Department:

Health Science

Course Description:

This course will cover the essentials of preparing and storing food. The focus will be on restaurants, health care and child care facilities. This course is approved by the National Restaurant Association.

Course Competencies:

At the completion of this course, students will be knowledgeable in the areas of:

1. Sanitation
2. Flow of food through the operation
3. Sanitary facilities and pest management

Course Content:

A. Sanitation
   1. Providing safe food to include dangers of food-borne illness and preventing food-borne illness
   2. Contamination, bacteria, viruses, parasites, fungi, food-borne infection and food-borne intoxication
   3. Food-borne allergens
   4. Safe Food handlers
   5. Personal hygiene and management’s role in personal hygiene

B. Flow of food through the operation
   1. Preventing cross contamination and time and temperature control.
   2. Purchasing and receiving food
   3. Storage
   4. Preparation to include thawing, preparing, cooking, cooling, storing and reheating cooked food
   5. General rules for holding food and serving food
   6. Off site service
   7. Food Safety Systems to include safety programs, managerial control, HACCP and crisis management

C. Sanitary Facilities and Pest Management
   1. Equipment
   2. Materials for interior construction
   3. Considerations for specific areas of the facility
   4. Cleaning and sanitizing in a three-compartment sink
5. Cleaning nonfood contact surfaces
6. Tools for cleaning
7. Storing utensils, tableware and equipment
8. Using hazardous materials
9. Implementing a cleaning program
10. Integrated pest management program
11. Denying pest access to the establishment
12. Denying pests food and shelter
13. Identifying pests
14. Working with a Pest Control Operator
15. Using and storing pesticides
16. Food safety regulations and standards
17. How to implement the Food Safety Practices in the Serv-Safe Program

Learning Assessments:

The students will be required to take a pre- and post-test to evaluate their knowledge and skills of the information presented in the course.

Instructional Materials:


Guidelines for Requesting Accommodations Based on Documented Disability or Medical Condition

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

On-Campus Students: At enrollment, any on campus student may complete a form that will allow them to self-identify any disability.

Off-Campus Regional Students: Self-identify your disability and accommodation needs with the Regional Coordinator and/or instructor, preferably prior to the first class meeting.
Online Students: Self-identify your disability and accommodation needs by contacting the Disabilities Coordinator. Students must provide their own programs to allow accessibility on their home computer.

Any student may also identify their disability by completing an online form located on the HCC homepage under Students Services/Resources/Disabilities. Questions should be directed to the Disabilities Coordinator.