

Course Outline and Expectations

Course Title: Culinary Arts 4 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 prepare various meals and food products including those for individuals with various nutritional needs and/or dietary restrictions. The relationship between nutrition and wellness will be examined. Cost control techniques and profitability will be covered as well as analysis of food establishment menus. Students will also demonstrate basic financial literacy skills.

- 36.0 Create and prepare menus for various nutritional needs--The student will be able to:
 - 36.01 Examine pricing strategies.
 - 36.02 Examine menu formats.
 - 36.03 Analyze menus for profitability

- 37.0 Utilize cost-control techniques to maximize profitability--The student will be able to:
 - 37.01 Examine and utilize cost out procedures to minimize food waste.
 - 37.02 Identify computer software available for food service and hospitality management.
 - 37.03 Develop an accounting and record-keeping system using selected software.
 - 37.04 Develop a purchasing, receiving, storing, and inventory system.
 - 37.05 Examine loss prevention factors such as safety, sanitation, food handling, ware handling, maintenance, insurance, and environmental effects.
 - 37.06 Interpret profit and loss statements.
 - 37.07 Identify the responsibility of each individual to be held accountable for profitability.

- 38.0 Interpret and incorporate guidelines and policies for food service establishments--The student will be able to:
 - 38.01 Develop employee guidelines such as job descriptions, training, and scheduling.
 - 38.02 Describe the characteristics of an efficient purchasing, receiving, storing, and inventory system.

- 39.0 Compare and analyze the relationship of nutrition to wellness--The student will be able to:
- 39.01 Describe the functions and sources of the 6 classifications of nutrients.
 - 39.02 Identify the effects of nutrient deficiencies and excesses.
 - 39.03 Apply guidelines for using the Food Guide Pyramid to plan daily food choices for customers with special diets.
 - 39.04 Describe the ABC's of the Dietary Guidelines for Americans from the United State Department of Agriculture (mypyramid.gov).
 - 39.05 Determine the relationship between food choices, eating and wellness vs. profit/loss margins.
 - 39.06 Explain how to encourage healthful eating habits for people in every stage of the life cycle.
 - 39.07 List the types of food additives and explain their purpose.
- 40.0 Create and prepare menus for customers on special diets--The student will be able to:
- 40.01 Create a menu for customers with dietary limitations.
 - 40.02 Describe the preparation methods used to prepare a nutritious meal for customers with special dietary needs (heart healthy, vegetarianism, religious dietary laws, etc.)
 - 40.03 Identify common food allergies and determine appropriate substitutions.
 - 40.04 Prepare meals that are visually appealing and that meet customers' special dietary needs.
 - 40.05 List the serving sizes for an average adult.
 - 40.06 Develop a modification plan for existing menus that will meet special dietary needs.
- 41.0 Compare and analyze menus of food establishments--The student will be able to:
- 41.01 Analyze the menus of different food establishments to see how the daily requirements of an average adult can be met by dining in the establishments.
 - 41.02 Create a menu meeting the "Truth-in-Menu Guidelines".
 - 41.03 Modify the menu of an establishment to meet the requirements of a customer with a special dietary need.
- 42.0 Demonstrate personal money management concepts, procedures, and strategies--The student will be able to:
- 42.01 Identify and describe the services and legal responsibilities of financial institutions.
 - 42.02 Describe the effect of money management on personal and career goals.
 - 42.03 Develop a personal budget and financial goals.
 - 42.04 Complete financial instruments for making deposits and withdrawals.
 - 42.05 Maintain financial records.
 - 42.06 Read and reconcile financial statements.
 - 42.07 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. **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