



Study Guide 1

Kitchen Essentials and Basic Food Production with Laboratory

I. Overview

This course is structured to teach the fundamental and basic concepts of culinary techniques, heat transfer, sanitation, safety, equipment usage and maintenance, menu knowledge and professionalism.

II. Module Learning Outcomes

After completing this study guide, you will be able to:

1. Familiarized with history of culinary arts and the kitchen brigade system
2. Can identify the basic tools and equipment in the kitchen
3. Knowledgeable about food hazard and personal hygiene
4. Having safe and efficient workplace
5. Differentiate between menu and recipe
6. Knowing the balanced diet
7. Enhancing their knife skills and practicing mise en place

III. Key Concepts

1. Purpose kitchen brigade system
2. Proper usage of tools and equipment
3. Preventing cuts and burn while inside the kitchen
4. Basic food procedures and preparation

IV. Content/ Lectures/ Readings/ Learning Resources

1. Participate in a discussion and answer this question: What are your ideas with Kitchen Brigade System? Do you have any ideas regarding to basic tools in the kitchen?
2. Read and follow the instructions stated in the learning activities part of this module on how to participate in the discussion.

Culinary Essentials Study Guide

Mike Jess



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