

## Fundamental Food Service Skills I Certificate of Achievement

This certificate is designed to be completed in one semester taking all courses indicated in green. The required **green** core courses provide a solid foundation in fundamental food preparation as well as common operational foodservice practices.

enrollment begins in the spring FDRST 055 is a suitable substitute for FDRST 075

Plus: WRKEX 302 Work Experience The two units of work experience are composed of 150 hours (minimum) of hands-on experience in a foodservice operation.

### Optional Recommended Courses

Intermediate Cuisine  
Fundamentals of Baking & Confectionery  
Intermediate Baking & Confectionery  
Chocolate Creations  
Housekeeping in Hotel, Motels & Institutions  
Introduction to Wines & Sprits of the World  
Introduction to Food & Wine Pairing  
Hotel & Motel Front Office Management  
Healthy Cuisine  
Beginning Breads  
Catering Management & Operations

## Hospitality Management Department Suggested Core Course Sequence

### Fall Year 1 (11.5 to 13.5 total department units)

FDRST 050A	Intro to Hospitality Industry*	2 Units
FDRST 051	Basic Foods Preparation*	5 Units
FDRST 051S	Basic Foods Supplemental Lab*	.5 Units
FDRST 075	Menu Planning*	2 Units
INFDS 050	Sanitation & Safety*	2 Units

### Spring Year 1 (8 total department units plus 4 outside course units)

FDRST 058	Food & Labor Cost Control*	3 Units
FDRST 055	Food Purchasing*	3 Units
NS 15	Human Nutrition	3 Units
CA	Computer Applications Course	1+ Unit(s)
WRKEX 302	Occupational Work Experience	2 Units

\*These are Prerequisite Courses that must be taken before enrolling in FDRST 052 Quality Foods

### Fall Year 2 (16.5 total department units)

FDRST 052	Quality Food Operations	6 Units
FDRST 052S	Quality Foods Supplemental Lab	.5 Unit
FDRST 054	Hotel & Restaurant Accounting	3 Units
FDRST 059	Supervision/Leadership	4 Units
WRKEX 303	Occupational Work Experience	3 Units

Prerequisite Courses that must be taken before enrolling in FDRST53 are FDRST 052, FDRST 052S & FDRST 059

### Spring Year 2 (12.5 total department units)

FDRST 053	Restaurant Operations	6 Units
FDRST 053S	Restaurant Ops Supplemental Lab	.5 Unit
FDRST 60A	Food Service Facilities Planning	3 Units
FDRST 076	Sales & Marketing in HM	3 Units
<b>Total Core Course Sequence:</b>		<b>52.5 Units</b>

## Foodservice and Restaurant Management Certificate of Achievement

This certificate is designed to be completed in two years taking all the courses indicated in **green, pink, blue and red** for a total of 52.5 units. The completion of these courses provides marketable skills that enable a student to compete successfully for entry-level Supervision and/or Manager Trainee positions.

## Associate of Science in Hospitality Management Program of Study

All course indicated in **green, pink, blue and red** for a total of 52.5 units, along with the Mission College GE Requirements.