

CULINARY ARTS AND HOSPITALITY MANAGEMENT

Human Arts and Social Sciences Division

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<http://www.cabrillo.edu/programs>

Program Description:

Cabrillo College's Culinary Arts and Hospitality Management program provides students with basic culinary skills in food preparation and service, advanced a la carte dining, and buffet food production, as well as food service management training. Cabrillo College offers a Basic Skills Certificate in cooking, catering and baking (16 units each) and/or a Certificate of Achievement in Culinary Arts (34 units). The skills certificates are stepping stones towards a certificate of achievement.

When a student has completed 31 units of Culinary Arts core classes and also completed 21 additional units of general education, they can then complete an A.S. Degree in Culinary Arts and Hospitality Management.

The Culinary Arts Program offers students the opportunity to gain experience in a restaurant and catering facility, which is open to the public, as well as in traditional cooking labs, and lecture classes. The historic and beautiful Sesnon House Mansion is a student run full-service restaurant and a catering facility located on the Cabrillo campus. The students gain valuable hands-on experience in restaurant operations at the Sesnon House.

Check out the website for the Sesnon House at www.cabrillo.edu/services/sesnon.

Career Opportunities in Culinary Arts, Hospitality Management

There are a variety of career paths for Cabrillo College graduates of the Culinary Arts and Hospitality Management program. Many graduates work in restaurants, hotels and resorts as cooks, servers, bartenders, chefs and managers. Jobs are plentiful and students with training from Cabrillo Culinary Arts are in high demand. Many students start their own businesses. Alumni operate local restaurants, delis, bakeries and other food related businesses in Santa Cruz and the surrounding Bay Area. Often students will combine major areas of study for individual career goals. For example, a student can combine photography and culinary arts for the career path of a food stylist; or study chemistry and culinary arts for a food science career. Trained and experienced culinary professionals can work anywhere in the world where people eat prepared food.

A.S. Degree: Culinary Arts and Hospitality Management

A.S. General Education

21 Units

Core Course (31 units)

CAHM 10	Introduction to Hospitality Management	3
CAHM 50A	Introduction to Culinary Arts Basics	1
CAHM 50B	Introduction to Entree Preparation and Service	1
CAHM 50C	Introduction to Appetizers and	

	Baking Preparation	1
CAHM 50L	*Introduction to Culinary Arts Lab	2
CAHM 57	Catering and Beverage Operations	2
CAHM 64	Sanitation and Hygiene	2
CAHM 151B	*Advanced Culinary Arts	9
CAHM 155	Basic Baking and Pastry	3
CAHM 157L	Catering and Beverage Operation Lab	3
CAHM 160	Purchasing and Food Cost Control	2
CAHM 163	Food Service Management	2
Approved Electives (8 units)		
CAHM 20	Nutrition	3
CAHM 149	Cake Decorating	1
CAHM 153	Garde Manger	2
CAHM 159	Chocolate	1
CAHM 165	Meat Cutting and Sausage Making	3
CAHM 166	Bread Making	1 - 2
CAHM 167	Cultural and Ethnic Foods	2
CAHM 168	Advanced Baking and Pastry	3
CAHM 170	Commercial Baking II	6
CAHM 171	The Art of Creating Wedding Cakes	1
CAHM 172A	Wine and Wine Service	2
CAHM 172B	Wine Varietals	1
CAHM 174	World Wines	1 - 2
CAHM 175	History and Practice of Sauces	1 - 2
CAHM 176	Basic Winemaking	2
CAHM 177	Basic Wine Grape Viticulture	2
CAHM 178	Wine Marketing and Sales	1
CAHM 179	Wines of California	3
CAHM 199C	Career Work Experience Education	1 - 4
ACCT 151A	Introduction to Accounting: Bookkeeping Concepts	4
BUS 155	Business Mathematics	3
or		
MATH 154	**Elementary Algebra	5
Total Units		60

*CAHM 50L, Culinary Basics and CAHM 151B, Advanced Culinary Arts can be taken once as Core course, and repeated one time for approved elective credit.

**or higher level math class.

Certificate of Achievement: Culinary Arts and Hospitality Management

Core Course (31 units)

CAHM 10	Introduction to Hospitality Management	3
CAHM 50A	Introduction to Culinary Arts Basics	1
CAHM 50B	Introduction to Entree Preparation and Service	1
CAHM 50C	Introduction to Appetizers and Baking Preparation.	1
CAHM 50L	Introduction to Culinary Arts Lab.	2
CAHM 57	Catering and Beverage Operations	2
CAHM 64	Sanitation and Hygiene	2
CAHM 151B	Advanced Culinary Arts	9
CAHM 155	Basic Baking and Pastry	3
CAHM 157L	Catering and Beverage Operation Lab	3
CAHM 160	Purchasing and Food Cost Control	2
CAHM 163	Food Service Management.	2

Other Required Courses

ENGL 100	Elements of Writing	3
or		
ENGL 1A/1AH/1AMC/1AMCH		3
or		
CABT 157	Business and Technical Writing	3

Total Units 34

Skills Certificate: Entry Level Catering

Required Courses

CAHM 50A	Introduction to Culinary Arts Basics	1
CAHM 50B	Introduction to Entree Preparation and Service	1
CAHM 50C	Introduction to Appetizers and Baking Preparation.	1
CAHM 50L	Introduction to Culinary Arts Lab.	2
CAHM 57	Catering and Beverage Operations	2
CAHM 64	Sanitation and Hygiene	2
CAHM 153	Garde Manger	2
CAHM 157L	Catering and Beverage Operation Lab	5

Total Units 16

Skills Certificate: Entry Level Cook

Required Courses

CAHM 50A	Introduction to Culinary Arts Basics	1
CAHM 50B	Introduction to Entree Preparation and Service	1
CAHM 50C	Introduction to Appetizers and Baking Preparation.	1
CAHM 50L	Introduction to Culinary Arts Lab.	2
CAHM 64	Sanitation and Hygiene	2
CAHM 151B	Advanced Culinary Arts	9

Total Units 16

Skills Certificate: Entry Level Baking

CAHM 50A	Introduction to Culinary Arts Basics	1
CAHM 50B	Introduction to Entree Preparation and Service	1
CAHM 50C	Introduction to Appetizers and Baking Preparation.	1
CAHM 50L	Introduction to Culinary Arts Lab.	2
CAHM 64	Sanitation and Hygiene	2
CAHM 149	Cake Decorating.	1
CAHM 155	Basic Baking and Pastry	3
CAHM 159	Chocolate	1
CAHM 168	Advanced Baking and Pastry	3
CAHM 171	The Art of Creating Wedding Cakes	1

Total Units 16

Culinary Arts, Hospitality Management Courses

CAHM 10

Introduction to Hospitality Management

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Introduces the hospitality industry on a global scale: travel and tourism, lodging, foodservice, meetings, conventions and expositions, leisure and recreation. Marketing, human resources, leadership, and management are discussed in the context of hospitality management. Focus on orientation to customer service, industry trends and career opportunities.

Transfer Credit: Transfers to CSU.

CAHM 20

Nutrition

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Examines essential nutrients and how they affect our health throughout life emphasizing and evaluating current developments in nutrition. May be offered in a Distance-Learning Format.

Transfer Credit: Transfers to CSU, UC.

CAHM 50A

Introduction to Culinary Arts Basics

1 unit; 1 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Explores kitchen safety and sanitation, nutrition, menu planning, food costing, principles of cooking, knife skills, tools and equipment, and techniques for making stocks, sauces, and soups via lecture-based instruction.

Transfer Credit: Transfers to CSU.

CAHM 50B**Introduction to Entree Preparation and Service**

1 unit; 1 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Introduces the principles of restaurant organization; purchasing, storage, cutting, and cooking methods for meat, poultry, fish, shellfish, and vegetarian entrees via lecture-based instruction.

Transfer Credit: Transfers to CSU.

CAHM 50C**Introduction to Appetizers and Baking Preparation**

1 unit; 1 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Introduces the principles of baking breads, cakes, custards, pies; preparation of fruits, vegetables, starches; and hors d'oeuvre preparation via lecture-based instruction.

Transfer Credit: Transfers to CSU.

CAHM 50L**Introduction to Culinary Arts Lab**

2 units; 6 hours Laboratory

Corequisite: CAHM 50A and CAHM 50B and CAHM 50C.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 2 times.

Explores a practical application of basic food preparation, service, costing, sanitation, menu planning, and purchasing via laboratory-based instruction.

Transfer Credit: Transfers to CSU.

CAHM 57**Catering and Beverage Operations**

2 units; 2 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Examines menu planning, costing, beverage management, public relations, hospitality service, and business strategies involved in catering.

Transfer Credit: Transfers to CSU.

CAHM 64**Sanitation and Hygiene**

2 units; 2 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Examines and evaluates all phases of food sanitation, public health laws, and special problems in hotel and restaurant sanitation.

Transfer Credit: Transfers to CSU.

CAHM 149**Cake Decorating**

1 unit; 0.5 hour Lecture, 1.5 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Introduces cake decorating techniques including filling and icing cakes, pastry bag work in borders, Australian lace, string work, writing, and flowers.

CAHM 151B**Advanced Culinary Arts**

9 units; 3 hours Lecture, 18 hours Laboratory

Prerequisite: CAHM 50A and CAHM 50B and CAHM 50C and CAHM 50L or equivalent experience.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 2 times.

Provides opportunities to create and plan menus, research and develop prep formulas, and explore a la carte, ethnic food, garde manger, and specialty baking.

CAHM 153**Garde Manger**

2 units; 1 hour Lecture, 3 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Teaches the art of cold food presentation, production of pates, galantines, and mousselines with emphasis on buffets and platters. Pays special attention to color, texture, and balance of food.

CAHM 155**Basic Baking and Pastry**

3 units; 2 hours Lecture, 3 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Introduces equipment, skills, and procedures in commercial bakeries, including hands-on production of pastries and specialty items.

CAHM 156A-Z**Special Topics in Culinary Arts and Hospitality Management**

0.5 - 3 units; 0.5 hour Lecture or 1.5 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

A course designed to investigate special areas of interest in culinary arts, including table service, cake decorating, computer use and culinary specialties. The special selective topics will be announced in the *Schedule of Classes*.

CAHM 157L**Catering and Beverage Operation Lab**

2.5 - 5 units; 7.5 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 2 times.

Provides practical application of catering techniques including menu planning, costing, hospitality service, and buffet presentation.

CAHM 159**Chocolate**

1 unit; 0.5 hour Lecture, 1.5 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Studies the history and manufacturing of chocolate as well as the practical uses and techniques in working with dark, white, and milk chocolate.

CAHM 159AC

Artisan Confections

2 units; 1 hour Lecture, 3 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Introduces confectionery formulas, theory, and techniques including chocolate work, noncrystalline sugar, crystalline sugar, jellies, and aerated confections.

CAHM 160

Purchasing and Food Cost Control

2 - 3 units; 2 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Teaches guidelines for developing food, beverage, and labor cost controls, including theories and procedures related to food storage, portioning, designing menu formulas, costing and pricing, labor and yield calculations, sales forecasting, and basic financial statements.

CAHM 163

Food Service Management

2 units; 2 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Examines the theoretical and practical approaches to supervision and management for the prospective food service manager.

CAHM 165

Meat Cutting and Sausage Making

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Study meat and fish butchering in the food service industry, emphasizing meat grading, commercial and retail meat identification and structure, techniques of boning beef, lamb, pork, chicken, and fish; demonstrations of cooking methods including smoking and sausage making.

CAHM 166

Bread Making

1 - 2 units; 1 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Studies bread making techniques for preparing yeasted breads, sweet doughs, and specialty items such as sourdough and laminated doughs.

CAHM 167

Cultural and Ethnic Foods

2 units; 1 hour Lecture, 3 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Introduces a variety of ethnic foods which could include Middle Eastern, African, European, and/or Southeast Asian, emphasizing how to prepare and incorporate ethnic foods into a restaurant setting. May focus on specific cuisine areas.

CAHM 168

Advanced Baking and Pastry

3 units; 2 hours Lecture, 3 hours Laboratory

Prerequisite: CAHM 155.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Examines advanced application of principles and practical techniques of yeast doughs, puff pastry, cookies, tarts, cakes, tortes, frozen desserts, plate presentation, and cake decorating.

CAHM 169

Commercial Baking I

6 units; 1 hour Lecture, 15 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 2 times.

Introduces hands-on commercial baking by focusing on quantity production baking and production of yeast and yeast breads, cookies, and muffins.

CAHM 170

Commercial Baking II

6 units; 1 hour Lecture, 15 hours Laboratory

Prerequisite: CAHM 169.

Recommended Preparation: CAHM 149; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 2 times.

Presents an intermediate hands-on course in commercial baking emphasizing quantity and practical application in the production of cakes, pastries, and enriched doughs.

CAHM 171

The Art of Creating Wedding Cakes

1 unit; 0.5 hour Lecture, 1.5 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Explores the creation of wedding cakes including principles of mixing, baking, filling, frosting, and decorating.

CAHM 172A

Wine and Wine Service

2 units; 2 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Provides an overview of basic wine concepts including wine history, viticulture, tasting procedures, food pairing, wine menus, marketing, purchasing, and table service. Must be at least 21 years of age to enroll. Prerequisite for CAHM 174, World Wines.

CAHM 172B

Wine Varietals

1 unit; 1 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Provides a comparative study of wine varietals, focusing on the terroir effect on various wines. Must be at least 21 years of age. Prerequisite for CAHM 174, World Wines.

CAHM 174

World Wines

1 - 2 units; 1 hour Lecture

Prerequisite: CAHM 172.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Explores world wines in depth, focusing on differences in viticulture, wine laws, and grape varieties in major world wine producing countries including sensory perception of wine based on the terroir influences of the region. Must be 21 or over to enroll.

CAHM 175

History and Practice of Sauces

1 - 2 units; 0.5 hour Lecture, 1.5 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Presents the history and techniques of sauce making around the world.

CAHM 176

Basic Winemaking

2 units; 2 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Introduces the science of wine making, including viticulture, production, harvest, cellar practices, fermentation, aging, blending, and bottling.

CAHM 177

Basic Wine Grape Viticulture

2 units; 2 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Explores wine grape growing practices including history, vine and grape types, vine life cycle, vineyard management, pests, and diseases.

CAHM 178

Wine Marketing and Sales

1 unit; 1 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Presents wine marketing and sales methods including packaging, promotion, and getting the product to the consumer.

CAHM 179

Wines of California

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Introduces wines of California, including history, viticultural practices, wine making styles, and sensory evaluation of representative wines from specific important regions. Must be at least 21 years of age to enroll.

CAHM 198

Culinary Arts Internship

4 units; 20 hours Laboratory

Prerequisite: CAHM 50A and CAHM 50B and CAHM 50C and CAHM 50L and CAHM 64 and CAHM 151B.

Corequisite: COMM 8.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 2 times.

Students will gain hands-on experience in restaurants, bakeries, hotels, resorts, casinos, or food service establishments that meet their career goals in a learning environment that is supported by Cabrillo Culinary Arts instructors and dedicated chefs and managers in the industry. Prospective interns will be interviewed and selected by the manager or chef of the approved site.