Wine Appreciation I: Wines of Italy
- Breads of Italy: Traditional Breads, Flatbreads, and Rolls
- Italian Regional Cuisine and Pastry
- Lifetime Nutrition, Wellness, and Physical Activity