



**Cerritos College  
 Articulation Agreement**

<b>Cerritos College Course: CA 101          Introduction to Food Service, Safety and Sanitation</b> Cerritos College 11110 Alondra Blvd. Norwalk, CA 90650	<b>Tri Cities Regional Occupational Program          Courses: Culinary Arts</b> California High School
<b>General Course Description:</b> This course is designed to train students in the culinary arts profession through classroom instruction and supervised kitchen experience. It prepares students for real life industry expectations, as well as proper work ethic. Students are trained with strict safety and sanitation guidelines. Integrated through the course are career preparation and academic content standards. The class will also present fundamental of knife skills, cooking techniques and methods, time management, communication skills, basic nutrition, menu planning, and preparation for employment in the food industry. This class is 2 semesters at the high school	
<b>College Prerequisite(s):</b>	<b>HS/ROCP Prerequisite(s):</b> Students must pass safety and sanitation exam with an 80% or higher.
<b>Advisories/Recommendations:</b>	
<b>Course Content:</b> <ol style="list-style-type: none"> <li>1. Career Preparation</li> <li>2. Kitchen Safety Sanitation</li> <li>3. Nutrition and the Food Guide Pyramid</li> <li>4. Entertaining</li> <li>5. Catering</li> <li>6. Food Preparation</li> <li>7. Meal Management Project</li> <li>8. Cost Analysis</li> </ol>	
<b>Competencies and Skill Requirements. At the conclusion of this course, the student should be able to:</b> <ol style="list-style-type: none"> <li>1. Write and show an understanding of abbreviations for measurements.</li> <li>2. Use correct procedures when measuring.</li> <li>3. Identify large and small kitchen equipment and their use.</li> <li>4. Use a recipe correctly.</li> <li>5. Define and discuss cooking terms.</li> <li>6. Demonstrate knifing skills, choice of appropriate tool and knowledge of various cuts and shapes.</li> <li>7. Correctly spell and use culinary terms.</li> <li>8. Identify and practice safety rules for use in the kitchen.</li> </ol>	

9. Identify the causes of food borne illness and their relations to proper food handling.
10. Demonstrate proper dishwashing and hand washing techniques.
11. Know personal cleanliness.
12. List foods related to the Food Guide Pyramid.
13. Discuss how many daily servings are needed for each group.
14. Discuss nutrients related to each portion of the Food Guide Pyramid.
15. Identify how nutrition relates to body health, growth and development.
16. Demonstrates an understanding of the Food Guide Pyramid by planning a series of meals.
17. Recognize information found on a label.
18. Compare and discuss food habits of different countries.
19. Define etiquette and manners.
20. Define place setting and table equipment.
21. Serve a meal using the appropriate food service techniques.
22. Prepare a sample cost analysis of various size events.
23. Demonstrate basic catering techniques, and apply food safety and sanitation protocol to the catering event.
24. Identify and describe a variety of cooking methods (blanching, shocking, baking, broiling, braising, frying, grilling, griddling, poaching, steaming, smoking and sautéing).
25. Identify and list use of various herbs, spices, oils, and vinegars.
26. Prepare simple meals.

**Measurement Methods:**

- Notebook assignments
- Written test
- Kitchen assignments
- Class assignments
- Work performance evaluation
- Class participation
- Homework
- Safety and sanitation (students must maintain an 80% in safety & sanitation to participate in the program)

**Textbooks or Other Support Materials:**

- Servsafe materials
- National Restaurant Association Education Foundation material
- Guide to Good Food textbook
- The Food Service Professional materials
- Notebook to maintain projects

**Procedures for Course Articulation:**

Cerritos College credit for the articulated courses listed above may be received when the following criteria is met:

1. The student has completed the articulated course listed above with a “B” grade or higher in Tri Cities ROP’s *Culinary Arts*.
2. The student takes the credit by exam given by Cerritos College’s Culinary Arts and passes the exam.
3. The student must receive a Servsafe Certificate. For students to receive the Servsafe Certificate, they will have to take *Culinary Arts* at Tri Cities ROP. This requirement must be

met for the *CA 101 Introduction to Food Service*.

4. The student must enroll at Cerritos College within two (2) years from the semester date in which the course was completed.
5. The student will present verification of successful completion of the articulated course by presenting a *Cerritos College Articulation Card* to a Cerritos College Counselor. The *Cerritos College Articulation Card* should be completed and signed by the student's high school counselor or teacher.
6. No more than 12 units of credit may be accepted for credit by examination.

This Agreement will be reviewed annually and will remain in effect until cancelled by either party giving 30 days written notice.

**High School/ROP District Signatures**

**Cerritos College Signatures**

\_\_\_\_\_  
Faculty/Department Chair

Date

\_\_\_\_\_  
Instructor/Division Chair

Date

\_\_\_\_\_  
Principal

Date

\_\_\_\_\_  
Dean of Instruction

Date

\_\_\_\_\_  
Superintendent/Curriculum Coordinator

Date

\_\_\_\_\_  
Vice President

Date