

COURSE OVERVIEW AND STUDENT EXPECTATIONS

COURSE: **Culinary Arts I**

TEACHER: C. S. Fitton

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

Text: ProStart and Introduction to Culinary Arts

COURSE DESCRIPTION:

This course was developed as part of a three-credit core. Students will develop competence in understanding the history of the food service industry and identifying careers in that industry; following directions and applying math skills; using communication skills; demonstration of *basic* food handling techniques; *basic* safety procedures; demonstration of *basic* employability skills (punctuality, appearance, etiquette); *identification* of the elements of a successful food service operation; *identification* and *use* of commercial tools and equipment; *basic* concepts of food science; following standard recipes; *basic* nutrition information (nutrients, labels); *identification* of front and back-of-the-house duties; and participation in *introductory* food preparation labs, especially through FCCLA (Family, Career, and Community Leaders of America).

FLORDIA COMPETENCIES:

- 01.0 IDENTIFY CAREER AND JOB OPPORTUNITIES--The student will be able to:
- 01.01 Demonstrate an understanding of the history of the food service industry.
 - 01.02 Identify occupations in the food service and hospitality industry and their impact on the economy.
 - 01.03 Identify resources for a job search and conduct a job search.
 - 01.04 Identify levels of training required for food service and hospitality occupations.
 - 01.05 (Optional) Develop a presentation on the FCCLA hospitality event.
- 02.0 APPLY BASIC SKILLS--The student will be able to:
- 02.01 Follow verbal and written directions.
 - 02.02 Apply verbal and written directions by writing statements/phrases appropriate for culinary operations.
 - 02.03 Apply math skills as required in culinary operations.
 - 02.04 Read and understand graphs, charts, diagrams, and tables commonly used in culinary operations.
 - 02.05 Use verbal and nonverbal communication skills (answering/asking questions concisely; appropriate telephone skills; professional mannerisms/etiquette).
- 03.0 EXHIBIT THE ABILITY TO FOLLOW STATE MANDATED GUIDELINES FOR FOOD SERVICE--The student will be able to:
- 03.01 Demonstrate proper personal hygiene (hand washing; use of Gloves; grooming; uniforms).
 - 03.02 Demonstrate proper food handling techniques (thermometer use; thawing methods; internal cooking temperatures; etc.)
 - 03.03 Demonstrate proper techniques for receiving and storing food supplies.
 - 03.04 Demonstrate proper techniques for moving, cooking and holding food (proper ways to cool/reheat food; holding temperatures).
 - 03.05 Demonstrate proper cleaning and sanitizing techniques (cleaning vs. sanitizing; storing cleaning supplies; proper procedures for cleaning equipment).

- 03.06 Demonstrate proper pest control procedures.
- 03.07 Demonstrate knowledge of food borne illnesses.
- 04.0 DEMONSTRATE WORKPLACE SAFETY PROCEDURES – The student will be able to:
 - 04.01 Follow standard procedures for hazard control.
 - 04.02 Identify first-aid procedures for accidents and injuries.
 - 04.03 Follow the standards for infectious disease control.
 - 04.04 Apply sanitary procedures in maintaining the facility.
 - 04.05 Maintain an MSDS (Materials Safety Data Sheet).
 - 04.06 Explain the Right to Know Law.
 - 04.07 Demonstrate safety procedures related to slips, falls, fire, proper lifting and chemical use.
- 05.0 DEMONSTRATE PERSONAL PRODUCTIVITY--The student will be able to:
 - 05.01 Exhibit employability skills (punctuality, dependability, appropriate appearance.)
 - 05.02 Exhibit work ethics and integrity (employee theft and consequences)
 - 05.03 Maintain positive personal relationships including acceptance of constructive criticism.
 - 05.04 Develop personal and professional etiquette.
 - 05.05 Demonstrate the ability to function as a team member in a diverse environment.
 - 05.06 Demonstrate an understanding of the importance a portfolio.
 - 05.07 Create a resume'.
- 06.0 UTILIZE OPERATIONAL SYSTEMS--The student will be able to:
 - 06.01 Identify elements of a successful organized food service operation in relation to time, energy, money, and space (role of management; importance of labor costs/food costs; use of computers).
 - 06.02 Follow rules, regulations, and laws.
 - 06.03 Identify security procedures necessary to prevent liability and loss.
- 07.0 USE AND CARE FOR COMMERCIAL TOOLS AND EQUIPMENT--The student will be able to:
 - 07.01 Identify commercial tools and equipment.
 - 07.02 Demonstrate mastery of standard weights and measures used in the food service industry.
 - 07.03 Use and maintain commercial tools.
 - 07.04 Use and maintain commercial equipment.
- 08.0 DEMONSTRATE AN UNDERSTANDING OF BASIC FOOD SCIENCE – The student will be able to:
 - 08.01 Explain how taste and aroma combine to give foods their flavors.
 - 08.02 List physical, psychological, cultural, and environmental Influences on food likes and dislikes.
 - 08.03 Compare reasons for evaluating food products subjectively And objectively.
- 09.0 USE RECIPES--The student will be able to:
 - 09.01 Demonstrate an understanding of the purpose of standardized recipes.
 - 09.02 Define Mise en place and the relationship of organizational skills to productivity in the workplace.
 - 09.03 Use and follow standardized recipes.
 - 09.04 Define portion size and recipe yield.
- 10.0 DEMONSTRATE AN UNDERSTANDING OF BASIC PRINCIPLES OF NUTRITION--The student will be able to:
 - 10.01 List the essential nutrients.
 - 10.02 Demonstrate an understanding of the label laws.

- 10.03 Identify different dietary needs.
- 10.04 Explain your district's wellness policy.

11.0 IDENTIFY AND EXPLAIN FRONT-OF-THE-HOUSE AND BACK-OF-THE-HOUSE DUTIES--The student will be able to:

- 11.01 Identify and demonstrate fundamentals of customer service.
- 11.02 Identify and explain techniques of table setup, order-taking, check presentation, bussing, serving, receiving money, and skills.
- 11.03 Identify types of meal services.
- 11.04 Identify the kinds of work stations in the culinary kitchen.
- 11.05 Identify and explain various cooking techniques.
- 11.06 Identify and explain knife skills.

12.0 PREPARE FOOD AND BEVERAGE ITEMS--The student will be able to:

- 12.01 Prepare bake station items.
- 12.02 Prepare pantry station items.
- 12.03 Prepare fry station items.
- 12.04 Prepare cold station items.
- 12.05 Prepare hot station items.
- 12.06 Prepare beverage items.
- 12.07 Perform food presentation and display techniques.
- 12.08 Recognize standards of quality.

NOTE: Some projects/class work are on-going, and will vary according to time and budget, thus times are approximate, and subject to change. **Restaurant DRESS: BLACK PANTS/SKIRT AND Chef's jacket or polo shirt...**depending on work station. Closed-toe shoes are required for ALL labs.

EVALUATION:

LAB ACTIVITY *

- Activity Log/Class Work kept in a NOTEBOOK
- Worksheets, homework, daily notes and Assignments, specific projects
ready to be turned in at any given time or due date.
- 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