

Culinology® Online Study Courses 2019

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CRC/CCS Study Courses

These courses are based on the Culinology Learning Objectives 2019 which can be obtained from the Research Chefs Association www.culinology.com. The Learning Objectives are divided into three areas. General Culinology, Food Science and Engineering, and Culinary Arts. Each class includes weekly live meetings, online content, reading assignments, study sheets and quizzes.

- **General Culinology.** Fifty two percent (52%) of the exam questions come from these objectives for both the Certified Research Chef (CRC) and the Certified Culinary Scientist (CCS). This class is recommended for both CRC and CCS candidates.
- **Food Science and Engineering:** The CRC exam will include 37% of its questions from food science and engineering; the CCS exam will include 11% of its questions from this area. This class is designed for Chefs studying for the CRC exam.
- **Culinary Arts:** This CRC exam will include 11% of its questions on culinary arts and the CCS exam will include 22% of its questions from these objectives. This class is intended for food scientists studying for the exam.

RCA Certification Committee Recommended Textbooks:

- *Culinology: The Intersection of Culinary Art and Food Science*, Research Chefs Association, Editor: J. Jeffrey Cousminer, Wiley
- *Essentials of Food Science*, 4th Edition, Vickie A. Vaclavik, Elizabeth W. Christian, Springer
- *Elementary Food Science* 4th Edition, Ernest R. Vieira, Chapman & Hill (This book is only used in Food Processing Basics)
- *On Cooking A textbook of Culinary Fundamentals* 6th edition: Sarah R. Labensky, Alan M. Hause, and Pricilla A. Martel, Pearson Publishing

Course Registration:

Contact me for information about registration. jillgolden2@me.com, 949-933-0837

Registration Fees:

- General Culinology - \$1,000 for RCA Members \$1,200 for non-members.
- Food Science & Engineering or Culinary Arts \$700 for RCA members \$800 for non-members.
- Discounts will be given when multiple classes are purchased at the same time.

Course Requirements

Online Meetings:

There will be one online meeting per week, held on **Thursday at 3 PM Pacific/6 PM Eastern** using [ConferZoom](#). Sign-in information will be emailed to you one week before the class begins.

Online Course Materials: Instructure Canvas

The online materials are hosted on Canvas, <https://canvas.instructure.com> each weekly lesson will include study sheet assignments, online materials, quizzes and a discussion. Invitation to Canvas will be emailed to you one week before the class begins.

- **Weekly Lesson** will begin with the Overall Learning objectives to be covered and reading assignments.
- **Study Sheet Assignments:** Each Learning Objective will be covered in an assignment. At the end of the course you will have a collection of study sheets to review right before the exam.
- **Quizlets:** Important terms are reviewed in Flashcards.
- **Reflective Discussions:** An opportunity for you to reflect on your learning, provide feedback about the material and apply the information to your current work.
- **Quizzes:** test your learning in a format similar to the online exam you will be taking.
- **Final Exam:** a collection of previous quiz questions to review the material covered during the course.

Grading

This is a pass/fail course; you must receive at least 80% of the possible points to pass the class. If problems arise please contact me immediately so we can decide the best way for you to finish the course. A Certificate will be mailed to you on completion of the class. 80% of the points required to complete the class.

	Points
Weekly Online meetings	20 pts. each
Quizzes	20 pts each
Reflective Discussions	10 pts each
Study Sheet Assignments	40 points per module
Final Exam	1 @ 100
Course Survey	1 @ 10

General Culinology® Weekly Schedule

Note: Occasionally meeting dates may change, please watch Canvas Announcements for changes. (See Schedule on the next page)

Week #	Date	Topic
1	April 4	Orientation
2	April 11	The Business of New Product Development
3	April 18	Protein-Based Foods
4	April 25	Carbohydrate-Based Foods
5	May 2	Lipid Based Foods
6	May 9	Milk-Based Foods
7	May 16	Functional Ingredients
8	May 23	Food Safety and Sanitation
9	May 30	Nutrition
10	June 6	Sensory Evaluation
11	June 13	Government Regulations
12	June 20	Allergens
13	June 27	Ingredient Sourcing & Management
	July 4	No Meeting
14	July 11	Weight & Measurement Conversions
15	July 18	Final Exam

Food Science and Engineering Weekly Schedule

Week #	Date	Topic
1	July 25	Orientation
2	August 1	Principle of Commercial Food Processing
3	August 8	Food Chemistry - CHO & Lipids
4	August 15	Food Chemistry - Protein and Enzymes
5	August 22	Food Microbiology
6	August 29	Thermal Processing
7	Sept. 5	Food Packaging
8	Sept. 12	Fermentation
9	Sept. 19	Analytical, Organoleptic, and Microbiological Testing
10	Sept. 26	Final Exam

Culinary Arts Weekly Schedule

Week #	Date	Topic
1	January 16	Orientation
2	January 23	Kitchen Tools and Equipment
3	January 30	Principles of Cooking
4	February 6	Traditional Stocks, Sauces & Soups
5	February 13	Culinary Product Applications
6	February 20	Recipe Development & Formula Rations, Culinary Gold Standard
7	February 27	Baking and Pastry Fundamentals
8	March 5	Regional & World Cuisines
9	March 12	Final Exam