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FAMILY RESOURCES

FAMR 230 Human Development (3) KCC AA/DS and KCC AS/SS

3 hours lecture per week

Prerequisite(s): Qualification for ENG 100; qualification for MATH 24.

FAMR 230 is a survey of human development and growth from conception to death with emphasis on biological, cognitive, and psychosocial development.

Upon successful completion of FAMR 230, the student should be able to:

- Compare and contrast the various theories of human development and behavior.
- Describe biological, cognitive, and psychosocial development for each life-span period.
- Investigate the existence of similarities, differences, and uniqueness in human development among individuals and their cultures.
- Summarize ideas, utilizing critical thought and reflection, clearly in all modes of communication.
- Apply human development theories and concepts to personal, social, educational, and occupational experiences.

FILIPINO

FIL 101 Elementary Filipino I (4) KCC AA/HSL

3 hours lecture, 2 hours lab per week

FIL 101 is a course designed for beginners of Filipino. Study of basic structures of Filipino with emphasis on listening, speaking, reading and writing skills through meaningful and interactive classroom activities as well as the use of technology. Students will be exposed to and experience the Filipino culture through active participation in co-curricular cultural activities and events.

Upon successful completion of FIL 101, the student should be able to:

- Listen and comprehend the meaning of short, learned utterances and some sentence-length utterances, particularly where context supports understanding and speech is clear. Comprehend limited vocabulary and some simple questions/ statements about topics that refer to basic personal background and needs, social conventions and routine tasks, such as telling time, using the telephone, making an appointment, and shopping.
- Speak simple and short statements and ask simple questions, relying primarily on memorized utterances but occasional expansion through recombination of these learned elements.
- Read and interpret written language where vocabulary and word bases have been learned. Guess meanings of new vocabulary words based on context and application of cultural/ background knowledge and understanding of Filipino affixes. Understand main ideas from simple authentic reading materials in Filipino dealing with personal, social, and cultural aspects.
- Write simple fixed expressions and limited memorized material and some recombination thereof. Fill out simple forms and documents. Write simple descriptions of people, objects, and places, as well as simple autobiography, survey reports and friendly letters.

FIL 102 Elementary Filipino II (4) KCC AA/HSL

3 hours lecture, 2 hours lab per week

Prerequisite(s): A grade of "C" or higher in FIL 101, or satisfactory score on language placement test, or instructor consent.

FIL 102 is a continuation of FIL 101 with further development of basic structures of Filipino. Emphasis is on listening, speaking, reading and writing skills through meaningful and interactive classroom activities as well as the use of technology. Students will be exposed to and experience the Filipino culture through active participation in co-curricular cultural activities and events.

Upon successful completion of FIL 102, the student should be able to:

- Listen and comprehend sentence-length utterances which consist of recombination

of learned elements in a limited number of content areas, particularly if strongly supported by the situational context. Comprehend limited vocabulary and some simple questions/statements about topics that refer to basic personal background and needs, social conventions and routine tasks, such as getting meals, receiving simple instructions and directions, and describing people, objects, and places.

- Speak and handle successfully a limited number of uncomplicated task-oriented and social functions pertaining to such topic areas as those mentioned above. Ask and answer questions, initiate and respond to simple statements and maintain face-to-face conversation. Perform such tasks as ordering a meal, asking and giving directions and instructions, talking about likes and dislikes, extending and accepting invitations.
- Read and interpret written language where vocabulary and word bases have been learned. Guess meanings of new vocabulary words based on context and application of cultural/ background knowledge and understanding of Filipino affixes. Understand main ideas from simple authentic reading materials in Filipino dealing with personal, social, and cultural aspects.
- Write short email messages and simple descriptions of people, objects, places, and events as well as simple autobiography, friendly letters and letters of excuse, and interview questions.

FOOD SERVICE & HOSPITALITY EDUCATION

FSHE 164 Interpret Hawai'i for the Tourism Industry (1) (Inactive)

1 hour lecture per week

FSHE 164 is designed to teach students, and those who interpret Hawai'i to the visitors, a clear sense of place – a sense of knowing about the place where we live and work. With the visitor experience in mind, this course covers Hawai'i's history, culture, common language, plants and animals.

Upon successful completion of FSHE 164, the student should be able to:

- Apply the correct pronunciation to the Hawaiian language.

- Recite and define a basic list of Hawaiian words.
- Explain basic Hawaiian geography and orientation in the Pacific.
- Describe Polynesian migration.
- Elaborate on Captain Cook's discovery of the Hawaiian Islands.
- Identify and explain the succession of the Monarchy and march to annexation.
- Define the components of and their significance to a modern Hawai'i.
- Restate basic facts and points of interest of each of the Hawaiian Islands.
- Identify plants and animals of Hawai'i, being able to distinguish between native, indigenous and endemic species.

FSHE 185 The Science of Human Nutrition (3) KCC AA/DB and KCC AS/NS

2 hours lecture, 2 hours lecture/lab per week

Recommended preparation: Basic computer competency skills.

FSHE 185 is an introductory biological science course that integrates basic concepts of science with the study of human nutrition. This course will provide elementary aspects of several biological sciences that are needed to understand the scope of nutrition. Emphasis is on providing a science-based nutrition background that will help students make appropriate, informed choices from the vast array of foods available in today's marketplace.

Upon successful completion of FSHE 185, the student should be able to:

- Identify current USDA My Pyramid principles and food groups.
- List the nutrient contributions of each food group.
- Discuss the nine areas where dietary guidelines make recommendations.
- Develop recipes and menus using dietary guideline recommendations, food guides, and food labels.
- Evaluate recipes and menus using dietary guideline recommendations, food guides, and food labels.
- Discuss characteristics, functions, and best sources of each of the major nutrients.
- List the primary characteristics, functions, and sources of vitamins, water and minerals.
- Describe the process of human digestion.

- Determine energy needs based upon basal metabolic rate and exercise expenditure.
- Discuss cooking techniques, storage principles, and portion sizes for the maximum retention of nutrients and effective weight management.
- Discuss exchange groups.
- Identify common food allergies and determine appropriate substitutions. (e.g. gluten, sugar, and lactose free).
- Discuss contemporary nutritional issues (e.g. vegetarianism, heart healthy menus, and religious dietary laws).
- Apply emerging technologies (computerization) for nutrient analysis (e.g. Internet and recipe analysis software).
- Discuss weight management, exercise, and nutrition over the life cycle.

Within this FSHE 185 course, the following student learning outcomes will have been introduced, practiced or demonstrated:

- Describe the characteristics, functions, and food sources of the major nutrients and how to maximize nutrient retention in food preparation and storage.
- Apply the principles of nutrient needs throughout the life cycle to menu planning and food preparation.
- Value ethical practices in both personal and professional situations.

FSHE 228 Dining Room Supervision (4) (Inactive)

2 hours lecture, 18 hours lab per week for 8 weeks
Prerequisite(s): A grade of "B" or higher in FSHE 128 or consent of instructor.

FSHE 228 focuses on the study and practice of dining room operations with emphasis on guest relations, supervision and training techniques.

Upon successful completion of FSHE 228, the student should be able to:

- Monitor dining room reservations and coordinate dining room seating with the restaurant reservationist.
- Assign, escort, and seat guests at tables.
- Supervise the dining room staff.

- Prepare job assignments and stations for the dining room staff.
- Prepare order requests for supplies as needed.
- Maintain standards of cleanliness, grooming, service, and atmosphere.
- Enforce safety and sanitation regulations.

FSHE 245 Beverage Operations (3) (Inactive)

2 hours lecture, 3 hours lab per week

Prerequisite(s): Certificate of Completion in Food Service or Hotel Operations or consent of instructor.

FSHE 245 focuses on principles and practices of profitable beverage operations including: beverage procedures, storage, mixology and quality control techniques, pricing for profit, bar equipment and layout, staffing, licensing and regulations, and alcohol liability concerns.

Upon successful completion of FSHE 245, the student should be able to:

- Describe the historical importance of alcohol in rituals, medicine, food and drink, and fellowship.
- Describe how the basic elements of bar layout affect guest satisfaction and the efficiency and profitability of the operation.
- Identify selection considerations for various types of bar equipment, hand tools and glassware.
- Describe the staffing requirements of a bar and special considerations in the recruitment, selection and training of beverage operations personnel.
- Identify sanitary procedures for setting up and closing a bar.
- Identify the production processes, distinctive characteristics and service requirements of fermented and distilled beverages.
- Identify the structure, ingredients and basic mixing methods for various types of drinks.
- Describe purchasing, receiving, storage, issuing and inventory policies and procedures used in beverage operations.
- Describe the processes of budgeting, pricing for profit and developing of sales records and cash controls.
- Describe beverage marketing and merchandising techniques.
- Identify local, state and federal laws and licensing regulations for beverage operations.
- Explain how to limit liability through alcohol awareness programs designed to promote safe and responsible use of alcohol.

FSHE 260 Hospitality Law (3) (Inactive)*3 hours lecture per week*

FSHE 260 is a study of the laws and regulations affecting the hospitality industry as they relate to guests, employees and others.

Upon successful completion of FSHE 260, the student should be able to:

- Describe the evolution of hospitality law from English common law to contemporary American civil law.
- Identify the hospitality manager's rights and responsibilities regarding the organization-guest relationship.
- Describe situations in which a hospitality organization may refuse accommodations to a guest.
- Explain the guest's legal right to privacy in a hospitality accommodation.
- Identify legal procedures to follow in evicting a guest.
- Identify legal procedures to follow in the event a guest dies.
- Explain the hospitality organization's duties and limits of liability regarding the safekeeping of the person and/or property of guests or others.
- Identify the laws and agencies which license and regulate hospitality operations.
- Explain general contract law in relation to hospitality operations.
- Explain the major criminal and tort laws affecting hospitality operations.
- Explain the laws and regulations which affect the hiring, compensation, transferring, promotion, discipline, and termination of employees.
- Identify a hospitality organization's rights and duties in relation to unions.
- Explain the tax laws regarding employee compensation and the sale of taxable goods and services.
- Identify legal requirements for fire safety procedures and emergency action plans.

FSHE 281 School Food Service Recordkeeping (2) (Inactive)*1 hour lecture, 2 hours lecture/lab per week*

Prerequisite(s): Credit or concurrent enrollment in FSHE 290 or consent of instructor.

FSHE 281 involves the study of procedures and forms used by the Department of Education in School Food Service Recordkeeping.

Upon successful completion of FSHE 281, the student should be able to:

- List the three types of U.S.D.A. (United States Department of Agriculture) programs and be able to describe them.
- Describe the types of food services offered through the Department of Education in Hawai'i.
- Define centralized and self-contained food service operations.
- Calculate the quantities of food to be purchased and used for serving school meals using the U.S.D.A. and Hawai'i Buying Guide.
- Precost recipes and menus.
- Adjust central menus to accommodate available Federal commodities.
- Use the forms developed for school food service recordkeeping.
- Understand the basic principles of interpersonal relationships.

FSHE 293C School Food Service Internship (3) (Inactive)

1 hour lecture, 15 hours field experience per week (or 300 hours total field experience if offered as a 6 week summer course)

Prerequisite(s): FSHE 101; FSHE 103; FSHE 120; FSHE 122; FSHE 212; FSHE 241; FSHE 281; FSHE 290.

FSHE 293C includes a planned practicum at selected school sites that allows students to gain on-the-job experience in all phases of School Food Service. This course provides potential School Food Service Managers with a structured practicum prior to being employed.

Upon successful completion of FSHE 293C, the student should be able to:

- Explain the organizational chart that shows the School Food Service Manager's position in relation to other personnel.
- Explain the layout of the school food service facility in relation to work and material flow, types of storage facilities, equipment commonly used in a school cafeteria, and physical facilities.
- Describe school and cafeteria rules and regulations.
- Show familiarity with bargaining unit contracts.
- Explain the function and use of the Department of Education School Food Service Handbook.

- Explain the use of the School Food Service forms.
- Describe the use of the following, which are needed for School Food Service Menu Planning: Menu Planning Guide for School Food Service, Food Buying Guide for School Food Service and the Supplement to the Food Buying Guide for School Food Service.
- Demonstrate the ability to purchase and receive food in a School Food Service operation.
- Explain the use of Federal commodities in School Food Service menu.
- Explain the types of food services offered through the Department of Education.
- Explain the cost control system used in the School Food Service System.
- Explain personality traits that foster positive workplace relationships.

FSHE 294 Food Service Practicum (5)

2 hours lecture, 26 hours lab per week for 8 weeks

Prerequisite(s): A grade of "C" or higher in FSHE 102 (CULN 111); a grade of "C" or higher in FSHE 103 (CULN 112); a grade of "C" or higher in FSHE 120 (CULN 115); a grade of "C" or higher in FSHE 122 (CULN 150); a grade of "C" or higher in FSHE 212 (CULN 221), or consent of instructor/program counselor/department chairperson.

FSHE 294 provides students with a practical in-house internship experience that applies the knowledge, skill, techniques, managerial principles, and attitudes gained through prior studies to operate a food service operation.

Upon successful completion of FSHE 294, the student should be able to:

- Demonstrate the ability to organize, operate, and manage a typical food service operation.
- Utilize information gathered through a market analysis; formulate a menu that will optimize the resources of the operation.
- Develop a cost-effective market plan.
- Compile high quality information required to make sound managerial decisions.
- Analyze data gathered to forecast, budget, and to formulate corrective actions in order to maximize both guest satisfaction and return on investment.

Within this FSHE 294 course, the following student learning outcomes will have been introduced, practiced or demonstrated:

- Apply the fundamentals of baking science to the preparation of a variety of products.
- Use and care for equipment normally found in the bakeshop or baking area.
- Perform mathematical computations related to foodservice operations.
- Demonstrate quality customer service.
- Develop skills in knife, tool, and equipment handling and apply principles of food preparation to produce a variety of food products.
- Operate equipment safely and correctly.
- Apply knowledge of laws and regulations relating to safety and sanitation in the kitchen.
- Prepare for the transition from employee to supervisor.
- Evaluate styles of leadership and develop skills in human relations and personnel management.
- Apply the knowledge of the hospitality industry and career opportunities in the field.
- Demonstrate familiarity with the organizational structures and basic functions of departments within hospitality and foodservice establishments.
- Apply the principles of menu planning and layout to the development of menus.
- Apply the principles of nutrient needs throughout the life cycle to menu planning and food preparation.
- Demonstrate the overall concept of purchasing and receiving practices in quality foodservice operations.
- Apply knowledge of quality standards and regulations governing food products to the purchasing function.
- Receive and store food and non-food items properly.
- Apply the basic principles of sanitation and safety and be able to apply them in the food service operations.
- Reinforce personal hygiene habits and food handling practices that protect the health of the consumer.
- Value cross-cultural perspectives that will allow them to effectively function in the global community.
- Value ethical practices in both personal and professional situations.
- Practice standards in behavior, grooming, and dress that reflect the mature work attitude expected of industry professionals.
- Apply the experience of service-learning to both personal and academic development by becoming involved in community service activities.

FRENCH

FR 101 Elementary French I (4) KCC AA/HSL

3 hours lecture, 2 hours lab per week

FR 101 is an introduction to the sounds and basic structures of the French language emphasizing the acquisition of speaking, writing, reading, and listening comprehension skills for communicative proficiency, and an appreciation of the essential elements of the culture of French-speaking people.

Upon successful completion of FR 101, the student should be able to:

- Produce the sounds of French and read words with acceptable pronunciation.
- Reproduce simple patterns of speech based on classroom models with acceptable pronunciation.
- Respond orally to familiar simple conversational models to demonstrate communicative competency at a basic level.
- Read aloud familiar materials with pronunciation comprehensible to a native-speaker.
- Write phrases in French that demonstrate appropriate use of present tense grammatical forms in familiar contexts.
- Demonstrate knowledge of basic concepts of French culture presented in class, including important holidays, some contrastive cultural practices and the names and capitals of French-speaking countries.

FR 102 Elementary French II (4) KCC AA/HSL

3 hours lecture, 2 hours lab per week

Prerequisite(s): A grade of "C" or higher in FR 101, or satisfactory score on language placement test, or instructor consent.

FR 102 is a continuation of FR 101 with further development of basic French sentence structure, vocabulary, reading, oral and written communication skills and an enhanced appreciation of the cultures of French-speaking people.

Upon successful completion of FR 102, the student should be able to:

- Reproduce patterns of speech based on classroom models with acceptable pronunciation.

- Respond orally in natural conversation to demonstrate communicative competency.
- Read aloud familiar materials with pronunciation comprehensible to a native-speaker.
- Write simple sentences in French that demonstrate appropriate use of grammatical forms in familiar contexts.
- Demonstrate knowledge of basic concepts of Francophone cultures presented in class.

FR 201 Intermediate French I (3) KCC AA/HSL

3 hours lecture per week

Prerequisite(s): A grade of "C" or higher in FR 102, or satisfactory score on language placement test, or instructor consent.

FR 201 is a continuation of FR 102. Students will refine basic language skills acquired in FR 101-102 through reading, conversation, writing, listening, vocabulary development, and functional language structure review. Through communicative practice, articulated multimedia lab activities, interaction with peers, instructor, and native-speakers, students will gain confidence and fluency in written and oral expression. Cultural presentations will enhance knowledge and appreciation of the presence and influence of French language, and the cultures of French-speaking countries, territories, and provinces.

Upon successful completion of FR 201, the student should be able to:

- Demonstrate the ability to read, understand, and talk about short non-technical articles related to daily life and society of the cultures of French-speaking people, and our own.
- Demonstrate the integration of the elements of vocabulary and grammatical structures of French necessary to communicate orally and in writing on topics related to daily life.
- Communicate orally on topics related to daily life and society of French-speaking and American cultures with pronunciation comprehensible to a native speaker.
- Demonstrate an understanding of the essentials of geography, history, culture, and society of France and French-speaking countries.
- Access and retrieve information through print and electronic media at Web sites in French-speaking countries—evaluating the accuracy and authenticity of that information.
- Use writing to discover and articulate ideas in French using logical reasoning and basic language structures.

FR 202 Intermediate French II (3) KCC AA/HSL

3 hours lecture per week

Prerequisite(s): A grade of "C" or higher in FR 201, or satisfactory score on language placement test, or instructor consent.

FR 202 is a continuation of FR 201. Students will refine basic language skills acquired in FR 201 through reading, conversation, writing, listening, vocabulary development, and review of functional language structure. Through communicative practice with peers, instructor, native-speakers, and articulated multimedia lab activities, students will gain confidence and fluency in written and oral expression. Cultural readings and presentations will enhance knowledge and appreciation of the presence and influence of the French language, and the influence of French culture in Hawai'i and the world.

Upon successful completion of FR 202, the student should be able to:

- Demonstrate strategies appropriate to the audience and the ability to read, understand, and talk about short nontechnical articles related to daily life and society of the cultures of French-speaking people, and our own.
- Use language, techniques, and strategies appropriate to the audience and occasion to communicate orally in French on topics related to the daily life, society, and cultures of French-speaking people with pronunciation comprehensible to a native speaker.
- Access and retrieve information through print and electronic media at Web sites in French-speaking countries—evaluating the accuracy and authenticity of that information.
- Use writing to discover and articulate ideas in French using logical reasoning.
- Identify and state problems, issues, arguments, and questions contained in a body of information in French as a basis for writing and class discussion.
- Demonstrate an understanding of the essentials of history, culture, thought processes, value systems, and worldview of French-speaking societies in comparison to our own.