



**Utah System of Higher Education**  
Culinary Arts  
FY2025 / 21 Credits (630 Clock-Hours)

## Foundational Courses

---

### **TECA 1000 Sanitation and Safety**

**1 Credit / 30 Clock-Hours**

The Sanitation and Safety course introduces students to the importance of food safety and sanitation in the kitchen. Students learn how to recognize and prevent hazards that can cause food-borne illnesses. It covers how to store and handle food and equipment, including the use of sanitizers and prevention of cross contamination. The course introduces regulations related to food safety and sanitation.

Objectives:

- Identify microorganisms related to food spoilage and food-borne illnesses; describe their requirements and methods for growing.
- Demonstrate acceptable procedures when preparing potentially hazardous foods, including time/temperature principles.
- Demonstrate good personal hygiene and health habits.
- Identify the Hazard Analysis Critical Control Points (HAACP) during all food handling processes as a method for minimizing the risk of food-borne illness.
- Define appropriate responses to kitchen injuries.

---

### **TECA 1010 Introduction to Culinary Arts**

**1 Credit / 30 Clock-Hours**

The Introduction to Culinary Arts course explores the careers available in the food service industry. Students learn how to identify, prepare, and combine ingredients for a well-balanced diet, as well as learn about nutrients and dietary substitutions for food allergies. Through hands-on activities, students practice the basic techniques used in cooking, with an emphasis on presentation. Students who complete this course will have a comprehensive understanding of the fundamentals behind a successful culinary career.

Objectives:

- Explain the hospitality industry's philosophy and its role in providing customer service.
- Examine professional career opportunities in the hospitality and foodservice industry.
- Explain the primary characteristics, functions, and major food sources for major nutrients.
- Identify common food allergies and identify appropriate substitutions.
- Examine the importance of sustainable practices in a foodservice operation.

---

### **TECA 1020 Culinary Math**

**1 Credit / 30 Clock-Hours**

The Culinary Math course teaches students the basics of math as it relates to the culinary field. In this course, students learn how to cost recipes and develop yield formulas, as well as practice fraction skills. Through lectures, demonstrations, and in-class problem solving, students practice a variety of math principles such as fractions, decimals, and baker percentages needed for success in the culinary industry.

Objectives:

- Perform basic math functions to include fractions, weights, and measurements.
- Calculate the correct cost of a recipe, including the overall cost, individual cost, and menu sales price.
- Determine selling price based on calculated food costs using current technology.
- Modify recipes using a yield formula to increase and decrease quantities.
- Generate an overall food-cost percentage by examining inventory/ordering.



UTAH SYSTEM OF  
HIGHER EDUCATION

**Utah System of Higher Education**  
Culinary Arts  
FY2025 / 21 Credits (630 Clock-Hours)

---

**TECA 1100 Culinary I**

**3 Credits / 90 Clock-Hours**

The Culinary I course introduces students to knife skills, and the tools and common equipment used in the kitchen. Students practice knife skills and classical cuts. The course provides instruction and practice for mise en place and organizing a kitchen, as well preparing different vegetables, grains, and starches. Basic herbs, spices, seasonings, and cooking techniques are also covered.

Objectives:

- Identify tools and equipment used in a professional kitchen and demonstrate proper handling of these items to include safety, sanitation, and storage.
- Demonstrate knife proficiency to achieve quality results when producing classical knife cuts used in various food preparation and cooking.
- Identify, describe, and utilize herbs, spices, and seasonings.
- Explain Mise en Place and demonstrate a combination of organizational skills, preparedness, and timing when it comes to seasonings and flavors when preparing and cooking food.
- Evaluate and analyze the preparation of a variety of vegetables, legumes, grains, and starches using a variety of cooking methods.

---

**TECA 1110 Culinary Techniques**

**3 Credits / 90 Clock-Hours**

The Culinary Techniques course teaches the essential techniques used in the professional kitchen. Students practice breaking down, preparing, and cooking poultry as well as fish. Fabrication methods for beef, lamb, and game are also taught.

Objectives:

- Execute proper poultry fabrication.
- Identify a variety of poultry and how they are used.
- Demonstrate cooking poultry using a variety of cooking methods.
- Identify and prepare a variety of fish, shellfish, and crustaceans.
- Identify and explain various fabrication methods for beef, lamb, pork, and game as available.

---

**TECA 1200 Soups, Stocks, and Sauces**

**3 Credits / 90 Clock-Hours**

The Soups, Stocks, and Sauces course introduces students to the fundamentals of cooking quality soups, stocks, and sauces. A variety of preparation techniques and ingredients are explored. Topics include understanding the importance of mirepoix, making soups, and thickening sauces.

Objectives:

- Explain the process for making classical stocks.
- Produce and use various methods for thickening.
- Produce a variety of classic soups.
- Produce the five classic mother sauces.
- Produce a variety of small sauces.



**Utah System of Higher Education**  
Culinary Arts  
FY2025 / 21 Credits (630 Clock-Hours)

---

**TECA 1210 World Cuisine**

**2 Credits / 60 Clock-Hours**

This World Cuisine course teaches students about the vast array of ingredients and flavors found Throughout the world. Demonstrations on some regional and international dishes are given by the instructor. Using the same cooking principles that students have learned, they are able to cook with different herbs and spices from around the country to create some regional dishes.

Objectives:

- Demonstrate a variety of cooking methods using specific ingredients from a certain region.
- Examine different regions and gain a basic knowledge of the history of the cuisine.
- Construct dishes using regional and international flavors.
- Explain how geography and culture affects the regional cuisine.
- Build visually appealing and balanced plates from specific regions from around the country and the world.

---

**TECA 1400 Garde Manger – Cold Kitchen**

**3 Credits / 90 Clock-Hours**

The Garde Manger-Cold Kitchen course teaches the fundamentals of the cold kitchen. Students gain an understanding of the pantry, sandwich and salad preparation and other standard food preparation and management skills for the cold kitchen.

Objectives:

- Identify and prepare a variety of salads.
- Identify and prepare a variety of dressings and emulsions.
- Identify and prepare an assortment of hot and cold sandwiches.
- Explain the importance of food preservation techniques.
- Demonstrate proficiency using knives and other tools to achieve professional quality results working with vegetables, fruits, garnishes, and other decorative and edible purposes.
- Discuss the flow of goods in a foodservice operation including ordering, receiving, and storing.
- Define, describe, and explain the importance of a par system.
- Define FIFO and explain how it is used to effectively maintain proper storage procedures.

---

**TECA 1500 Baking I**

**3 Credits / 90 Clock-Hours**

The Baking I course teaches students basic bakery principles that are fundamental for success in any food industry career. The course outlines the basic ingredients and mixing methods that make up the majority of baked goods. Learn to create pie doughs and basic pastries. Mixing techniques along with the appropriate types of crusts to be used with their subsequent fillings are demonstrated. The correct equipment and baking procedures. This course also teaches basic quick breads, muffins, and cake mixing methods.

Objectives:

- Identify baking ingredients and explain their basic function in the formulation of baking and pastry recipes.
- Identify and demonstrate different mixing methods used in baking.
- Demonstrate proper use of baking scale and measuring of wet and dry ingredients.
- Identify and prepare various types of quick breads and yeast breads.
- Identify and prepare various pies and cookies.
- Prepare a variety of cakes utilizing the various mixing methods and finish each cake with a variety of icings or toppings.



**Utah System of Higher Education**  
Culinary Arts  
FY2025 / 21 Credits (630 Clock-Hours)

---

**TECA 1800 Job Seeking Skills**

**1 Credit / 30 Clock-Hours**

Job Seeking Skills explores how to prepare and successfully apply to potential career opportunities. During this course, you will be presented with essential job-seeking skills needed to find gainful employment.

Objectives:

- Create a professional resume, cover letter and reference sheet.
- Utilize online tools successfully to create an e-portfolio.
- Expand and develop networking skills.
- Utilize online resources effectively to find job openings.
- Demonstrate the ability to fill out job applications in a professional manner.
- Perform successfully in a job interview.
- Demonstrate appropriate follow-up procedures.

## Supplemental Courses Varies by Institution

### *Bridgerland*

---

**TECA 1220 Flavor Essentials**

**1 Credit / 30 Clock-Hours**

The Flavor Essentials course teaches students the importance of working with flavors and seasonings. Students learn about sustainability and when different fruits and vegetables are in season to best utilize their flavor. Students work on plating, advanced flavor, and seasoning.

Objectives:

- Combine flavor and seasoning profiles.
- Demonstrate the ability of working with seasonal fruits and vegetables.
- Determine proper use of fresh herbs and spices.
- Demonstrate proper plating.

---

**TECA 1230 Artisan Methods**

**2 Credits / 60 Clock-Hours**

The Artisan Methods course teaches students the basics of bread making using artisan methods. The history of grains prepares students to learn about the important fermentation processes that lend great flavor to the different types of bread they make. Several artisan techniques are taught, along with shaping and baking methods.

Objectives:

- Describe some of the characteristics of grains and flours used in artisan bread methods.
- Describe the fermentation process and explain how it changes the finished product.
- Practice different mixing methods and discuss how it affects the crumb texture.
- Create and keep a sourdough starter active.
- Produce products using various shaping methods.
- Construct laminated doughs (rolled-in) with different folding techniques.
- Discuss the differences in a variety of pre-ferments such as sponge/bigga/polish and discuss how it affects the crumb texture.
- Produce "bucky" dough, such as bagels and pretzels with appropriate flavor variations.



UTAH SYSTEM OF  
HIGHER EDUCATION

**Utah System of Higher Education**  
Culinary Arts  
FY2025 / 21 Credits (630 Clock-Hours)

---

**TECA 1240 Pastas and Grains**

**2 Credits / 60 Clock-Hours**

The Pastas and Grains course teaches students about different types of starches including pasta and grains. Students learn the proper techniques in creating pasta dough and shaping for the desired finished product. Several methods of potato preparation are demonstrated. Rice/grain cooking methods are explained and demonstrated to the students.

Objectives:

- Prepare pasta dough and identify different shapes and uses of pasta.
- Identify grains and cook them using a variety of methods.
- Identify different types of rice and demonstrate a variety of methods to cook rice.
- Describe the role of starches and their place on a balanced plate.
- Identify different beans and legumes.

---

**TECA 1510 Pastries and Desserts**

**2 Credits / 60 Clock-Hours**

The Pastries and Desserts course is hands-on and designed to provide students with the knowledge and skills needed to make delicious and attractive desserts. Through demonstrations, projects, and direct instruction, students learn to create classic cakes and modern desserts.

Objectives:

- Produce laminated doughs.
- Produce mousse with appropriate variations.
- Produce ice cream or sorbet using appropriate techniques and equipment.
- Build and decorate cakes with fondant effectively.
- Prepare dessert sauces.
- Compose a dessert plate that is visually appealing and served at the correct temperature.

---

**TECA 1600 Baking II**

**2 Credits / 60 Clock-Hours**

The Baking II course expands the students' knowledge and skills and prepares them to work in a retail or industrial bakery. Students practice creating a variety of baked and dessert goods. Advanced bakery techniques are shared and practiced.

Objectives:

- Construct pies with appropriate crust and filling while being able to differentiate the filling methods.
- Produce puff and blitz pastry dough using proper roll-in and fold-in techniques.
- Cook sugar syrup to the seven different stages, avoiding crystallization.
- Produce pastry cream and baked custard.
- Examine the differences between a baked pudding and starch-thickened pudding.



**Utah System of Higher Education**  
Culinary Arts  
FY2025 / 21 Credits (630 Clock-Hours)

---

**TECA 1700 Restaurant Practical**

**3 Credits / 90 Clock-Hours**

The Restaurant Practical course teaches students how to manage the front of the house buffet, including set-up, staffing needs, time-management, and effective communication with the customer. The course also teaches the student how to manage sit-down and family-style meals. Students demonstrate time-management of food and personnel needs to meet the demands of an event.

Objectives:

- Execute proper setup and breakdown of a hot line/buffet in an organized manner.
- Demonstrate proper time management in a production setting.
- Demonstrate professionalism and proper communication while preparing food.
- Apply proper sanitation while preparing food.
- Demonstrate professional organizational standard.
- Demonstrate cost management.
- Identify basic principles of menu planning.
- Identify different menu types and how they are used in a foodservice operation.

---

**TECA 2901 Special Applications**

**3 Credits / 135 Clock-Hours**

A course providing competencies that meet an immediate occupational need beyond the skills available in the program's currently approved outline. The need, competencies, and length have been specified and documented by the employer advisory committee to meet current industry needs.

Objectives:

- These will be determined on an individual course basis and will be made known to the student upon instructor approval of the course to be taken or the skill to be developed.
- Complete all other objectives in the course, as defined by the instructor.

---

**TECA 2998 Line Cooking/Café Management**

**1 Credit / 45 Clock-Hours**

The Line Cooking/Cafe Management course teaches food preparation and service for short order. Students learn what a par stock is and help in the day-to-day preparation. Students use First in First Out (FIFO) techniques, and the sales of popular items in planning a food preparation schedule. Students learn important aspects of taking customer orders, service, and presentation of food in a hands-on line cooking experience.

Objectives:

- Plan proper holding temperatures for food without damaging quality.
- Plan for the day using FIFO techniques.
- Construct a par inventory level for the cafe using sales and inventory data.
- Present customers with their meals.
- Demonstrate proper daily use, and cleaning of grill and fryer equipment.
- Operate a basic point-of-sale system.
- Produce breakfast items efficiently and without mistakes.
- Produce lunch items efficiently and without mistakes.



UTAH SYSTEM OF  
HIGHER EDUCATION

**Utah System of Higher Education**  
Culinary Arts  
FY2025 / 21 Credits (630 Clock-Hours)

---

**TECA 2999 Catering**

**1 Credit / 45 Clock-Hours**

The Catering course teaches students best practices for time and food management, along with service techniques. Students learn to assign tasks to team members. Students are taught accurate plate pricing for a catering event with effective customer communication and interaction.

Objectives:

- Calculate food costs.
- Plan and time food courses for a catering event.
- Schedule team members to perform catering services and tasks.
- Practice taking and confirming customer menus and scheduling their catering event.
- Interact effectively with customers.

*Davis*

---

**TECA 1030 Exploratory Culinary**

**1 Credit / 30 Clock-Hours**

Exploratory Culinary offers an opportunity to explore a culinary topic of the student's choosing. Throughout this course, students will research an instructor-approved topic and find ways to apply this topic as well as talk to a local employer on how they utilize it. Students will find multiple recipes using the chosen topic and make a dish with them. At the end of this course, students will create and make an original recipe based on the approved topic.

Objectives:

- Identify a topic of interest.
- Explore the chosen topic.
- Determine methods, processes, and ingredients used.
- Explain what was learned.
- Prepare items identified by the research.

---

**TECA 1410 Advanced Garde Manger**

**2 Credits / 60 Clock-Hours**

This course further explores skills of Garde Manger. Students will prepare a variety of hors d'oeuvres including canapé, hummus, guacamole, antipasto, tapas, and bruschetta. Students also will prepare dips, cold hors d'oeuvres and other hors d'oeuvres as assigned. During this course, students will study curing, pickling, and sausages. Students also will explore how to make pâtés, terrines, and other cold foods.

Objectives:

- Prepare a variety of hors d' oeuvres.
- Define hors d' oeuvres and examine the different types.
- Identify different types of hors d' oeuvres and dips.
- Examine the process for curing and pickling.
- Explore making pates and terrines.



**Utah System of Higher Education**  
Culinary Arts  
FY2025 / 21 Credits (630 Clock-Hours)

---

**TECA 1610 Advanced Baking – Pastries**

**2 Credits / 60 Clock-Hours**

The Advanced Baking - Pastries course continues to explore baking skills with an emphasis on pastries and will focus on creating desserts that require more complex skills to develop than basic baking. In this course students will create and plate each dessert they make.

Objectives:

- Prepare a variety of pastries and deserts using different methods.
- Successfully prepare puff pastry or phyllo dough.
- Successfully prepare Pate a choux.
- Prepare different types of tarts.
- Prepare baked custards and puddings.
- Produce desserts using different types of custards, creams, and mousses.

---

**TECA 1615 Advanced Baking – Cakes**

**2 Credits / 60 Clock-Hours**

This advanced baking continues to explore baking skills with an emphasis on cakes. Students will prepare a variety of cakes including pound cake, sponge cake, angel food cake, chiffon cake, and more. Students also will prepare and use frostings and icings including Italian buttercream, cream cheese frosting, royal icing, and fudge icing.

Objectives:

- Prepare a variety of cakes.
- Demonstrate different methods for making cakes.
- Identify and produce different types of icing.
- Demonstrate various icing and decorating techniques.
- Determine which types of icing are appropriate for different types of cake.

---

**TECA 1900 Line Cooking**

**1 Credit / 45 Clock-Hours**

The Line Cooking course teaches food preparation and service for short order. Students learn what a par stock is and help in the day-to-day preparation and use FIFO (First In First Out) techniques. Students learn important aspects of food service, and presentation of food in a hands-on line cooking experience.

Objectives:

- Plan proper holding temperatures for food.
- Plan for the day using FIFO techniques.
- Demonstrate proper daily use, and cleaning of equipment.
- Produce breakfast items efficiently and without mistakes.
- Produce lunch items efficiently and without mistakes.

---

**TECA 1910 Culinary Arts Externship**

**1 Credit / 45 Clock-Hours**

Externship students will have a work-based learning experience in a foodservice environment under the supervision of a pre-approved chef. Food service will involve at least 51 percent cooking from scratch.

Objectives:

- Identify opportunities to learn new skills.
- Demonstrate working knowledge of learned skills.
- Execute proper sanitation and professionalism.
- Perform the assigned functions of the establishment.
- Explain the learning gained from this experience.



**Utah System of Higher Education**  
Culinary Arts  
FY2025 / 21 Credits (630 Clock-Hours)

*Dixie*

---

**TECA 1120 Culinary II**

**3 Credits / 90 Clock-Hours**

This course introduces students to intermediate cooking methods used in professional kitchens, including grilling, roasting, steaming, and basic vegetable and starch preparation. Students will learn essential techniques for handling and cooking a variety of ingredients, evaluate food quality, and begin producing simple café items such as daily specials and grab-and-go dishes.

Objectives:

- Demonstrate proper setup, operation, and cleaning of grilling, broiling, roasting, and baking equipment.
- Apply dry-heat cooking techniques to meats, poultry, and fish, focusing on doneness and flavor development.
- Prepare vegetables and starches using a variety of techniques, including boiling, steaming, roasting, and frying.
- Evaluate doneness and quality of cooked vegetables and starches based on texture, flavor, and appearance.
- Explain how moisture and starch content affect the preparation of various potato and vegetable dishes.
- Contribute to café production by preparing simple menu items with efficiency and consistency.

---

**TECA 1710 Restaurant Practical I**

**3 Credits / 90 Clock-Hours**

In Restaurant Practical I, students transition from the classroom into a working café environment to learn the fundamentals of daily food preparation and short-order cooking. Emphasis is placed on executing breakfast items, sandwiches, soups, salads, and pizzas while building efficiency and professionalism in a fast-paced kitchen setting. Students will also reinforce safe food handling practices and gain foundational experience in café operations.

Objectives:

- Prepare and serve a variety of egg dishes including fried, poached, scrambled, omelets, and soufflés, evaluating quality and doneness.
- Organize workstations and manage mise en place to support productivity and service flow.
- Assemble sandwiches using proper techniques, identifying the role and function of each component.
- Apply short-order cooking techniques with a focus on consistency, speed, and presentation.
- Identify dairy and egg products, including their classifications, functions, and storage requirements.
- Practice safe food handling and sanitation procedures in a live café environment.

---

**TECA 1720 Banquets and Catering**

**3 Credits / 90 Clock-Hours**

This course provides students with hands-on experience in planning and executing food service for both small gatherings and large events. Through real-world catering opportunities, students will gain practical skills in both front-of-house and back-of-house operations. Emphasis is placed on high-quality guest service, buffet planning, and professional table service. Students will learn how to design menus, organize event layouts, and work directly with clients to deliver exceptional dining experiences in a variety of settings.

Objectives:

- Plan and execute catering events, including menu development, client consultation, and budgeting.
- Prepare and present appetizers, hors d'oeuvres, and cold items with proper mise en place and plating techniques.
- Organize front- and back-of-house operations to support efficient service and guest satisfaction.
- Design event layouts and buffet setups based on space analysis, client needs, and service style.
- Demonstrate professional table service techniques and guest interaction appropriate for catered functions.
- Evaluate off-site event requirements, including transportation, equipment needs, and logistical challenges.



**Utah System of Higher Education**  
Culinary Arts  
FY2025 / 21 Credits (630 Clock-Hours)

*Mountainland*

**TECA 1130 Advanced Culinary Techniques**

**2 Credits / 60 Clock-Hours**

The Advanced Culinary Techniques course builds upon the foundational techniques and principles covered in Culinary Techniques I and provides an in-depth exploration of advanced culinary concepts, techniques, and creative applications. Students will delve into the world of gastronomy, refining their culinary abilities and expanding their repertoire to achieve a higher level of excellence in the culinary arts.

Objectives:

- Contrast and evaluate complex culinary techniques to develop an advanced understanding of the principles behind them and determine the most appropriate technique for different ingredients and recipes.
- Create innovative, well-balanced menus that showcase their culinary expertise. Students will explore culinary trends, global cuisines, and fusion cooking, while incorporating sustainable practices and utilizing seasonal, local ingredients.
- Identify skills related to culinary business management, including menu costing and pricing, inventory management, and effective communication and leadership within a culinary team.
- Demonstrate proficient knife skills and precision in culinary preparations.
- Design and execute complex recipes that showcase mastery of culinary techniques.
- Critique and provide constructive feedback on the culinary creations of others based on advanced culinary techniques.
- Compare and contrast different culinary techniques and their effects on texture, flavor, and visual appeal.
- Engage with industry professionals through guest lectures, culinary competitions, and field trips to renowned culinary establishments. They will develop professional networks and gain insights into current industry practices and trends.

**TECA 1600 Baking II**

**2 Credits / 60 Clock-Hours**

The Baking II course expands the students' knowledge and skills and prepares them to work in a retail or industrial bakery. Students practice creating a variety of baked and dessert goods. Advanced bakery techniques are shared and practiced.

Objectives:

- Construct pies with appropriate crust and filling while being able to differentiate the filling methods.
- Produce puff and blitz pastry dough using proper roll-in and fold-in techniques.
- Cook sugar syrup to the seven different stages, avoiding crystallization.
- Produce pastry cream and baked custard.
- Examine the differences between a baked pudding and starch-thickened pudding.



UTAH SYSTEM OF  
HIGHER EDUCATION

**Utah System of Higher Education**  
Culinary Arts  
FY2025 / 21 Credits (630 Clock-Hours)

---

**TECA 1810 Front of House Restaurant Management**

**1 Credit / 30 Clock-Hours**

The Front of House Restaurant Management course is designed to provide students with a comprehensive understanding of the key principles and practices involved in managing the front of a restaurant. This course will cover various aspects, including customer service, staff management, operations, and the overall guest experience. Students will develop the necessary skills and knowledge to excel in a front of house management role and contribute to the success of a restaurant.

**Objectives:**

- Explain the responsibilities and duties of front of house staff and the importance of their role in delivering exceptional guest experiences.
- Describe how to recruit, train, and manage front of house staff, including servers, hosts, and bartenders.
- Identify effective customer service techniques including communication skills, conflict resolution, and problem-solving, to provide outstanding service and ensure customer satisfaction.
- Devise and execute strategies for resolving customer complaints and handling challenging situations in a professional manner.
- Describe strategies for handling reservations, managing table assignments, and optimizing seating arrangements to maximize restaurant capacity and enhance the guest experience.
- Explain the importance of teamwork and motivation in creating a positive work environment.
- Demonstrate effective communication skills in managing and coordinating front of house staff and activities.
- Critique and provide constructive feedback on front-of-house operations, including service standards, staff performance, and overall guest experience.
- Develop strategies to handle guest complaints and feedback professionally and efficiently, aiming to resolve issues and ensure guest satisfaction.
- Practice basic financial concepts relevant to front of house operations, including budgeting, cost control, pricing strategies, and revenue management.

---

**TECA 1820 Nutrition**

**1 Credit / 30 Clock-Hours**

In the Nutrition course, students will explore the intersection of culinary arts and nutrition science. Through a blend of theory, practical cooking demonstrations, and interactive discussions, students will learn about the impact of food on our bodies, delve into the principles of balanced nutrition, and explore techniques for incorporating wholesome ingredients into culinary creations.

**Objectives:**

- Discuss the fundamentals of nutrition and the key nutrients bodies require, including carbohydrates, proteins, fats, vitamins, minerals, and dietary fiber.
- Identify the relationship between nutrition and various health conditions, including heart disease, diabetes, obesity, and food allergies and discover how dietary choices can help prevent or manage these conditions.
- Develop essential skills in preparing healthy meals, including healthy techniques for steaming, grilling, roasting, sautéing, and baking.
- Utilize a variety of whole foods, emphasizing the importance of color, texture, and flavor while ensuring a balance of macronutrients and adequate intake of essential vitamins and minerals.
- Evaluate and interpret food labels and nutrition information to make informed choices about food products.
- Evaluate and discuss the socio-cultural, economic, and environmental factors that influence food choices and nutrition.



UTAH SYSTEM OF  
HIGHER EDUCATION

**Utah System of Higher Education**  
Culinary Arts  
FY2025 / 21 Credits (630 Clock-Hours)

---

**TECA 1920 Culinary Arts Externship**

**2 Credits / 90 Clock-Hours**

Externship students will have a work-based learning experience in a foodservice environment under the supervision of a pre-approved chef. Food service will involve at least 51 percent cooking from scratch.

Objectives:

- Identify opportunities to learn new skills.
- Demonstrate working knowledge of learned skills.
- Execute proper sanitation and professionalism.
- Perform the assigned functions of the establishment.
- Explain the learning gained from this experience.

*Ogden-Weber*

---

**TECA 1300 Hors d'oeuvres**

**2 Credits / 60 Clock-Hours**

This course explores advanced cooking techniques and methods for preparing various types of Hors d'oeuvres from a variety of different types of cuisine.

Objectives:

- Prepare a variety of cold hors d'oeuvre, including canapés.
- Prepare a variety of hot hors d'oeuvre, including canapés.
- Serve a variety of cold hors d'oeuvre, including canapés.
- Serve a variety of hot hors d'oeuvre, including canapés.
- Choose hors d'oeuvre, including canapés, that are appropriate for the meal or event.

---

**TECA 1310 Brunch**

**2 Credits / 60 Clock-Hours**

This course explores advanced cooking techniques and methods for preparing brunch foods to include quiches, flaky biscuits, eggs benedict, chilaquiles, breakfast cereals, breakfast meats, and breakfast pastries.

Objectives:

- Select, prepare, and serve a variety of foods for brunch.
- Describe types of foods to serve for brunch.
- Explain the basic principles of buffet presentation.
- Use a variety of techniques for appealing buffets.



UTAH SYSTEM OF  
HIGHER EDUCATION

**Utah System of Higher Education**  
Culinary Arts  
FY2025 / 21 Credits (630 Clock-Hours)

---

**TECA 1420 Garde Manger II**

**3 Credits / 90 Clock-Hours**

This course introduces concepts about forcemeat assembly, pate terrines, sausages, and proper methods for brining, curing and smoking meats and fish. Additionally, this course explores appropriate ways to prepare foods using a variety of methods and techniques to include pickling, curing, brining, smoking, spice blends, salsa, cheeses, and condiments.

Objectives:

- Identify categories of nutrients and explain their importance in a healthy diet.
- Identify the characteristics of a nutritious diet for healthy adults.
- Describe diet-planning tools available to consumers and chefs.
- Prepare a variety of forcemeats.
- Assemble and cook a variety of pâtés, terrines and sausages.
- Perform the proper methods for brining, curing and smoking meats and fish.
- Identify several cured pork products.
- Describe the basic principles of plate presentation.
- Use a variety of techniques to add visual appeal to plated foods.
- Explain the concept of a small plate menu and how to compose small plates.

---

**TECA 1520 Pies and Pastries**

**2 Credits / 60 Clock-Hours**

This course explores how to use rich yeast doughs and laminated doughs for sweet breads and pastries and preparing flaky and mealy doughs. This course covers techniques for rolling and shaping dough for double crust pies, and how to roll dough for lattice crust and tartlets shells. This course covers topics on how to prepare a variety of pies, tarts, Danish pastries, puff pastries, eclairs, and pie and pastry fillings.

Objectives:

- Prepare a variety of pie crusts and fillings.
- Prepare a variety of classic pastries.
- Prepare a variety of meringues.
- Prepare a variety of cookies.
- Prepare a variety of dessert and pastry items, incorporating components from other chapters.

---

**TECA 1530 Cakes and Frostings**

**2 Credits / 60 Clock-Hours**

This course explores how each ingredient is used to make cakes and their functions. This course covers a variety of cakes using creamed fat and whipped egg with high fat mixing methods, and egg foam mixing methods. This course explores a variety of frostings, butter cakes, high ration cakes, and sponge cakes.

Objectives:

- Prepare a variety of cakes.
- Prepare a variety of frostings.
- Assemble cakes using basic finishing and decorating techniques.



**Utah System of Higher Education**  
Culinary Arts  
FY2025 / 21 Credits (630 Clock-Hours)

---

**TECA 1540 Custards and Frozen Desserts**

**2 Credits / 60 Clock-Hours**

This course explores stirred custard, baked custard, fruit sauce, cream sauce, caramel, soufflés, bread puddings, cheesecakes, curds and pastry creams and mousse. This course covers a variety of custards, creams, ice creams, sorbets, frozen dessert items, and dessert sauces.

Objectives:

- Prepare a variety of custards and creams.
- Prepare a variety of ice creams, sorbets and frozen dessert items.
- Prepare a variety of dessert sauces.
- Use these products in preparing and serving other pastry and dessert items.
- Describe the basic principles of plate presentation.
- Use a variety of techniques to add visual appeal to plated foods.
- Explain the concept of a small plate menu and how to compose small plates.

---

**TECA 1620 Advanced Yeast Breads**

**2 Credits / 60 Clock-Hours**

This course explores traditional sourdough and rye breads. Students will learn about flour types and grains, and how to select and use yeast properly. This course covers topics on how to prepare a variety of breads from lean and rich yeast doughs and will utilize proper shaping techniques.

Objectives:

- Select yeast properly.
- Use yeast properly.
- Perform the 10 steps involved in yeast bread production.
- Mix yeast dough using the straight dough method.
- Mix yeast dough using the sponge method.

---

**TECA 1840 Food Purchasing and Budgets**

**2 Credits / 60 Clock-Hours**

This course explores the foundations of food budgeting and purchasing for catering, kitchen and restaurant management. This course covers topics on how to apply skills needed to maintain a budget as well as prepare and deploy a menu.

Objectives:

- Maintain inventory of food sold through the Campus Grille on a weekly basis.
- Compile a list of food to be purchased on a weekly basis for the Campus Grille.
- Create a summary report on a weekly basis of food sold and an inventory of food to be ordered.
- Summary report to a head chef.

---

**TECA 1930 Culinary Arts Special Projects**

**1 Credit / 45 Clock-Hours**

This course covers the use of skills and techniques learned to complete a project under the approval and supervision of a culinary arts instructor.

Objectives:

- Use appropriate cooking techniques.
- Create a unique meal.
- Perform in the kitchen environment.



**Utah System of Higher Education**  
Culinary Arts  
FY2025 / 21 Credits (630 Clock-Hours)

---

**TECA 1940 Culinary Arts Externship**

**1 Credit / 45 Clock-Hours**

This course provides experience working in a hands-on culinary setting. This externship will be coordinated and approved by Culinary Arts program faculty.

Objectives:

- Use appropriate cooking techniques.
- Create a unique meal.
- Perform in the kitchen environment.

*Snow*

---

**TECA 1250 Vegetables, Grains, and Starches**

**2 Credits / 60 Clock-Hours**

In this course, students will learn about different types of vegetables, grains, and starches as well as how to properly store, prepare, and serve them. Students will also gain a greater understanding of vegan/vegetarian diets and how they pertain to the industry.

Objectives:

- Identify and prepare a variety of vegetables.
- Identify and prepare a variety of potatoes.
- Demonstrate preparation and cooking of legumes, grains, pasta, and other starches.
- Demonstrate preparation and cooking for vegetarian diets.
- Prepare a variety of legumes, grains, pasta, and other starches.

---

**TECA 1600 Baking II**

**2 Credits / 60 Clock-Hours**

The Baking II course expands the students' knowledge and skills and prepares them to work in a retail or industrial bakery. Students practice creating a variety of baked and dessert goods. Advanced bakery techniques are shared and practiced.

Objectives:

- Construct pies with appropriate crust and filling while being able to differentiate the filling methods.
- Produce puff and blitz pastry dough using proper roll-in and fold-in techniques.
- Cook sugar syrup to the seven different stages, avoiding crystallization.
- Produce pastry cream and baked custard.
- Examine the differences between a baked pudding and starch-thickened pudding.



**Utah System of Higher Education**  
Culinary Arts  
FY2025 / 21 Credits (630 Clock-Hours)

---

**TECA 1730 Line Cooking**

**2 Credits / 60 Clock-Hours**

The Line Cooking course teaches food preparation and service for short order. This course gives students the opportunity to work on a short-order line and a restaurant-style hot line, in preparation for real life restaurant applications. This course provides a practical application of the food danger zone and focuses on heating, cooling, and proper holding of food as well as plating design. Students will also get an introduction to breakfast cookery. Students learn what a par stock is and help in the day-to-day preparation. Students use First in First Out (FIFO) techniques, and the sales of popular items in planning a food preparation schedule. Students learn important aspects of taking customer orders, service, and presentation of food in a hands-on line cooking experience.

Objectives:

- Plan proper holding temperatures for food without damaging quality.
- Plan for the day using FIFO techniques.
- Construct a par inventory level for the cafe.
- Demonstrate proper daily use, and cleaning of grill and fryer equipment.
- Produce breakfast items efficiently and without mistakes.
- Produce lunch items efficiently and without mistakes.
- Interact effectively with customers.
- Serve food that is attractively arranged on the plate or platter with proper balance of shape, color, and texture.
- Demonstrate proper cooking, holding, cooling, storing, and re-heating of food.

---

**TECA 1830 ServSafe Food Managers Course**

**1 Credit / 30 Clock-Hours**

The ServSafe Food Managers Certification course expands on the students' basic food safety knowledge and standards. Students will go into more details on safe food handling, time and temperature abuse, food borne illnesses, various sanitizers and their application, allergens, cross-contact, proper kitchen flow, pest management, facilities, and equipment management. The purpose of this training is to prepare students for supervisory positions that require a Food Managers Certification.

Objectives:

- Identify the symptoms and associated foods that can cause the Big Six food borne illnesses.
- Demonstrate the proper procedures for identifying intentional food contamination that can cause illness or harm to the public.
- Plan and compose an Active Managerial System for one of the steps in the Flow of Food.
- Demonstrate the usage of SDS, OSHA, and other safety materials.
- Pass National ServSafe Certification standards and exam.

---

**TECA 2000 Food Truck Management**

**1 Credit / 30 Clock-Hours**

This course provides a comprehensive overview of food truck management, equipping students with the knowledge and skills necessary to start and successfully operate a food truck business. Topics include business planning, licensing and regulations, menu development, marketing, and day-to-day operations.

Objectives:

- Develop a viable business plan for a food truck.
- Navigate the legal and regulatory requirements for operating a food truck.
- Design a menu that balances customer appeal and operational feasibility.
- Outline effective marketing strategies to attract and retain customers.



**Utah System of Higher Education**  
Culinary Arts  
FY2025 / 21 Credits (630 Clock-Hours)

**Southwest**

**TECA 1220 Flavor Essentials**

**1 Credit / 30 Clock-Hours**

The Flavor Essentials course teaches students the importance of working with flavors and seasonings. Students learn about sustainability and when different fruits and vegetables are in season to best utilize their flavor. Students work on plating, advanced flavor, and seasoning.

Objectives:

- Combine flavor and seasoning profiles.
- Demonstrate the ability of working with seasonal fruits and vegetables.
- Determine proper use of fresh herbs and spices.
- Demonstrate proper plating.

**TECA 1240 Pastas and Grains**

**2 Credits / 60 Clock-Hours**

The Pastas and Grains course teaches students about different types of starches including pasta and grains. Students learn the proper techniques in creating pasta dough and shaping for the desired finished product. Several methods of potato preparation are demonstrated. Rice/grain cooking methods are explained and demonstrated to the students.

Objectives:

- Prepare pasta dough and identify different shapes and uses of pasta.
- Identify grains and cook them using a variety of methods.
- Identify different types of rice and demonstrate a variety of methods to cook rice.
- Describe the role of starches and their place on a balanced plate.
- Identify different beans and legumes.

**TECA 1600 Baking II**

**2 Credits / 60 Clock-Hours**

The Baking II course expands the students' knowledge and skills and prepares them to work in a retail or industrial bakery. Students practice creating a variety of baked and dessert goods. Advanced bakery techniques are shared and practiced.

Objectives:

- Construct pies with appropriate crust and filling while being able to differentiate the filling methods.
- Produce puff and blitz pastry dough using proper roll-in and fold-in techniques.
- Cook sugar syrup to the seven different stages, avoiding crystallization.
- Produce pastry cream and baked custard.
- Examine the differences between a baked pudding and starch-thickened pudding.

**TECA 1630 Custom Baking Service**

**1 Credit / 30 Clock-Hours**

The Custom baking course teaches students to use their baking skills in fulfill a custom order. Students learn best practices for time and food management along with service techniques. They also learn accurate item pricing for baked goods and effective customer communication and interactions.

Objectives:

- Discuss food costing.
- Plan and time baked goods for an event or customer.
- Practice taking customer orders and confirming and complete service.



UTAH SYSTEM OF  
HIGHER EDUCATION

**Utah System of Higher Education**  
Culinary Arts  
FY2025 / 21 Credits (630 Clock-Hours)

---

**TECA 1830 ServSafe Food Managers Course**

**1 Credit / 30 Clock-Hours**

The ServSafe Food Managers Certification course expands on the students' basic food safety knowledge and standards. Students will go into more details on safe food handling, time and temperature abuse, food borne illnesses, various sanitizers and their application, allergens, cross-contact, proper kitchen flow, pest management, facilities, and equipment management. The purpose of this training is to prepare students for supervisory positions that require a Food Managers Certification.

Objectives:

- Identify the symptoms and associated foods that can cause the Big Six food borne illnesses.
- Demonstrate the proper procedures for identifying intentional food contamination that can cause illness or harm to the public.
- Plan and compose an Active Managerial System for one of the steps in the Flow of Food.
- Demonstrate the usage of SDS, OSHA, and other safety materials.
- Pass National ServSafe Certification standards and exam.

---

**TECA 1920 Culinary Arts Externship**

**2 Credits / 90 Clock-Hours**

Externship students will have a work-based learning experience in a foodservice environment under the supervision of a pre-approved chef. Food service will involve at least 51 percent cooking from scratch.

Objectives:

- Identify opportunities to learn new skills.
- Demonstrate working knowledge of learned skills.
- Execute proper sanitation and professionalism.
- Perform the assigned functions of the establishment.
- Explain the learning gained from this experience.

*Uintah Basin*

---

**TECA 1250 Vegetables, Grains, and Starches**

**2 Credits / 60 Clock-Hours**

In this course, students will learn about different types of vegetables, grains, and starches as well as how to properly store, prepare, and serve them. Students will also gain a greater understanding of vegan/vegetarian diets and how they pertain to the industry.

Objectives:

- Identify and prepare a variety of vegetables.
- Identify and prepare a variety of potatoes.
- Demonstrate preparation and cooking of legumes, grains, pasta, and other starches.
- Demonstrate preparation and cooking for vegetarian diets.
- Prepare a variety of legumes, grains, pasta, and other starches.



**Utah System of Higher Education**  
Culinary Arts  
FY2025 / 21 Credits (630 Clock-Hours)

---

**TECA 1610 Advanced Baking – Pastries**

**2 Credits / 60 Clock-Hours**

The Advanced Baking - Pastries course continues to explore baking skills with an emphasis on pastries and will focus on creating desserts that require more complex skills to develop than basic baking. In this course students will create and plate each dessert they make.

Objectives:

- Prepare a variety of pastries and deserts using different methods.
- Successfully prepare puff pastry or phyllo dough.
- Successfully prepare Pate a choux.
- Prepare different types of tarts.
- Prepare baked custards and puddings.
- Produce desserts using different types of custards, creams, and mousses.

---

**TECA 1730 Line Cooking**

**2 Credits / 60 Clock-Hours**

The Line Cooking course teaches food preparation and service for short order. This course gives students the opportunity to work on a short-order line and a restaurant-style hot line, in preparation for real life restaurant applications. This course provides a practical application of the food danger zone and focuses on heating, cooling, and proper holding of food as well as plating design. Students will also get an introduction to breakfast cookery. Students learn what a par stock is and help in the day-to-day preparation. Students use First in First Out (FIFO) techniques, and the sales of popular items in planning a food preparation schedule. Students learn important aspects of taking customer orders, service, and presentation of food in a hands-on line cooking experience.

Objectives:

- Plan proper holding temperatures for food without damaging quality.
- Plan for the day using FIFO techniques.
- Construct a par inventory level for the cafe.
- Demonstrate proper daily use, and cleaning of grill and fryer equipment.
- Produce breakfast items efficiently and without mistakes.
- Produce lunch items efficiently and without mistakes.
- Interact effectively with customers.
- Serve food that is attractively arranged on the plate or platter with proper balance of shape, color, and texture.
- Demonstrate proper cooking, holding, cooling, storing, and re-heating of food.

---

**TECA 1740 Banquet Service/Catering**

**1 Credit / 30 Clock-Hours**

The Banquet Service/Catering course teaches students best practices for time and food management along with service techniques. Students learn the basics of banquet set up and the profitability this can add to your restaurant. In this course, students will have the opportunity to work on real catering events and help plan and create food for each event.

Objectives:

- Set up a variety of catering events.
- Help plan and create menu options for catering events.
- Explain all the different roles that are required to have a successful catering/ banquet company.
- Demonstrate good time management and supervision of people and food.
- Explain how to order enough food for a catering or banquet event.



UTAH SYSTEM OF  
HIGHER EDUCATION

**Utah System of Higher Education**  
Culinary Arts  
FY2025 / 21 Credits (630 Clock-Hours)

---

**TECA 1850 Menu Design and Inventory Controls**

**2 Credits / 60 Clock-Hours**

Menu Design and Inventory Controls gives the student the opportunity to create their own hospitality concept. This would include location, size of operation (staffing and building vs mobile), style of cuisine, and demographic they would serve. Students will understand how to create a menu and inventory list for their new concept and cost of each menu item. After the inventory list is created students will gain an understanding of how that is directly tied to profit and loss statement.

Objectives:

- Plan and create a hospitality concept.
- Create a detailed menu.
- Conduct inventory.
- Demonstrate how cost to menu items.
- Create a detailed inventory list for their new concept.
- Calculate labor for new concept.