

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

DEGREES AND CERTIFICATES

Culinary Arts/ Restaurant Management Degree

Major Code: 011149A01

This degree focuses on basic and advanced culinary techniques, related to both hot food and baking. It emphasizes supervisory and management skills, marketing, and financial accountability. The Oak Café 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 the following: 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	45.5 Units
HM 100 Calculations in Foodservice Occupations.....	3
HM 101 Introductory Culinary Skills	1.5
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 150 Catering	3
HM 300 Introduction to Hospitality - Becoming a Chef.....	3
HM 310 Sanitation, Safety and Equipment.....	3
HM 315 Food Theory and Preparation.....	4 ¹
HM 320 Breads and Yeast Doughs	2
HM 325 Components of Baking and Pastry.....	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)
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And a minimum of 3 units from the following:3⁴

HM 155	Mediterranean Cuisine (3)
HM 165	Regional American Cuisine (3)
HM 180	Garde Manger (3)
HM 330	Advanced Baking and Pastry (3)
HM 375	Bakery Management and Production (2)

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

²HM 370 has a co-requisite of HM 498, requiring a minimum of 8 hours per week in the Oak Café

³HM 380 has a co-requisite of HM 498, requiring a minimum of 16 hours per week in the Oak Café

⁴HM 375 has a corequisite of HM 498, requiring a minimum of two days per week in The Oak Café Bakery

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

Major Code: 011148C01

This certificate focuses on basic and advanced culinary techniques, related to both hot food and baking. It emphasizes supervisory and management skills, marketing, and financial accountability. The Oak Café 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 be limited to the following: 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.

(continued on next page)

(Culinary Arts/ Restaurant Management Certificate continued)

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

Requirements for Certificate		45.5 Units
HM 100	Calculations in Foodservice Occupations.....	3
HM 101	Introductory Culinary Skills	1.5
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 150	Catering	3
HM 300	Introduction to Hospitality - Becoming a Chef.....	3
HM 310	Sanitation, Safety and Equipment.....	3
HM 315	Food Theory and Preparation.....	4 ¹
HM 320	Breads and Yeast Doughs	2
HM 325	Components of Baking and Pastry.....	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:		3⁴
HM 155	Mediterranean Cuisine (3)	
HM 165	Regional American Cuisine (3)	
HM 180	Garde Manger (3)	
HM 330	Advanced Baking and Pastry (3)	
HM 375	Bakery Management and Production (2)	

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

²HM 370 has a co-requisite of HM 498, requiring a minimum of 8 hours per week in the Oak Café

³HM 380 has a co-requisite of HM 498, requiring a minimum of 16 hours per week in the Oak Café

⁴HM 375 has a corequisite of HM 498, requiring a minimum of two days per week in The Oak Café Bakery

Hospitality Management: Restaurant Management Certificate

Major Code: 011149C01

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 Café 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	Introduction to Hospitality - 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 Café

Baking and Pastry Certificate

Major Code: 011574C02

This certificate provides hands-on learning focused 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 including biscuits, artisan breads, Danish pastries, muffins, coffee cakes, pies, tarts, puff pastries, cakes, cookies, pastry cream, pate a choux, icings, souffles, ice creams, and meringues.

See losrios.edu/gainful-emp-info/gedt.php?major=011574C02 for Gainful Employment Disclosure.

Requirements for Certificate		25 Units
HM 300	Introduction to Hospitality - Becoming a Chef	3
HM 310	Sanitation, Safety and Equipment	3
HM 315	Food Theory and Preparation	4
HM 320	Breads and Yeast Doughs	2
HM 325	Components of Baking and Pastry	2
HM 326	Intermediate Baking Retail Bakery Products	2
HM 328	Intermediate Baking American and European Cakes	2
HM 330	Advanced Baking and Pastry	3
HM 375	Bakery Management and Production.....	2
A minimum of 2 units from the following:		2
HM 498	Work Experience in Hospitality Management (1 - 4)	

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 fractions, percentages, recipe conversions, yields, 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: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; or ESLR 340 AND ESLW 340.

Hours: 36 hours LEC

This course covers the effective management of human resources in the hospitality industry. It includes the study of the functions of both management and leadership, including planning, recruitment, selection, training, performance management, coaching, counseling, and discipline. It also emphasizes management and leadership theories and application.

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

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

Hours: 18 hours LEC; 108 hours LAB

This course covers the business and culinary aspects of catering and large-scale food production. It includes the study of starting a catering business, laws, licenses, taxes, insurance and contracts, menu development, pricing, and staffing. It also emphasizes quality and quantity production. 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 food, and serving food for catered events.

HM 155 Mediterranean Cuisine **3 Units**

Prerequisite: HM 315 with a grade of "C" or better; AND HM 310 (Sanitation, Safety, and Equipment) with a grade of "C" or better OR a CA Foodhandler's Card.

Advisory: HM 100

Hours: 36 hours LEC; 54 hours LAB

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

HM 165 Regional American Cuisine **3 Units**

Prerequisite: HM 315 with a grade of "C" or better; AND HM 310 (Sanitation, Safety and Equipment) with a grade of "C" or better OR a CA Foodhandler's Card.

Advisory: HM 100

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, Floribbean, Cajun, Creole, Californian, Midwestern, Southern, and Pacific Northwestern. 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 ENGWR 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 Introduction to Hospitality - Becoming a Chef 3 Units

Course Transferable to CSU

Hours: 54 hours LEC

This course covers the history of the hospitality and culinary professions, 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.

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 causes, controls and investigation of illness related to food contamination. It covers 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: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.

Course Transferable to CSU

Hours: 36 hours LEC; 108 hours LAB

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

HM 320 Breads and Yeast Doughs 2 Units

Prerequisite: HM 100 with a grade of "C" or better, or placement through the assessment process.

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 theory and principles of doughs, yeast, and pastries with emphasis in bread production, sweet and savory doughs, and egg doughs. It includes the study of croissant dough, puff dough, 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.

HM 325 Components of Baking and Pastry 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 baking and pastry. It focuses on pies, galettes, tarts, pate a choux, cheesecakes, and custard based desserts. This course is intended for students interested in commercial application in restaurants, bakeries, and other food service facilities.

HM 326 Intermediate Baking Retail Bakery Products 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 baking and pastry with an emphasis on products commonly found in retail bakeries. It focuses on rich doughs, cookies, chocolate and puff pastry applications. This course is intended for students interested in commercial applications in bakeries, restaurants, and other food service facilities.

HM 328 Intermediate Baking American and European Cakes 2 Units

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

Course Transferable to CSU

Hours: 18 hours LEC; 54 hours LAB

This course covers the theory and principles of both American and European cake tradition. It focuses on baking methods, ingredient selection, filling, and finishing components and techniques. This course is intended for students interested in commercial bakery application.

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. It emphasizes advanced baking science and commercial production. Products include European style breads, restaurant style plate presentation, frozen desserts, tortes, cakes, sauces, tarts, pulled sugar, piping, and chocolate work. This course also emphasizes the 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, 320, 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/café outlet. It includes production techniques, recipe development, customer service, advertising and promotion, menu planning, costing, production, and staff scheduling. Work experience takes place in the Oak Café 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, or placement through the assessment process.

Corequisite: Concurrent enrollment in HM 498 (to include a minimum of 16 hours per week of work experience in the commercial kitchen of The Oak Café American River).

Course Transferable to CSU

Hours: 54 hours LEC

This course provides an in-depth look at 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. These concepts are emphasized in the work experience corequisite. Field trips may be required.

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 complete 75 hours of related paid work experience, or 60 hours of related unpaid work experience for one unit. An additional 75 or 60 hours of related work experience is required for each additional unit. All students are required to attend the first class meeting, a mid-semester meeting, and a final meeting. Additionally, students who have not already successfully completed a Work Experience course will be required to attend weekly orientations while returning participants may meet individually with the instructor as needed. 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.