

## Course Overview and Expectations

**Course Title: Culinary Arts 2**

**Teacher: C. S. Fitton**

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

**Text: ProStart and Introduction to Culinary Arts**

### Course Description:

In this course students will learn and perform front-of-the-house and back-of-the-house duties. Students will prepare quality food products and present them creatively; demonstrate safe, sanitary work procedures; understand food science principles related to cooking and baking; and utilize nutrition concepts when planning meals/menus.

16.0 Identify and explain front-of-the house and back of the house duties--The student will be able to:

- 16.01 Identify, demonstrate, and utilize fundamentals of customer service.
- 16.02 Identify and explain techniques of front-of-the-house and back-of-the-house responsibilities including but not limited to dining room setup, greeting, order-taking, serving, clearing, check presentation, bussing, and cashiering.
- 16.03 Identify types of meal services.
- 16.04 Describe the types of work stations in the commercial kitchen.
- 16.05 Identify, explain and illustrate basic knife cuts and skills.
- 16.06 Explain common cooking methods (roasting, baking, broiling, sautéing, frying, deep-frying, braising, steaming).
- 16.07 Define common baking terms and identify common baking ingredients.

17.0 Prepare and present food and beverage items to meet creativity aspects as well as quality standards--The student will be able to:

- 17.01 Explain the role of the five senses in cooking, presenting, and eating food.
- 17.02 Describe how the four basic tastes (salty, sweet, sour, and bitter) can affect the appeal of food.
- 17.03 Explain how color, texture, temperature, and balance affect the visual appeal of plated food.
- 17.04 Demonstrate platter presentation principles, effective platter layout, and techniques for enhancing food presentation.
- 17.05 Recognize standards of quality as well as prepare and creatively present: bake station items; pantry station items; fry station items; cold station items; hot station items; beverage items.

18.0 Exhibit and utilize safe, secure, and sanitary work procedures--The student will be able to:

- 18.01 Follow federal, state, and local sanitation and safety codes.

19.0 Apply principles of food science in cooking and baking techniques--The student will be able to:

- 19.01 Identify food products that are a result of fermentation.
- 19.02 Identify and explain the various leavening agents used in baking.
- 19.03 Explain the leavening process in baking.
- 19.04 Identify and explain the principles of thickening agents used in food preparation.
- 19.05 Distinguish between and demonstrate the physical properties of thickening agents.
- 19.06 Identify the differences between a permanent and temporary emulsion.
- 19.07 Explain the role of pH in food preservation and baking applications.
- 19.08 Distinguish between the characteristics of acids and bases.
- 19.09 Demonstrate and analyze the different functions of sugar in food preparation.
- 19.10 Demonstrate and analyze the difference between moist, dry, and combination cooking methods.
- 19.11 Apply basic principles of the chemistry of protein to cooking eggs, dairy, and meat products.
- 19.12 Apply basic principles of the chemistry of food preparation to fruits and vegetables.
- 19.13 List categories of lipids (fats and oils) based on physical state and dietary sources.
- 19.14 Examine the functions of lipids (fats and oils) in food preparation.
- 19.15 Analyze the nutritional impact of lipids (fats and oils) in the diet.

20.0 Apply principles of nutrition in menu planning, cooking, and baking--The student will be able to:

- 20.01 Interpret and create menus to meet current dietary guidelines and nutritional requirements of individuals with special needs.
- 20.02 Apply the new food pyramid to analyze diets to include special needs.

21.0 Perform front-of-the-house duties--The student will be able to:

- 21.01 Recognize the needs of diverse populations.
- 21.02 Perform duties to meet the needs of the customer (greeting guests; escorting to tables and presenting menus; handling guests with special needs; transporting and serving meals; loading and carrying trays; etc.)
- 21.03 Handle customer complaints.
- 21.04 Use merchandising techniques.
- 21.05 Analyze industry trends.

- 22.0 Perform back-of-the-house and inventory duties--The student will be able to:  
This standard supports the following Next Generation Sunshine State Standards:
- 22.01 Receive, store, and issue supplies.
  - 22.02 Practice environmentally sound procedures.
  - 22.03 Demonstrate and follow operational procedures between the front-of-the-house and back-of-the-house.
  - 22.04 Demonstrate efficient time and motion techniques.
  - 22.05 Coordinate responsibilities with those of other workstations.
  - 22.06 Select appropriate tools and equipment for specific tasks.
- 23.0 Solve problems using critical thinking skills, creativity and innovation—The student will be able to:
- 23.01 Employ critical thinking skills independently and in teams to solve problems and make decisions.
  - 23.02 Employ critical thinking and interpersonal skills to resolve conflicts.
  - 23.03 Identify and document workplace performance goals and monitor progress toward those goals.
  - 23.04 Conduct technical research to gather information necessary for decision-making.

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