

CULINARY ARTS and HOSPITALITY MANAGEMENT

CAHM 20 Nutrition 

Examines essential nutrients and how they affect our health throughout life emphasizing and evaluating current developments in nutrition.

Transfer Credit: CSU; UC. CAN FCS2.

Section	Days	Times	Units	Instructor	Room
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57995 Arr. Arr. 3.00 D.Russo OL
Section 57995 is an ONLINE course. Mandatory orientation Monday 9/8, 6:00PM-9:10PM, Room 405; students will be dropped if they don't attend orientation. For details, see instructor's web page at www.cabrillo.edu/services/disted/ "Distance Courses."

57997 M 06:00PM-09:10PM 3.00 D.Russo 405

Section 57997 is a Hybrid ONLINE course. Meets alternating Mondays (9/8, 9/22, 10/6, 10/20, 11/3, 11/17, 12/1, and 12/15) with the balance of course content and work done online. Mandatory orientation Monday 9/8, 6:00PM-9:10PM, Room 405; students will be dropped if they don't attend orientation. For details, see instructor's web page at www.cabrillo.edu/services/disted/ "Distance Courses."

57996	MW	08:00AM-09:30AM	3.00	D.Russo	Arr.
57998	MW	12:40PM-02:10PM	3.00	C.Cavanaugh	Wat4480
57999	TH	06:00PM-09:10PM	3.00	C.Cavanaugh	432

CAHM 50A Introduction to Culinary Arts Basics

Explores kitchen safety and sanitation, nutrition, menu planning, food costing, principles of cooking, knife skills, tools and equipment, and techniques for making stocks, sauces, and soups via lecture-based instruction.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
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58000 W 05:30PM-09:00PM 1.00 S.Slater 405
Meets 5 weeks 9/3-10/1.

CAHM 50B Introduction to Entree Preparation and Service

Introduces the principles of restaurant organization; purchasing, storage, cutting, and cooking methods for meat, poultry, fish, shellfish, and vegetarian entrees via lecture-based instruction.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
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58001 W 05:30PM-09:00PM 1.00 S.Slater 405
Meets 5 weeks 10/8-11/5.

CAHM 50C Introduction to Appetizers and Baking Preparation

Introduces the principles of baking breads, cakes, custards, pies; preparation of fruits, vegetables, starches; and hors d'oeuvre preparation via lecture-based instruction.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
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58002 W 05:30PM-09:00PM 1.00 S.Slater 405
Meets 5 weeks 11/12-12/10.

CAHM 50L Introduction to Culinary Arts Lab

Explores a practical application of basic food preparation, service, costing, sanitation, menu planning, and purchasing via laboratory-based instruction. Corquisites: CAHM 50A, CAHM 50B, CAHM 50C. Repeatability: May be taken 2 times.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
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58003 M 08:00AM-02:50PM 2.00 K.Niven 1803
Enroll in one section only of CAHM 50L.

58004 T 08:00AM-02:50PM 2.00 E.Carter 1803
Enroll in one section only of CAHM 50L.

58005 W 08:00AM-02:50PM 2.00 K.Niven 1803
Enroll in one section only of CAHM 50L.

58006 TH 08:00AM-02:50PM 2.00 H.Quiroz 1803
Enroll in one section only of CAHM 50L.

CAHM 57 Catering and Beverage Operations

Examines menu planning, costing, beverage management, public relations, hospitality service, and business strategies involved in catering.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
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58007 T 06:00PM-08:10PM 2.00 S.Slater 432

CAHM 64 Sanitation and Hygiene

Examines and evaluates all phases of food sanitation, public health laws, and special problems in hotel and restaurant sanitation.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
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58008 M 05:30PM-07:40PM 2.00 P.McCauley 425

CAHM 149 Cake Decorating

Introduces cake decorating techniques, including filling and icing cakes, pastry bag work in borders, Australian lace, string work, writing and flowers.

Section	Days	Times	Units	Instructor	Room
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57984 TH 05:00PM-09:20PM 1.00 A.Baldzikowski 908
Meets 8 weeks 9/4-10/23. \$12 materials fee due first class meeting. For supply list, see instructor's web page at www.cabrillo.edu "Directory."

Cabrillo College *Schedule of Classes* – Fall 2008

CAHM 151B Advanced Culinary Arts

Provides opportunities to create and plan menus, research and develop prep formulas, and explore a la carte, ethnic food, garde manger, and specialty baking. Prerequisites: CAHM 50A, CAHM 50B, CAHM 50C, and CAHM 50L or equivalent experience. Repeatability: May be taken 2 times.

Section	Days	Times	Units	Instructor	Room
57985	M	01:00PM-04:10PM	9.00	STAFF	908
&	M	04:15PM-07:25PM		STAFF	1803
&	TW	02:30PM-11:00PM		STAFF	1803
57986	M	01:00PM-04:10PM	9.00	STAFF	908
&	M	04:15PM-07:25PM		STAFF	1803
&	TTH	02:30PM-11:00PM		STAFF	1803
57987	M	01:00PM-04:10PM	9.00	STAFF	908
&	M	04:15PM-07:25PM		STAFF	1803
&	WTH	02:30PM-11:00PM		STAFF	1803

CAHM 155 Basic Baking and Pastry

Introduces equipment, skills, and procedures in commercial bakeries, including hands-on production of pastries and specialty items.

Section	Days	Times	Units	Instructor	Room
57988	T	05:00PM-10:20PM	3.00	A.Baldzikowski	908

\$50 materials fee due first class meeting.

CAHM 156AC Artisan Confections

Introduces confectionery formulas, theory, and techniques including chocolate work, noncrystalline sugar, crystalline sugar, jellies, and aerated confections. Prerequisite: CAHM 50L.

Section	Days	Times	Units	Instructor	Room
59841	M	05:00PM-09:15PM	2.00	A.Baldzikowski	908

\$75 materials fee due first class meeting. For supply list see instructor's web page at www.cabrillo.edu "Directory."

CAHM 156WF

Explores common faults and problems found in wine through sensory evaluation and discussion, including causes for occurrence.

Section	Days	Times	Units	Instructor	Room
59966	T	06:00PM-08:30PM	1.00	STAFF	435

Meets 7 weeks 10/28-12/16. Holiday 11/11. \$35 materials fee due first class meeting. Must be 21 or older to enroll.

CAHM 157L Catering and Beverage Operation Lab

Provides practical application of catering techniques including menu planning, costing, hospitality service and buffet presentation. Repeatability: May be taken 2 times.

Section	Days	Times	Units	Instructor	Room
57989	F	09:00AM-06:00PM	5.00	S.Slater	1803
&	S	Arr.		S.Slater	1803

Meets Fridays plus 7 hr 20 min per week arranged around Saturday catering events.

CAHM 163 Food Service Management

Examines the theoretical and practical approaches to supervision and management for the prospective food service manager.

Section	Days	Times	Units	Instructor	Room
57991	TH	10:00AM-12:10PM	2.00	R.Larson	908

CAHM 167 Cultural and Ethnic Foods

Introduces a variety of ethnic foods which could include Middle Eastern, African, European, and/or Southeast Asian, emphasizing how to prepare and incorporate ethnic foods into a restaurant setting.

Section	Days	Times	Units	Instructor	Room
57993	W	01:00PM-05:15PM	2.00	J.Schultz	908

\$75 materials fee due first class meeting.

CAHM 172 Wine and Wine Service

Explores basic concepts of oenology, wine regions, responsible beverage service; and wine sensory perception in the form of guided wine tastings. Must be 21 or older to enroll.

Section	Days	Times	Units	Instructor	Room
57994	TH	07:00PM-09:10PM	2.00	S.Slater	405

\$75 materials fee due first class meeting. Must be 21 or older to enroll.