

# LYCEUM-NORTHWESTERN UNIVERSITY Dagupan City, Pangasinan COLLEGE OF HOSPITALITY MANAGEMENT COLLEGE OF TOURISM MANAGEMENT



# 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
- 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

- 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?
- Read and follow the instructions stated in the learning activities part of this module on how to participate in the discussion.

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**Léo Pomar** 

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