

**Virginia Western Community College**  
**SDV 101**  
**Course Title: Orientation to Culinary Arts**

**Prerequisites**

Placement for ENF 3/ENG 111 or higher, or successful completion of ENF 1 or ENF 2.

**Course Description**

Introduces students to the skills necessary to achieve their academic goals, services offered at the college, to the disciplines in which they are enrolled, and to topics for students on academic probation. Covers topics such as services offered at the college including the learning resource center, counseling, and advising; listening, test taking, and study skills; and topical areas which are applicable to their particular discipline.

**Semester Credits: 1 Lecture Hours: 0 Lab/Clinical/Internship Hours: 0**

**Required Materials**

**Textbook: N/A**

**Other Required Materials:**

1. 2 full uniforms, consisting of: chef jacket with school logo and name embroidered, black & white chef check pants, neckerchief, slide, white apron, white Baker's Cap, closed-heel, closed toe, non-skid shoes. 2. Knife kit – only the kit sold at the VWCC bookstore is acceptable. 7-piece set with knife roll plus garnishing kit. Mercer Brand. 3. Pen, pencil, calculator. 4. Bi-metallic stemmed thermometer, dial or digital, Black Sharpie Marker

**Course Outcomes**

**At the completion of this course, the student should be able to:**

1. Understand professionalism as it relates to the hospitality industry
2. Understand early history of culinary arts
3. Understand several types of certification as they relate to specific fields in the industry
4. Understand the different pathways that are available upon completion of the program of study
5. Have a greater understanding of interviewing and resume writing
6. Understand mental mise en place
7. Have an understanding of leadership in a commercial kitchen environment

**Topical Description**

Week 1 Introduction

### Week 2 Pride and professionalism

- Professionalism in a commercial kitchen
- Proper attire
- Mutual respect
- Understanding the team dynamic

### Week 3 Career Pathways

- Degree and certificate pathways at Virginia Western
- Diversification
- Higher Education pathways upon graduation
- The process of transferring to another institution

### Week 4 Certification breakdown

- Trade organizations for the hospitality industry
- ACF certification
- NRA certification

### Week 5 Video – (CMC Certification Exam)

- An in depth look at the Certified Master Chef examination

### Week 6 Resume Writing for Chefs

- Proper resume writing techniques

### Week 7 Interviewing for the win

- Proper attire for interviewing
- How to separate yourself in the interview process
- Presentation and telling your story

### Week 8 Mock Interview I

- Mock interviews with real questions and attire for each individual

### Week 9 Mock Interview II

- Mock interviews with real questions and attire for each individual

### Week 10 Mock Interview III

- Mock interviews with real questions and attire for each individual

### Week 11 The Mental Game

- How to mentally prepare yourself for the industry
- Mental mise en place
- Preparing your staff for service and events

Week 12 Leadership in the kitchen

- Best practices for leadership in a kitchen environment
- Working with the team dynamic
- How to lead in a diverse environment

Week 13 Open forum

- Guest speaker from the corporate side of the hospitality industry
- Question and answer open discussion with class (interactive)

Week 14 Video (Culinary Olympics)

- Culinary history
- Description and process of the competition arena

Week 15 Chef Panel Discussion

- Guest Chef speakers from the independent side of the industry
- Question and answer open discussion with class (interactive)