**COURSE: CULINARY AND BAKING THEORY**

**Description:** Through demonstration and lecture the elementary principles of food preparation and baking will be introduced. Students will learn about the kitchen brigade system, tools and equipment, principles of cooking, ingredient identification and the theory behind culinary and baking preparation techniques. This course will also allow the student to enhance their understanding of the culinary arts as a profession.

**Course Content/Topics**
- Principles of food preparation
- Principles of baking
- Kitchen brigade systems, tools and equipment
- Identification of ingredients
- Culinary baking techniques

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**COURSE: APPLIED BAKING TECHNIQUES I**

**Description:** The student will acquire the requisite skills in preparing basic pastry, pies, cookies, doughnuts, cakes and sponges, pudding & meringues.

**Course Content/Topics**
- Baking terminologies
- Choux paste
- Puff paste
- Sweet dough goods
- Flans
- Cakes
- Meringues
- Pastry recipes
- Sugar paste
- Savoury Dough goods
- Puddings
- Sponges
- Cookies

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**WHO SHOULD ATTEND/TARGET GROUP**

- Chefs
- Cooks
- Chef de parties
- Kitchen trainees
- Pastry producers
- Pastry hawkers
- Baked goods lovers...etc.

**Course Instructors**
Six instructors will take the participants through the sessions within the period.

**Duration**
Five (5) weeks

**Cost**
Registration Fee: GH₵ 100.00
Participation Fee: GH₵ 400.00

**Credits**
- 5 hours per day (week days only)
- 1 day practical in a week

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**SHORT COURSE**

Certificate in
Food Preparation Management (Gastronomy)

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**Ho Polytechnic, VR - Ghana**

**Email**
vice.rector@hopoly.edu.gh

**Website**
www.hopoly.edu.gh

**For further enquiries contact**
0362026456 / 0245364899
**PROGRAMME OBJECTIVES**

At the end of this course participants will be able to:

- Prepare and present a variety of foods in different food service environments.
- Apply basic food and baking theories to selected aspects of food preparation.
- Contribute to the maintenance of a healthy, safe, and well-catered kitchen environment.
- Apply safe food storage and service practices of food and beverages to prevent harmful bacteria or other contaminants.
- Use kitchen management techniques in accordance with management direction.
- Use resources responsibly.
- Apply fundamental nutritional practices in the preparation of foods.
- Cooperate with co-workers, management and customers.
- List factors that help control operational costs within the food service sector.
- Practice self-management and interpersonal skills to contribute to team and company success.
- Develop a professional development plan to enhance culinary skills

**COURSE DESCRIPTION**

This 5-week program is the first step in this certificate program designed to provide the learner with the fundamental knowledge and techniques of quality food preparation, food safety, an understanding of the complexity of kitchen operations and an appreciation of fine food. This program also unveils the approaches of presenting food faster to curb the situation queuing or waiting for restaurant services hence increase customer satisfaction.

**COURSE: FUNDAMENTALS OF MODERN KITCHEN**

**Description:** The student will have the opportunity to become familiar with the terminologies in the kitchen and skills in communicating among peers in the hospitality industry. A thorough understanding and interpretation of a designed and structured menu and the tactics of eye communications to comprehend issues.

**Course Content/Topics**
- Kitchen terminologies
- Communication tips
- Introduction to menu construction
- Menu interpretation

**COURSE: SANITATION AND SAFETY**

**Description:** In the food service industry, food safety is everyone's job. The necessity and importance of safe food handling practices in food service operations is the primary focus of this course. The following topics will be reviewed: Food Premises Regulations, management's food safety responsibilities, the cause and prevention of food-borne illness, temperature control, cleaning and sanitizing, equipment and facility maintenance.

**Course Content/Topics**
- Introduction to Food safety
- Importance of safe food handling practices
- Food premises regulations
- Food safety responsibilities
- Causes and prevention of food-borne illnesses
- Temperature control
- Cleaning and sanitizing

**COURSE: APPLIED CULINARY TECHNIQUES I**

**Description:** This practical learning lab provides the opportunity for the student to practice and develop the fundamental skills, methods of cookery and presentation of dishes suitable for a variety of food service settings. The student will be instructed on all the fundamental cooking methods, terms and basic presentation of foods. The student will have ample opportunity to practice knife handling and familiarize themselves with basic kitchen equipment.

**Course Content/Topics**
- Methods of cookery
- Food matching
- Food presentation
- Kitchen equipment and uses
- Types of knife and handling

**COURSE: KITCHEN MANAGEMENT I**

**Description:** Upon completion of this course, the student will understand and be able to apply purchasing, storage, and cost control techniques to a food service operation. Essential cost control calculations and topics such as menu pricing, cost of food sold, menu analysis, yield factors, and a short section on financial statements are included.

**Course Content/Topics**
- Purchasing and storage of food commodities
- Cost control techniques
- Menu pricing
- Cost control of food sales
- Menu analysis
- Yield factors
- Financial statement

**COURSE: FUNDAMENTALS OF BALANCED DIET AND NUTRITION**

**Description:** This course focuses on interpreting the concept of healthy eating through a study of basic nutrition principles and an understanding of the key nutrients, their source and functions. A discussion of current food trends, diet related health issues and modified diets is integrated into the nutrition study.

**Course Content/Topics**
- Basic Nutrition principles
- Nutrients, functions, sources and deficiencies
- Current food trends
- Health related diets
- Special dieting
- Equipment and facility management