

Culinology® Workshop: Culinology Online Study Classes 2023

(Print this Syllabus and keep handy during the class)

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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 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://www.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.

- **Weekly Lessons** will begin with the Overall Learning Objectives to be covered and general reading assignments

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

- **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
- *On Cooking A textbook of Culinary Fundamentals* 6th edition: Sarah R. Labensky, Alan M. Hause, and Pricilla A. Martel, Pearson Publishing
- ~~*Essentials of Food Science*, 4th Edition, Vickie A. Vaclavik, Elizabeth W. Christian, Springer-No longer required by RCA Certification Committee~~
- ~~*Elementary Food Science* 4th Edition, Ernest R. Vieira, Chapman & Hill (This book is only used in Food Processing Basics)-No longer required by RCA Certification Committee~~

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

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

Culinary Arts

Week #	Date	Topic
1	Jan. 19	Orientation/Start Here
2	Jan. 26	Mod. 1 Kitchen Tools and Equipment
3	Feb. 2	Mod. 2 Principles of Cooking
4	Feb. 9	Mod. 3 Traditional Stocks, Sauces & Soups
5	Feb. 16	Mod. 4 Culinary Product Applications
6	Feb. 23	Mod. 5 Recipe Development & Formula Ratios
7	March 2	Mod. 6 Baking & Pastry Fundamentals
	March 9	NO CLASS SCIFTS SUPPLIERS NIGHT ANAHEIM, CA
8	March 16	Mod. 7 Regional & World Cuisines
9	March 23	Mod. 8 Culinary Gold Standard
	March 30	NO CLASS RCA Conference
10	April 6	Mod. 9 Product Presentation
	April 13	Final Exam, No Meeting

General Culinary

Week #	Date	Topic
1	May 18	Orientation
2	May 25	Mod. 1 The Product Development Process & Gold Standard
3	June 1	Mod. 2 Developing Nutritious Food Products Week 1

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4	June 8	Mod. 3 Developing Nutritious Food Products Week 2
5	June 15	Mod. 4 Sensory Evaluation
6	June 22	Mod. 5 Government Food Regulations, Labeling & Allergens
7	June 29	Mod. 6 Food Safety & Sanitation
8	July 6	Mod. 7 Carbohydrate-Based Foods
9	July 13	Mod. 8 Lipid-Based Foods
10	July 20	Mod. 9 Protein-Based Foods
11	July 27	Mod. 10 Functional Ingredients Week 1
12	Aug 3	Mod. 11 Functional Ingredients Week 2
13	Aug 10	Mod. 12 Commercial Flavorings & Colors
14	Aug 17	Mod. 13 Ingredient Sourcing & Management
15	Aug 24	Mod. 14 Dairy Foods
16	Aug. 31	Mod. 15 Weight & Measurement Conversions
	Sept. 7	Final Exam, No Meeting

Food Science and Engineering

Week #	Date	Topic
1	Sept 28	Orientation
2	Oct. 5	Mod. 1: Food Chemistry – Basic Chemistry
3	Oct. 12	Mod. 2: Food Chemistry - Carbohydrate

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4	Oct. 19	Mod. 3: Food Chemistry – Lipids
5	Oct. 26	Mod. 4: Food Chemistry – Proteins and Enzymes
6	Nov. 3	Mod. 5: Analytical, Organoleptic, and Microbiological Testing
7	Nov 2	Mod. 6: Product Shelf Life
8	Nov. 9	Mod. 7: Food Microbiology & Fermentation
9	Nov 16	Mod. 8: Principles of Commercial Food Processing and Thermal Processing
	Nov 23	NO CLASS THANKSGIVING
10	Nov 30	Mod. 9: Food Packaging Engineering & Water
	Dec. 7	Final Exam Closes

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