

CULINARY ARTS & HOSP MGMT

CAHM 20 Nutrition

Examines essential nutrients and how they affect our health throughout life emphasizing and evaluating current developments in nutrition.
Transfer Credit: Transfers to CSU;UC C-ID NUTR 110

Section	Days	Times	Units	Instructor	Room
1	Arr.	Arr.	3.00	D.Russo	OL

Section 1 is an ONLINE course. Online orientation will be emailed to students prior to the class start date. Students should email professor by Monday, 1/29 to confirm participation in the class. Please check with the instructor prior to purchasing the book for this class. For details, see instructor's web page at go.cabrillo.edu/online.

2	TTH	9:30AM-10:50AM	3.00	D.Russo	403
3	TTH	11:10AM-12:30PM	3.00	D.Russo	403
4	W	6:00PM-9:05PM	3.00	T.Smith	322

Section 5 is an ONLINE course. For details, see instructor's web page at go.cabrillo.edu/online.

Section 6 is an ONLINE course. For details, see instructor's web page at go.cabrillo.edu/online.

Section 7 is an ONLINE course. For details, see instructor's web page at go.cabrillo.edu/online.

CAHM 22 Nutrition, Health, and Wellness

Examines current trends in nutrition to promote wellness and treat nutrition-related diseases and conditions.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
1	Arr.	Arr.	2.00	D.Russo	OL

Section 1 is an ONLINE course. Online orientation will be emailed to students prior to the class start date. Students should email professor by Monday, 1/29 to confirm participation in the class. Please check with the instructor prior to purchasing the book for this class. For details, see instructor's web page at go.cabrillo.edu/online.

CAHM 50A Introduction to Culinary Arts Basics

Explores kitchen safety and sanitation, nutrition, menu planning, food costing, principles of cooking, knife skills, tools and equipment, and techniques for making stocks, sauces, and soups via lecture-based instruction.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
1	W	5:30PM-8:50PM	1.00	S.Slater	405

Meets 5 weeks 1/31-2/28.

CAHM 50B Introduction to Entree Preparation and Service

Introduces the principles of restaurant organization; purchasing, storage, cutting, and cooking methods for meat, poultry, fish, shellfish, and vegetarian entrees via lecture-based instruction.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
1	W	5:30PM-8:50PM	1.00	S.Slater	405

Meets 5 weeks 3/7-4/11. Holiday 3/28.

CAHM 50C Introduction to Appetizers and Baking Preparation

Introduces the principles of baking breads, cakes, custards, pies; preparation of fruits, vegetables, starches; and hors d'oeuvre preparation via lecture-based instruction.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
1	W	5:30PM-8:50PM	1.00	S.Slater	405

Meets 5 weeks 4/18-5/16.

CAHM 50L Introduction to Culinary Arts Lab

Explores a practical application of basic food preparation, service, costing, sanitation, menu planning, and purchasing via laboratory-based instruction. Hybrid
Requisite: Completion of or concurrent enrollment in CAHM 50A, CAHM 50B, CAHM 50C.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
1	M	8:00AM-2:40PM	2.00	B.Terra	1803

Enroll in one section only of CAHM 50L.

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CAHM 60 Purchasing and Food Cost Control

Teaches guidelines for developing food, beverage, and labor cost controls, including theories and procedures related to food storage, portioning, designing menu formulas, costing and pricing, labor and yield calculations, sales forecasting, and basic financial statements.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
1	TH	3:15PM-5:20PM	2.00	R.Larson	432

CAHM 64 Sanitation and Hygiene

Examines and evaluates all phases of food sanitation, public health laws, and special problems in hotel and restaurant sanitation.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
1	M	6:30PM-8:35PM	2.00	J.MacVeigh	403

CAHM 137 Food and Wine Pairings I

Provides basic food and wine pairing concepts and techniques through lecture and demonstration. Basic culinary concepts and wine components will be addressed. Must be at least 21 years old. Material fees apply.

Section	Days	Times	Units	Instructor	Room
2	M	6:00PM-8:05PM	2.00	S.Slater	405

Mandatory \$30 materials fee.

CAHM 149 Cake Decorating

Introduces cake decorating techniques, including filling and icing cakes, pastry bag work in borders, Australian lace, string work, writing and flowers.

Section	Days	Times	Units	Instructor	Room
1	TH	5:35PM-6:40PM	1.00	A.Baldzikowski	908
&	TH	6:40PM-9:55PM		A.Baldzikowski	908

Meets 8 weeks 2/1-3/22. Mandatory \$25 materials fee. For supply list see instructor's web page at www.cabrillo.edu "Directories A-Z."

CAHM 151B Advanced Culinary Arts

Provides opportunities to create and plan menus, research and develop prep formulas, and explore a la carte, ethnic food, garde manger, and specialty baking. Prerequisites: CAHM 50A, CAHM 50B, CAHM 50C, and CAHM 50L or equivalent experience.

Section	Days	Times	Units	Instructor	Room
1	T	12:00PM-3:05PM	9.00	E.Carter	908
&	T	3:15PM-6:25PM		E.Carter	1803
&	WTH	2:30PM-10:30PM		J.MacVeigh	1802

2	T	12:00PM-3:05PM	9.00	E.Carter	908
&	T	3:15PM-6:25PM		E.Carter	1803
&	WF	2:30PM-10:30PM		E.Carter	1802

3	T	12:00PM-3:05PM	9.00	E.Carter	908
&	T	3:15PM-6:25PM		E.Carter	1803
&	THF	2:30PM-10:30PM		E.Carter	1802

CAHM 155 Basic Baking and Pastry

Introduces equipment, skills, and procedures in commercial bakeries, including hands-on production of pastries and specialty items.

Section	Days	Times	Units	Instructor	Room
1	T	5:00PM-7:05PM	3.00	A.Baldzikowski	908
&	T	7:05PM-10:10PM		A.Baldzikowski	908

Mandatory \$70 materials fee. For supply list see instructor's web page at www.cabrillo.edu "Directories A-Z."

CAHM 157L Catering and Beverage Operation Lab

Provides practical application of catering techniques including menu planning, costing, hospitality service and buffet presentation. Prerequisite: CAHM 50L.

Section	Days	Times	Units	Instructor	Room
1	FS	8:00AM-2:20PM	3.00	J.MacVeigh	1803

Meets Friday 2/2 and Saturday 2/3 at the scheduled times. + 150 hr arranged on Fridays and Saturdays around catering events.

CAHM 167 Cultural and Ethnic Foods

Introduces a variety of ethnic foods which could include Middle Eastern, African, European, or Southeast Asian, emphasizing how to prepare and incorporate ethnic foods into a restaurant setting.

Section	Days	Times	Units	Instructor	Room
1	W	10:30AM-11:20AM	2.00	B.Terra	908
&	W	11:20AM-2:25PM		B.Terra	908

Mandatory \$80 materials fee.

CAHM 176 Basic Winemaking

Introduces the science of wine making, including viticulture, production, harvest, cellar practices, fermentation, aging, blending, and bottling.

Section	Days	Times	Units	Instructor	Room
1	T	6:05PM-8:10PM	2.00	M.Wargin	405

Mandatory \$50 materials fee. Must be 21 or older to enroll.

CAHM 177 Basic Wine Grape Viticulture

Explores wine grape growing practices including history, vine and grape types, vine life cycle, vineyard management, pests, and diseases.

Section	Days	Times	Units	Instructor	Room
1	TH	6:05PM-8:10PM	2.00	T.Stutz	405

Mandatory \$30 materials fee. Must be 21 or older to enroll.