

CUA 125: INTRODUCTION TO FOOD



College Now at Front Range Community College

High School Select
2016-2017

CUA 125 Course Information

College credits: 4

Guaranteed Transfer: No

Prerequisites: None

FRCC Tuition: \$0

This FRCC college course provides students with the fundamental principles and practices of a commercial kitchen, including safety and sanitation applications, use and care of equipment, tools, utensils and knives, recipe use and conversion, organization of work, and basic cooking methods.

Focuses on the fundamental principles and production of stocks, soups, sauces, gravies, and thickening agents. Principles of cold food and non-alcoholic beverage preparation and production in a commercial kitchen. Basic cold food decorative work such as fruit and vegetable garnishes and carvings, terrines, and hors d'oeuvres.

Emphasizes the effects of seasonings and cooking methods of vegetable products and basic hot food preparation. Students prepare breakfast orders similar to those ordered in restaurants with egg cookery and dairy products emphasized.

CUA 125 is not guaranteed to transfer to other public colleges and universities.

However, it can be applied toward the Associate in Applied Science degree in Culinarian, Restaurant Management, and other related degrees.

Students can expect to spend 8+ hours per week on this class at home, including reading, studying, and completing assignments. Resources are available at FRCC if you need assistance. For more information, please see: <http://www.frontrange.edu/being-a-student/academic-assistance>.

College Now Programs at Front Range Community College

Front Range Community College's College Now program allows students to earn both high school and college credit for the same FRCC class. In High School Select, students take FRCC classes that are conveniently offered at the high school.

All curriculum and expectations are the same as in a college class—the only difference is the location. Students should expect that High School Select classes will be more challenging with a heavier workload than most typical high school classes.

In addition to the High School Select program, the College Now department also offers opportunities for high school students to take classes on campus. For a description of our programs, please visit www.frontrange.edu/larimerhighschool.

What's the difference?

College Now classes are college classes that appear on the FRCC transcript. Many classes are transferable to other public schools in Colorado.

AP classes are high school classes that are designed to meet college competencies. Students must pay for and pass a test at the end of the year to determine if they qualify for college credit.

College Now programs are tuition-free.

Interested? Please see your HS counselor more information and enrollment instructions.

College Now at Front Range Community College

Website: www.frontrange.edu/larimerhighschool

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