

Program Requirements:

Hosp 66	Practices in Hospitality
Hosp 72	Culinary Arts Basics
Hosp 73	Stocks, Soups, Sauces
Hosp 74	Vegetables, Rice, Pasta
Hosp 75	Fish, Poultry, Meat
Hosp 76	Garde Manger
Hosp 180	Food Safety Certification
Coop 91	Internship–Hospitality Work Exp.

Time requirement: App. 187 hours, 5 units

Cost: App. \$100 plus textbook

APPLICATION PROCEDURE

For information about the certificate and the enrollment procedure, contact:

Counseling Department
Monterey Peninsula College
980 Fremont Street
Monterey, California 93940
Phone: (831) 646-4020

For more information about the Hospitality program contact:

Life Science Division
Monterey Peninsula College
(831) 646-4125
FAX (831) 645-1353

Program Outcomes:

Upon completion of the program, students will be able to

- Prepare salads, soups, pasta, meat entrees and accompaniments using appropriate procedures and tools/equipment.
- Work as part of a team, using effective communication and interpersonal skills and work habits.
- Follow sanitation procedures and personal hygiene requirements, including using correct temperatures and procedures to thaw, prepare, hold and serve food.

Name _____
Address _____

Phone _____
Email _____
Student ID _____

Date _____

Instructor Signatures:

Fast Track Certificate: **Cook**



Student application for Certificate:

- Earn credit for each course
- Pass each competency
- Submit this signed, completed form to program director

To increase career options, advanced certificate and degree programs are available.

Please check with a counselor for information.



MONTEREY PENINSULA
COLLEGE

Instructions: Please take this form to each class and ask the instructor to sign when you have demonstrated competency in each of the areas to their satisfaction. When the sheet is complete, submit to the program director to apply for a Certificate of Completion. 100% of the competencies must be mastered to receive a Certificate of Completion in Fast Track Cooking.

Food Safety and Sanitation

1. Proper handwashing Pass NI*

- Correct length of time
- Correct procedure
- Knowledge of when to wash hands

2. HACCP steps

- Critical control points
- Flow of food

3. Food safety

- Temperature danger zone
- Prevention of cross contamination
- Storing food safely
- Holding temperatures
- Serving temperatures

Tools and Equipment:

1. Knife use and safety

- Chef's knife
- Paring knife

*NI = Needs Improvement

- Boning knife
- Slicer

2. Use of cutting board

- Raw meat
- Fruits and vegetables
- Cleaning and sanitizing

3. Large equipment

- Safety around open flame
- Handling large pots safely

Food Preparation

1. Fruits and Vegetables

- Basic identification
- Methods of preparation
- Serving

2. Stocks, Soups, Sauces

- Explain types of stocks and sauces
- Role of seasonings
- Categories of soups

3. Starches – Pasta, Rice, etc.

- Proper preparation
- Holding safely

4. Proteins – Meat, Fish, Poultry

- Fish and shellfish selection, preparation and serving
- Poultry selection, preparation and serving

- Beef and pork selection, preparation and serving
- Recognition of protein items
- Internal cooking temperatures

On the Job

1. Appropriate dress and grooming

- Daily hygiene
- Hair
- Nails
- Clothing

2. Following instructions

- Listening skills
- Appropriate responses
- Follow through

3. Work habits

- Getting to work/class on time
- Efficiency and effectiveness
- Getting along with co-workers and supervisors
- Communicating effectively

4. Customer Service

- Appropriate attitude
- Doing best work at all times
- Recognizing how work affects co-workers and customers

*N I = Needs Improvement