

COURSE OVERVIEW AND STUDENT EXPECTATIONS

COURSE: **Culinary and Hospitality Specialties 2** TEACHER: C. S. Fitton

LAB COST: **Twenty dollars...semester, or Forty dollars...year.**

Course Description:

This course includes the utilization of technology in the hospitality industry; sustainability; leadership and teamwork; recognition of special dietary needs; and catering activities. Food preparation activities at an advanced level are throughout the course and the culmination of the course is a capstone project.

TEXTBOOKS: ProStart 1&2, Introduction to Culinary Arts, ServSafe

- 16.0 Use information technology tools – the student will be able to:
 - 16.01 Use personal information management (PIM) applications to increase workplace efficiency.
 - 16.02 Employ technological tools to expedite workflow including word processing, databases, reports, spreadsheets, multimedia presentations, electronic calendar, contacts, email, and internet applications.
 - 16.03 Employ computer operations applications to access, create, manage, integrate, and store information.
 - 16.04 Employ collaborative/groupware applications to facilitate group work.
- 17.0 Utilize technology to enhance the development of a business in the hospitality industry – the student will be able to:
 - 17.01 Create and present a selection of designs for development of a hospitality business using appropriate software applications.
 - 17.02 Recognize the resources available to the public and private sector regarding the science behind menu development, demographics, targeted advertising and the value of ‘key word’ identifiers for search engines.
 - 17.03 Develop restaurant menus using appropriate software applications.
 - 17.04 Design advertisements for hospitality services for different media using a variety of software applications.
 - 17.05 Design a website that would enhance a new restaurant or hospitality business.
 - 17.06 Use technology to operate a restaurant including inventory, costing, budgeting, and tracking number of guests and profit.
- 18.0 Examine the interconnections and interdependency of ecological, social, and economic systems – the student will be able to:
 - 18.01 Explain sustainability as it relates to food production and consumption.
 - 18.02 Develop and apply the knowledge, perspective, vision, skills, and habits necessary to make decisions and take actions to promote sustainability in the kitchen.
 - 18.03 Explain how materials are formed by various natural processes and can be used in different ways.
 - 18.04 Create a career plan that reflects personal and professional goals dealing with sustainability and the influence you can have.
 - 18.05 Describe reasonable stewardship regarding best practices for Green programs including energy efficiency through energy-saving equipment, wastewater controls, product purchasing and recycling.
 - 18.06 Explain how energy saving measures increase profitability of a food service establishment.

- 18.07 Describe reasonable stewardship regarding best practices for Sustainability programs including seafood sustainability (aquaculture, fishery management – recreational and commercial); product purchasing awareness; and Used Cooking Oil (grease management, biodiesel initiatives).
- 18.08 Describe current trends related to sustainability (local, slow food movement, etc.).
- 19.0 Prepare nutritious food for individuals with special dietary needs – the student will be able to:
 - 19.01 Identify the needs of an aging culture and identify foods specific to those suffering from certain medical conditions.
 - 19.02 Identify common physiological changes that affect the nutritional status of seniors (body composition, gastrointestinal changes, musculoskeletal changes, sensory and oral changes, cardiovascular changes, lowered immune function).
 - 19.03 Identify psychosocial changes that can affect seniors (depression, dementia, Alzheimer’s disease, alcohol abuse, social isolation)
 - 19.04 Develop menus and prepare foods for seniors with: diabetes, heart disease, weight issues (underweight and overweight)
 - 19.05 Define malnutrition and how it can affect seniors
 - 19.06 Identify Potentially Hazardous Foods which are more susceptible to individuals with a compromised immune system.
 - 19.07 List the essential nutrients and their food sources and explain their function in the body
 - 19.08 Examine the use of nutritional supplements by athletes and explain any advantages or disadvantages
 - 19.09 Develop a balanced meal plan that maximizes an athlete’s level of endurance and strength via controlled caloric intake.
 - 19.10 Prepare a meal for student athletes
- 20.0 Describe the importance of professional ethics and legal responsibilities – the student will be able to:
 - 20.01 Evaluate and justify decisions based on ethical reasoning.
 - 20.02 Evaluate alternative responses to workplace situations based on personal, professional, ethical, legal responsibilities, and employer policies.
 - 20.03 Identify and explain personal and long-term consequences of unethical or illegal behaviors in the workplace.
 - 20.04 Interpret and explain written organizational policies and procedures.
- 21.0 Solve problems using critical thinking skills, creativity and innovation – the student will be able to:
 - 21.01 Employ critical thinking skills independently and in teams to solve problems and make decisions.
 - 21.02 Employ critical thinking and interpersonal skills to resolve conflicts.
 - 21.03 Identify and document workplace performance goals and monitor progress toward those goals.
 - 21.04 Conduct technical research to gather information necessary for decision-making.

- 22.0 Demonstrate advanced preparation skills for various proteins – the student will be able to:
 - 22.01 Research and report on the quality grading process for meats.
 - 22.02 Identify and prepare cuts of meat that would be suitable for moist/dry/combo cooking techniques.
 - 22.03 Describe the characteristics of organic meats.
 - 22.04 Identify Game/Exotic meats.
 - 22.05 Describe the process of aging meats.
 - 22.06 Prepare steaks, chops, and roasts.
 - 22.07 Prepare proteins using Sous Vide cooking.
- 23.0 Demonstrate advanced preparation skills for baked goods – the student will be able to:
 - 23.01 Identify and select advanced baking and dessert ingredients.
 - 23.02 Store and handle advanced baking and dessert products.
 - 23.03 Prepare advanced baked products (pies, breads, pastries, etc.)
 - 23.04 Prepare, bake and present specialty cakes.
 - 23.05 Demonstrate advanced decorating techniques using various frostings/icings.
 - 23.06 Prepare gluten-free products using appropriate blending and mixing techniques to achieve high-quality taste, texture, and appearance.
 - 23.07 Demonstrate strategies used in communicating with customers who have allergies.
- 24.0 Demonstrate leadership and teamwork skills needed to accomplish team goals and objectives – the student will be able to:
 - 24.01 Employ leadership skills to accomplish organizational goals and objectives.
 - 24.02 Establish and maintain effective working relationships with others in order to accomplish objectives and tasks.
 - 24.03 Conduct and participate in meetings to accomplish work tasks.
 - 24.04 Employ mentoring skills to inspire and teach others
- 25.0 Describe the roles within teams, work units, departments, organizations, inter-organizational systems and the larger environment – the student will be able to:
 - 25.01 Describe the nature and types of business organizations.
 - 25.02 Explain the effect of key organizational systems on performance and quality.
 - 25.03 List and describe quality control systems and/or practices common to the workplace.
 - 25.04 Explain the impact of the global economy on business organizations.
- 26.0 Apply the knowledge and skills necessary to successfully cater an event – the student will be able to:
 - 26.01 Recognize an RFP (Request for Proposal) and how to send one out.
 - 26.02 Develop a proposal fitting the consumer's needs and desires to a budget, site selection, permits, transportation, parking, theme development, audio/visual needs, security, banquet planning (food or menu

- development), seating, rental equipment, emergency plans, health care and cleanup.
- 26.03 Use acquired knowledge to obtain Food Safety Manager Certificate that is valid in Florida (<http://www.myfloridalicense.com/dbpr/hr/food-lodging/employee-training.html>).
 - 26.04 Assess the impact on food preparation and organization for on-premise vs. off-premise events.
 - 26.05 Develop a menu and pricing, cost controls applicable to a catering job.
 - 26.06 Plan and prepare dishes used in different catering styles demonstrating ease in transportation and service.
 - 26.07 Describe how to staff an event.
 - 26.08 Illustrate various room set-ups for different catering functions.
 - 26.09 Create a plan for floral arrangements, rental equipment requirements, what to do with leftovers, and target marketing for a catering job.
 - 26.10 Plan, organize, and cater an actual event using acquired skills.
- 27.0 Develop and implement a capstone project – the student will be able to:
- 27.01 Create a menu (may be gourmet or thematic) using original recipes or references must be cited. Menu must be printed and presented professionally
 - 27.02 Plan for use of appropriate tableware, linens and decorations.
 - 27.03 Develop purchase orders for all food items, supplies, tools and equipment including vendors and prices.
 - 27.04 Create a timeline allowing sufficient time for preparation, service, and clean up.
 - 27.05 Prepare a cost analysis for the event – cost per person and per menu item.
 - 27.06 Determine nutritional values for all food items being served.
 - 27.07 Describe how foods align with the Food guide Pyramid and make recommendations for restricted diets (sodium, fat, calories)
 - 27.08 Photograph or videotape all skills being demonstrated.
 - 27.09 Create a meal and present it to a panel of industry professionals.
 - 27.10 Deliver a 5-10 minute oral presentation on this project utilizing at least one form of multi-media technology.
- 28.0 Demonstrate personal money management concepts, procedures, and strategies – the student will be able to:
- 28.01 Identify and describe the services and legal responsibilities of financial institutions.
 - 28.02 Describe the effect of money management on personal and career goals.
 - 28.03 Develop a personal budget and financial goals.
 - 28.04 Complete financial instruments for making deposits and withdrawals.
 - 28.05 Maintain financial records.
 - 28.06 Read and reconcile financial statements.
 - 28.07 Research, compare and contrast investment opportunities.

NOTE: Some projects/class work are on-going, and will vary according to time and budget, thus times are approximate, and subject to change. **DRESS:** BLACK pant/skirt, orange polo shirt or Chef's attire when appropriate on "service" days.

EVALUATION:

LAB ACTIVITY *

- Class Work kept in a NOTEBOOK, PEN OR PENCIL, and calculator (can't use cell Phone)
- Worksheets, homework, daily notes and Assignments, specific projects (county fair, FCCLA, ProStart) ***ready to be turned in at any given time or due date.***
- Compile/develop a Portfolio throughout the year(s)
- Cooperation, Manners and ATTITUDE
- Demonstration of *basic* employability skills
- Demonstration of *basic* food handling techniques: preparation, product, speed, quality, safety, sanitation, cleanup, etc.
- Teamwork, following directions, applying math skills; using communication skills

EXAMS/TESTS/QUIZZES

- active participation in FCCLA...extra credit

*Student must account for daily labs and turn in assignments upon request and/or due date