

Introduction to Cooking - ACF Course

Welcome to the ACF e-culinary professional development “Introduction to Cooking” course. This is a 12-week, self-paced, instructor-moderated course. Successful completion of the course will provide you with 30 ACF Continuing Education Hours (3.0 CEHs) which can be used to satisfy ACF education requirements for initial and renewal certifications and will be accepted as an approved class for ACF apprenticeship training programs.

Introduction to Cooking - ACF Course

This course will cover all the fundamentals of cooking including: knife skills, equipment identification and uses, and cooking techniques. No prerequisites.

A good reference textbook to use as a companion learning tool is American Culinary Federation’s *Culinary Fundamentals*, 2005, which is published by Prentice Hall. You can purchase the book from the ACF eShop by visiting the bookstore page in the eCulinary Community Center (button located on left hand navigation bar of the eCulinary main web site). The textbook is only required for apprenticeship training programs and is a valuable tool for everyone else interested in professional cooking.

The course is 12 weeks long with 12 units of instruction, bulletin board discussions, Internet networking opportunities, and moderated learning. You can contact the instructor by e-mail at any time by clicking on the “Contact Instructor” button on the left-hand navigation bar.

After successfully completing all 12 units of instruction, all 12 quizzes, and all required bulletin board discussions you will graduate from the course and be able to print off a certificate of completion directly from your “My Accounts” home page.

The 12 lessons are:

- Lesson 1 – Professionalism and Teamwork
- Lesson 2 – Basic Cooking
- Lesson 3 – Growth and Change in Cooking
- Lesson 4 – Flavors in Food
- Lesson 5 – Cooking with Wines
- Lesson 6 – Food Service Tools

Lesson 7 – Food Service Equipment
Lesson 8 – Breakfast Cookery
Lesson 9 – The Pantry
Lesson 10 – Cooking Grains, Starches, and Vegetables
Lesson 11 – Cooking Poultry and Meat
Lesson 12 – Cooking Seafood

Participants must complete all assigned tasks and earn a 75% -C grade or better on their coursework in order to pass this course and receive a certificate of completion. No partial credit is given for incomplete course work. Participants can download and print out their completion certificate directly from their online classroom.

Grading Rubric

Reading the text = 10%

Discussions = 25%

Quizzes = 25%

Final Exam = 40%

Total = 100%