

**CULINARY ARTS AND HOSPITALITY  
MANAGEMENT**

**CAHM 20 Nutrition** 

Examines essential nutrients and how they affect our health throughout life emphasizing and evaluating current developments in nutrition.

*Transfer Credit:* CSU; UC.

Section	Days	Times	Units	Instructor	Room
62942	Arr.	Arr.	3.00	D.Russo	OL

Section 62942 is an ONLINE course. Mandatory orientation Monday 8/31, 6:00PM-9:00PM, Room 456. Students will be dropped if they don't attend orientation. For details, see instructor's web page at [www.cabrillo.edu/services/disted/](http://www.cabrillo.edu/services/disted/) "Distance Courses."

62943	MW	08:00AM-09:20AM	3.00	D.Russo	405
62945	MW	12:40PM-02:00PM	3.00	C.Cavanaugh	Wat4480

<b>62944</b>	<b>M</b>	<b>06:00PM-09:05PM</b>	<b>3.00</b>	<b>D.Russo</b>	<b>456</b>
<b>&amp;</b>	<b>Arr.</b>	<b>Arr.</b>		<b>D.Russo</b>	<b>OL</b>

Section 62944 is a Hybrid ONLINE course. Meets alternating Mondays 8/31, 9/14, 9/28, 10/12, 10/26, 11/16, 11/30, and 12/14. Holiday 11/9. Balance of course content and work done online. Students will be dropped if they don't attend first class meeting. For details, see instructor's web page at [www.cabrillo.edu/services/disted/](http://www.cabrillo.edu/services/disted/) "Distance Courses."

62946	TH	06:00PM-09:05PM	3.00	C.Cavanaugh	432
-------	----	-----------------	------	-------------	-----

**CAHM 50A Introduction to Culinary Arts Basics**

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:* CSU.

Section	Days	Times	Units	Instructor	Room
62947	W	05:30PM-08:50PM	1.00	S.Slater	405

Meets 5 weeks 9/2-9/30.

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

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:* CSU.

Section	Days	Times	Units	Instructor	Room
62948	W	05:30PM-08:50PM	1.00	S.Slater	405

Meets 5 weeks 10/7-11/4.

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

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:* CSU.

Section	Days	Times	Units	Instructor	Room
62949	W	05:30PM-08:50PM	1.00	S.Slater	405

Meets 5 weeks 11/11-12/9.

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

Explores a practical application of basic food preparation, service, costing, sanitation, menu planning, and purchasing via laboratory-based instruction. Corquisites: CAHM 50A, CAHM 50B, CAHM 50C. Repeatability: May be taken 2 times.

*Transfer Credit:* CSU.

Section	Days	Times	Units	Instructor	Room
62950	M	08:00AM-02:40PM	2.00	E.Carter	1803
Enroll in one section only of CAHM 50L.					
62951	T	08:00AM-02:40PM	2.00	K.Niven	1803
Enroll in one section only of CAHM 50L.					
62952	W	08:00AM-02:40PM	2.00	H.Quiroz	1803
Enroll in one section only of CAHM 50L.					
62953	TH	08:00AM-02:40PM	2.00	K.Niven	1803
Enroll in one section only of CAHM 50L.					

**CAHM 57 Catering and Beverage Operations**

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

*Transfer Credit:* CSU.

Section	Days	Times	Units	Instructor	Room
62954	T	06:00PM-08:05PM	2.00	S.Slater	833

**CAHM 64 Sanitation and Hygiene**

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

*Transfer Credit:* CSU.

Section	Days	Times	Units	Instructor	Room
62955	M	05:35PM-07:40PM	2.00	P.McCauley	833

**CAHM 151B Advanced Culinary Arts**

Provides opportunities to create and plan menus, research and develop prep formulas, and explore a la carte, ethnic food, garde manger, and specialty baking. Prerequisites: CAHM 50A, CAHM 50B, CAHM 50C, and CAHM 50L or equivalent experience. Repeatability: May be taken 2 times.

Section	Days	Times	Units	Instructor	Room
62932	M	12:00PM-03:05PM	9.00	M.Wille	908
&	M	03:15PM-06:25PM		M.Wille	1803
&	TW	02:50PM-11:10PM		M.Wille	1803
62933	M	12:00PM-03:05PM	9.00	M.Wille	908
&	M	03:15PM-06:25PM		M.Wille	1803
&	TTH	02:50PM-11:10PM		M.Wille	1803
62934	M	12:00PM-03:05PM	9.00	M.Wille	908
&	M	03:15PM-06:25PM		M.Wille	1803
&	WTH	02:50PM-11:10PM		E.Carter	1803

**CAHM 155 Basic Baking and Pastry**

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

Section	Days	Times	Units	Instructor	Room
62935	TH	05:00PM-07:05PM	3.00	A.Baldzikowski	908
&	TH	07:05PM-10:10PM		A.Baldzikowski	908

Obtain payment form from instructor at first class meeting for mandatory \$70 materials fee, and show proof of payment to instructor at next class meeting. Payment can be made to either Bookstore or College Bank. For supply list see instructor's web page at [www.cabrillo.edu](http://www.cabrillo.edu) "Directory."

## Cabrillo College *Schedule of Classes* – Fall, 2009

---

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

Provides practical application of catering techniques including menu planning, costing, hospitality service and buffet presentation. Repeatability: May be taken 2 times.

Section	Days	Times	Units	Instructor	Room
62938	F	09:00AM-06:00PM	5.00	S.Slater	1803
&	Arr.	Arr.		S.Slater	1803
&	Arr.	Arr.		S.Slater	Arr.

+ 118 hr 20 min arranged around Saturday catering events.

### **CAHM 163 Food Service Management**

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

Section	Days	Times	Units	Instructor	Room
62939	TH	10:00AM-12:05PM	2.00	R.Larson	809

### **CAHM 168 Advanced Baking and Pastry**

Examines advanced application of principles and practical techniques of yeast doughs, puff pastry, cookies, tarts, cakes, tortes, frozen desserts, plate presentation, and cake decorating. Prerequisite: CAHM 155.

Section	Days	Times	Units	Instructor	Room
64380	M	05:00PM-07:05PM	3.00	A.Baldzikowski	908
&	M	07:05PM-10:10PM		A.Baldzikowski	908

Obtain payment form from instructor at first class meeting for mandatory \$70 materials fee, and show proof of payment to instructor at next class meeting. Payments can be made to either Bookstore or College Bank. For supply list see instructor's web page at [www.cabrillo.edu](http://www.cabrillo.edu) "Directory."

### **CAHM 176 Basic Winemaking**

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

Section	Days	Times	Units	Instructor	Room
64554	T	06:00PM-08:05PM	2.00	G.Godinez	834

Obtain payment form from instructor at first class meeting for mandatory \$30 materials fee, and show proof of payment to instructor at next class meeting. Payments can be made to either Bookstore or College Bank.

### **CAHM 179 Wines of California**

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

Section	Days	Times	Units	Instructor	Room
64612	TH	06:00PM-09:05PM	1.00	S.Slater	405

Obtain payment form from instructor at first class meeting for mandatory \$80 materials fee, and show proof of payment to instructor at next class meeting. Payments can be made to either Bookstore or College Bank.