

Culinology® Workshop: Culinology Online Study Classes 2022

(Print this Syllabus and keep handy during the class)

Tentative Schedule for 2021

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CRC/CCS Study Courses

These courses are based on the **Culinology Learning Objectives 2019** which can be obtained from the Research Chefs Association www.culinology.com. The Learning Objectives and courses are divided into the following three major areas:

- **General Culinology.** Fifty two percent (52%) of the exam questions come from these objectives for both the Certified Research Chef (CRC) and the Certified Culinary Scientist (CCS). This class is for both CRC and CCS candidates.
- **Food Science and Engineering:** The CRC exam will include 37% of its questions from the learning objectives for food science and engineering; the CCS exam will include 11% of its questions from this area. This class is designed for Chefs studying for the CRC exam.
- **Culinary Arts:** This CRC exam will include 11% of its questions on culinary arts and the CCS exam will include 22% of its questions from these learning objectives. This class is intended for food scientists studying for the CCS exam.

Course Registration:

Register through my website GoldenFoodScience.com. Registration and payment links are at the bottom of the page.

Registration Fees:

- **General Culinology** - \$1,000 for RCA Members \$1,200 for non-members.
- **Food Science & Engineering or Culinary Arts** \$700 for RCA members \$800 for non-members.
- 10% Discounts are given for second and third classes

Online Meetings:

There will be one online meeting per week, held on **Thursday at 3 PM Pacific/6 PM Eastern** using [ConferZoom](https://confer.zoom.us). Sign-in information is emailed to you one week before the class begins.

Online Course Materials:

The online materials are hosted in Canvas Learning Management System. An invitation to join Canvas will be emailed to you about a week before the class starts. Each weekly lesson includes online materials, study sheet assignments, flash cards, quizzes and a discussion.

Please note this is a tentative schedule and is subject to change.

- **Weekly Lessons** will begin with the Overall Learning Objectives to be covered and general reading assignments
- **Study Sheet Assignments:** Each Learning Objective will be covered in an assignment. At the end of the course you have a collection of study sheets to review for the exam
- **Quizlets:** Important terms are reviewed in Flashcards
- **Reflective Discussions:** An opportunity to reflect on your learning, provide feedback about the material and apply the information to your current work
- **Quizzes:** test your learning in a format similar to the online exam. Quizzes can be taken as many times as you like. Quiz questions are chosen from a question bank, so each time you take the exam you will get different question. Correct answers are provided as soon as you complete the quiz.
- **Final Exam:** previous quiz questions are used to review the material covered during the course and provide additional feedback.

RCA Certification Committee Recommended Textbooks:

Purchase the books before the class starts.

- *Culinology: The Intersection of Culinary Art and Food Science*, Research Chefs Association, Editor: J. Jeffrey Cousminer, Wiley
- *Essentials of Food Science*, 4th Edition, Vickie A. Vaclavik, Elizabeth W. Christian, Springer
- *Elementary Food Science* 4th Edition, Ernest R. Vieira, Chapman & Hill (This book is only used in Food Processing Basics)
- *On Cooking A textbook of Culinary Fundamentals* 6th edition: Sarah R. Labensky, Alan M. Hause, and Pricilla A. Martel, Pearson Publishing

Grading

This is a pass/fail course; you must receive at least 80% of the possible points to pass the class. If problems arise please contact me immediately so we can decide the best way for you to finish the course. A Certificate will be mailed to you on completion of the class. 80% of the points required to complete the class.

| | Points |
|-------------------------|-------------------------------------|
| Weekly Online meetings | 20 pts. each |
| Quizzes | 20 pts each |
| Reflective Discussions | 10 pts each |
| Study Sheet Assignments | 10 pts each, varies by module |
| Final Exam | 1 @ 100 – 150 pts |
| Course Survey | 2 @ 10 |
| Total Points | 80% Required to receive Certificate |

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Culinary Arts

| Week # | Date | Topic |
|--------|----------|---|
| 1 | Jan. 13 | Orientation/Start Here |
| 2 | Jan. 20 | Mod. 1 Kitchen Tools and Equipment |
| 3 | Jan. 27 | Mod. 2 Principles of Cooking |
| 4 | Feb. 3 | Mod. 3 Traditional Stocks, Sauces & Soups |
| 5 | Feb. 10 | Mod. 4 Culinary Product Applications |
| | | 3-week Break, I am on vacation |
| 6 | March 10 | Mod. 5 Recipe Development & Formula Ratios |
| 7 | March 17 | Mod. 6 Baking & Pastry Fundamentals |
| 8 | March 24 | Mod. 7 Regional & World Cuisines |
| 9 | March 31 | Mod. 8 Culinary Gold Standard |
| 10 | April 7 | Mod. 9 Product Presentation |
| | April 21 | Final Exam, No Meeting Start of RCA Conference |

General Culinology

| Week # | Date | Topic |
|--------|--------|--|
| 1 | May 5 | Orientation |
| 2 | May 12 | Mod. 1 The Product Development Process & Gold Standard |
| 3 | May 26 | Mod. 2 Developing Nutritious Food Products Week 1 |

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| 4 | June 2 | Mod. 3 Developing Nutritious Food Products Week 2 |
| 5 | June 9 | Mod. 4 Sensory Evaluation |
| 6 | June 16 | Mod. 5 Government Food Regulations, Labeling & Allergens |
| 7 | June 23 | Mod. 6 Food Safety & Sanitation |
| 8 | June 30 | Mod. 7 Carbohydrate-Based Foods |
| 9 | July 7 | Mod. 8 Lipid-Based Foods |
| 10 | July 14 | Mod. 9 Protein-Based Foods |
| 11 | July 21 | Mod. 10 Functional Ingredients Week 1 |
| 12 | Sept 28 | Mod. 11 Functional Ingredients Week 2 |
| 13 | Aug 4 | Mod. 12 Commercial Flavorings & Colors |
| 14 | Aug 11 | Mod. 13 Ingredient Sourcing & Management |
| 15 | Aug 18 | Mod. 14 Dairy Foods |
| 16 | Aug 25 | Mod. 15 Weight & Measurement Conversions |
| | Sept 1 | Final Exam, No Meeting |

Food Science and Engineering

| Week # | Date | Topic |
|--------|---------|--|
| 1 | Sept 15 | Orientation |
| 2 | Sept 22 | Mod. 1: Food Chemistry – Basic Chemistry |
| 3 | Sept 29 | Mod. 2: Food Chemistry - Carbohydrate |
| 4 | Oct 6 | Mod. 3: Food Chemistry – Lipids |

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| 5 | Oct 13 | Mod. 4: Food Chemistry – Proteins and Enzymes |
| 6 | Nov 3 | Mod. 5: Analytical, Organoleptic, and Microbiological Testing |
| 7 | Nov 10 | Mod. 6: Product Shelf Life |
| 8 | Oct 20 | Mod. 7: Food Microbiology & Fermentation |
| 9 | Oct 27 | Mod. 8: Principles of Commercial Food Processing and Thermal Processing |
| 10 | Nov 3 | Mod. 9: Food Packaging Engineering & Water |
| | Nov 10 | Final Exam Closes |

No Classes November and December

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