

# CART 064: FLAVORS AND AROMATICS

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**Originator**

zbecker

**Co-Contributor(s)****Name(s)**

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**Justification / Rationale**

Restructure the Culinary curriculum to provide more scheduling flexibility for students and faculty and more advanced culinary study options.

**Effective Term**

Fall 2020

**Credit Status**

Credit - Degree Applicable

**Subject**

CART - Culinary Arts

**Course Number**

064

**Full Course Title**

Flavors and Aromatics

**Short Title**

FLAVORS AND AROMATICS

**Discipline****Disciplines List**

Culinary Arts/Food Technology (Food service, meat cutting, baking, waiter/waitressing, bartending)

**Modality**

Face-to-Face

**Catalog Description**

This course develops the participant's ability to perceive the basic gustatory sensations. The course focuses on the intricate relationship between taste and smell. The "blind" mystery item sensory evaluation module is an essential component of the course.

**Schedule Description**

This course develops the participant's ability to perceive the basic gustatory sensations. The course focuses on the intricate relationship between taste and smell. The "blind" mystery item sensory evaluation module is an essential component of the course. Prerequisite: CART 060 or concurrent enrollment

**Lecture Units**

1

**Lecture Semester Hours**

18

**Lab Units**

1

**Lab Semester Hours**

54

**In-class Hours**

72

**Out-of-class Hours**

36

**Total Course Units**

2

**Total Semester Hours**

108

**Prerequisite Course(s)**

CART 060 or concurrent enrollment

**Required Text and Other Instructional Materials****Resource Type**

Book (Recommended)

**Author**

Harold McGee

**Title**

On Food and Cooking

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**Class Size Maximum**

20

**Entrance Skills**

Identify basic safety and accident prevention techniques.

**Requisite Course Objectives**

CART 060-Identify basic safety and accident prevention techniques

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**Entrance Skills**

Explain the role of the food service worker and manager in the prevention of food borne illnesses.

**Requisite Course Objectives**

CART 060-Explain the roles of the food service worker and manager in the prevention of foodborne illnesses

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**Entrance Skills**

Explain the role of the health department.

**Requisite Course Objectives**

CART 060-Explain the role of the health department sanitarian and evaluate a sanitation report

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**Entrance Skills**

Identify the steps to establishing HACCP plan.

**Requisite Course Objectives**

CART 060-Identify steps to establishing HACCP Plan

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**Course Content**

SENSORY

1. Sweet
2. Sour
3. Bitter
4. Salty
5. High, Low notes
6. Chocolate
7. Bottled Water
8. Salt
9. MSG
10. Coffee
11. Olive Oils
12. Ice Cream
13. Tea

### Lab Content

Preparation of food's demonstrative sensory flavors.

1. Sweet
2. Sour
3. Bitter
4. Salty
5. High, Low notes
6. Chocolate
7. Bottled Water
8. Salt
9. MSG
10. Coffee
11. Olive Oils
12. Ice Cream
13. Tea
14. Herb Farm Tour

### Course Objectives

	Objectives
Objective 1	Students will have a primary understanding of papillae types and functions.
Objective 2	Students will have a basic understanding of the history of taste and its importance to the foodservice industry.
Objective 3	Students will understand how the odor classification system factors into the food and wine industry.
Objective 4	Students will have a basic understanding of the history of smell and its importance to the foodservice industry.
Objective 5	Students will understand the structure of odor and the points of origin within the olfactory membrane.

### Student Learning Outcomes

	Upon satisfactory completion of this course, students will be able to:
Outcome 1	Students will demonstrate a primary working knowledge of sensory evaluation testing as it relates to foodservice products and ingredients.
Outcome 2	Students will be able to distinguish by sensory evaluation the gustatory sensations of bitter, sour, salty and sweet

### Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Supplemental/External Activity	Web research on international cuisine.
Participation	Presentations on foods of each sensory area studied.
Observation	Observe instructor demonstrations of cooking procedures.
Lecture	Presentation of topic in context.

Laboratory	Prepare a variety of foods demonstrating sensory tastes and smells.
Discussion	Evaluate culinary projects for appearance, taste, and value.
Demonstration, Repetition/Practice	Demonstrations by instructor on cooking procedures.
Collaborative/Team	Create culinary projects as a team where multiple players are necessary to make the project come together at the same time.

### Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Presentations/student demonstration observations	Students present final cooking projects for evaluation by peers and instructor.	In Class Only
Laboratory projects	Various cooking projects to practice topics covered in class.	In Class Only
Behavior assessment	Students participate safely in all projects, both individually and as a member of a team.	In Class Only
Oral and practical examination	Participate as a member of a student group that will research a topic and present its findings to the class. The topic for this assignment will encourage the exploration of the foods, food preparation practices, food beliefs, etc. that are associated with a region of the world.	In and Out of Class
Self-paced testing	Research international recipes and cooking methods on the web and share with class.	Out of Class Only
Student participation/contribution	Active participation in all cooking projects. Attendance at all lectures.	In Class Only
Mid-term and final evaluations	Quizzes on each topic covered.	Out of Class Only
Oral and practical examination	Final presentation of practical cooking demonstration.	In Class Only
Written homework	Complete a paper that analyzes the student's food habits and beliefs.	Out of Class Only
Field/physical activity observations	Participate in one ethnic restaurant lunch/dinner with a classmate(s) and prepare a review related to the experience	Out of Class Only

### Assignments

#### Other In-class Assignments

- Complete assignments correctly and in the time allowed.
- Attend class, **Actively Listen** to the material presented and **participate in discussions** and individual activities.
- Study for and complete scheduled examinations.
- Participate as a member of a student group that will research a topic and present its findings to the class.
- Sensory Blind.

#### Other Out-of-class Assignments

- Complete assignments correctly and in the time allowed.
- Read and study assigned materials prior to attending class.
- Study for and complete scheduled examinations.
- Complete a paper that analyzes the student's food habits and beliefs.

Participate as a member of a student group that will research a topic and present its findings to the class. The topic for this assignment will include:

*Assignment – Are There Only Four Tastes? What about metallic, astringent, alkaline, insipid, pungent, umami?*

#### Grade Methods

Letter Grade Only

## MIS Course Data

**CIP Code**

12.0500 - Cooking and Related Culinary Arts, General.

**TOP Code**

130630 - Culinary Arts

**SAM Code**

C - Clearly Occupational

**Basic Skills Status**

Not Basic Skills

**Prior College Level**

Not applicable

**Cooperative Work Experience**

Not a Coop Course

**Course Classification Status**

Credit Course

**Approved Special Class**

Not special class

**Noncredit Category**

Not Applicable, Credit Course

**Funding Agency Category**

Not Applicable

**Program Status**

Program Applicable

**Transfer Status**

Transferable to CSU only

**Allow Audit**

No

**Repeatability**

No

**Materials Fee**

No

**Additional Fees?**

No

## Approvals

**Curriculum Committee Approval Date**

11/21/2019

**Academic Senate Approval Date**

12/12/2019

**Board of Trustees Approval Date**

1/17/2020

**Chancellor's Office Approval Date**

1/21/2020

**Course Control Number**

CCC000612097

**Programs referencing this course**Basic Culinary Arts Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=123/>)Intermediate Culinary Arts Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=125/>)Culinary Management AS Degree (<http://catalog.collegeofthedesert.eduundefined?key=23/>)