# Culinology® Workshop: Culinology Online Study Classes 2025

(*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](http://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).
* **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.
* **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.

## Course Registration:

Register through my website [GoldenFoodScience.com](https://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](http://conferzoom.org/). 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
* **Study Sheet Assignments:** Culinology Learning Objective will be covered in each assignment. At the end of the course you have a collection of study sheets to review for the exam
* **Quizlets:** Important termsare 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.

## Textbooks: RCA Certification Committee Recommended:

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
* The following books are recommended by RCA but used only as backup in the class.
  + *Essentials of Food Science*, 5th Edition, Vickie A. Vaclavik, Elizabeth W. Christian, SpringerUsed only for reference by the RCA Certification Committee
  + *Elementary Food Science* 5th Edition, Ernest R. Vieira, Chapman & Hill (This book is only used in Food Processing Basics)Used only for reference 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.

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|  | **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 |

# Culinary Arts

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| **Week #** | **Date** | **Topic** |
| 1 | Jan. 16 | Orientation/Start Here |
| 2 | Jan. 23 | Mod. 1 Kitchen Tools and Equipment |
| 3 | Jan. 30 | Mod. 2 Principles of Cooking |
| 4 | Feb. 6 | Mod. 3 Traditional Stocks, Sauces & Soups |
| 5 | Feb. 13 | Mod. 4 Culinary Product Applications |
| 6 | Feb. 20 | Mod. 5 Recipe Development & Formula Ratios |
| 7 | Feb. 27 | Mod. 6 Baking & Pastry Fundamentals |
|  | 3/6-3/27 | No Class, I am out of town  RCA Conference 3/18-3/20 |
| 8 | April 3 | Mod. 7 Regional & World Cuisines |
| 9 | April 10 | Mod. 8 Culinary Gold Standard |
| 10 | April 17 | Mod. 9 Product Presentation |
|  | April 24 | Final Exam, No Meeting |

# General Culinology

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| **Week #** | **Date** | **Topic** |
| 1 | May 8 | Orientation |
| 2 | May 15 | Mod. 1 The Product Development Process & Gold Standard |
| 3 | May 22 | Mod. 2 Developing Nutritious Food Products Week 1 |
| 4 | May 29 | Mod. 3 Developing Nutritious Food Products Week 2 |
| 5 | June 5 | Mod. 4 Sensory Evaluation |
| 6 | June 12 | Mod. 5 Government Food Regulations, Labeling & Allergens |
| 7 | June 19 | Mod. 6 Food Safety & Sanitation |
| 8 | June 26 | Mod. 7 Carbohydrate-Based Foods |
|  | July 3 | No Class 4th of July |
| 9 | July 10 | Mod. 8 Lipid-Based Foods |
| 10 | July 17 | Mod. 9 Protein-Based Foods |
| 11 | July 24 | Mod. 10 Functional Ingredients Week 1 |
| 12 | July 31 | Mod. 11 Functional Ingredients Week 2 |
| 13 | Aug. 7 | Mod. 12 Commercial Flavorings & Colors |
| 14 | Aug. 14 | Mod. 13 Ingredient Sourcing & Management |
| 15 | Aug. 21 | Mod. 14 Dairy Products |
| 16 | Aug. 28 | Mod. 15 Weight & Measurement Conversions |
|  | Aug. 29 | Final Exam, No Meeting |

# Food Science and Engineering

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| **Week #** | **Date** | **Topic** |
| 1 | Sept 25 | Orientation |
| 2 | Oct. 2 | Mod. 1 Food Chemistry – Basic Chemistry |
| 3 | Oct. 9 | Mod. 2 Food Chemistry - Carbohydrate |
| 4 | Oct.16 | Mod. 3 Food Chemistry – Lipids |
| 5 | Oct. 23 | Mod. 4 Food Chemistry – Proteins and Enzymes |
| 6 | Oct. 30 | Mod. 5 Analytical, Organoleptic, and Microbiological Testing |
| 7 | Nov. 6 | Mod. 6 Product Shelf Life |
| 8 | Nov. 13 | Mod. 7 Food Microbiology & Fermentation |
| 9 | Nov. 20 | Mod. 8 Principles of Commercial Food Processing and Thermal Processing |
|  | Nov. 27 | No Class Thanksgiving |
| 10 | Dec. 4 | Mod. 9 Food Packaging Engineering & Water |
|  | Dec. 11 | Final Exam Closes/Thanksgiving |