

Course Outline and Expectations

Course Title: Culinary and Hospitality Specialties 1

Teacher: C.S. Fitton

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

Text: ProStart and Introduction to Culinary Arts

Course Description:

This course includes food safety and sanitation; workplace safety; using social networking as a marketing tool; entrepreneurship; the correlation between food and science; and catering. Food preparation activities are throughout the course and the culmination of the course is a capstone project.

- 01.0 Exhibit the ability to follow state mandated guidelines for food service – the student will be able to:
- 01.01 Demonstrate proper personal hygiene (hand washing; use of gloves; grooming; proper hair restraints, closed-toe shoes, aprons, uniforms).
 - 01.02 Demonstrate proper food handling techniques (thermometer use; thawing and freezing methods; internal cooking temperatures) utilizing industry safety and sanitation procedures.
 - 01.03 Demonstrate and utilize proper techniques for receiving and storing food supplies.
 - 01.04 Demonstrate and utilize proper techniques for transporting, cooking and holding food (proper ways to cool/reheat food; holding temperatures).
 - 01.05 Demonstrate and utilize proper cleaning and sanitizing techniques (cleaning vs. sanitizing; storing cleaning supplies; proper procedures for cleaning equipment).
 - 01.06 Demonstrate and utilize proper pest control procedures.
 - 01.07 Classify types of bacteria that cause food borne illnesses.
 - 01.08 Describe symptoms of food borne illness and how food borne illness can be prevented.
 - 01.09 Describe cross contamination and incorporate ways to prevent this from occurring.
 - 01.10 Use acquired knowledge to obtain Employee Foodhandler Training Certificate that is valid in Florida (<http://www.myfloridalicense.com/dbpr/hr/food-lodging/employee-training.html>).
- 02.0 Demonstrate language arts knowledge and skills – the student will be able to:
- 02.01 Locate, comprehend and evaluate key elements of oral and written information.
 - 02.02 Draft, revise, and edit written documents using correct grammar, punctuation and vocabulary.

- 02.03 Present information formally and informally for specific purposes and audiences.

- 03.0 Demonstrate science knowledge and skills – the student will be able to:
 - 03.01 Discuss the role of creativity in constructing scientific questions, methods and explanations.
 - 03.02 Formulate scientifically investigable questions, construct investigations, collect and evaluate data, and develop scientific recommendations based on findings.

- 04.0 Demonstrate and incorporate workplace safety procedures – the student will be able to:
 - 04.01 Follow standard procedures for hazard control.
 - 04.02 Identify and utilize 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 including proper waste disposal methods.
 - 04.05 Maintain an MSDS (Materials Safety Data Sheet) for each product and keep in a three ring binder in the kitchen area.
 - 04.06 Explain the Right to Know Law.
 - 04.07 Demonstrate and utilize safety procedures related to prevention of slips, falls, fire, proper lifting and chemical use.
 - 04.08 Identify the HACCP (Hazard Analysis Critical Control Point) during all food handling processes.

- 05.0 Demonstrate the importance of health, safety, and environmental management systems in organizations and their importance to organizational performance and regulatory compliance – the student will be able to:
 - 05.01 Describe personal and jobsite safety rules and regulations that maintain safe and healthy work environments.
 - 05.02 Explain emergency procedures to follow in response to workplace accidents.
 - 05.03 Create a disaster and/or emergency response plan.

- 06.0 Utilize social networking to market a culinary/foodservice establishment – the student will be able to:
 - 06.01 Identify major social networks (i.e. Facebook, twitter) and the networks specific to the industry (yelp*, foursquare, urbanspoon, etc.) and explain how they can be applied to a marketing strategy.
 - 06.02 Use technology to become aware of the academic and professional networking opportunities sites provide.
 - 06.03 Identify and describe social media marketing practices such as phishing and explain how these practices are used in the culinary/hospitality fields.
 - 06.04 Create and participate in blogs for purposes of culinary/hospitality communication or marketing.
 - 06.05 Participate, communicate and use the online activities to generate a market idea.
 - 06.06 Demonstrate the ability to use networking tools collaboratively, creatively, and with market project outcomes.

- 06.07 Describe how social media and demographic data can be used to define and analyze target audience.
- 07.0 Explain the importance of employability skills and entrepreneurship skills – the student will be able to:
 - 07.01 Identify and demonstrate positive work behaviors needed to be employable.
 - 07.02 Develop personal career plan that includes goals, objectives, and strategies.
 - 07.03 Examine licensing, certification, and industry credentialing requirements.
 - 07.04 Maintain a career portfolio to document knowledge, skills, and experience.
 - 07.05 Evaluate and compare employment opportunities that match career goals.
 - 07.06 Identify and exhibit traits for retaining employment.
 - 07.07 Identify opportunities and research requirements for career advancement.
 - 07.08 Research the benefits of ongoing professional development.
 - 07.09 Examine and describe entrepreneurship opportunities as a career planning option.
- 08.0 Describe the requirements to be a successful entrepreneur and small business owner in the hospitality industry – the student will be able to:
 - 08.01 Describe the importance of entrepreneurship to the American Economy.
 - 08.02 Distinguish between the advantages and disadvantages of business ownership.
 - 08.03 Evaluate the risks involved in ownership of a business.
 - 08.04 Identify the business skills needed to operate a small business efficiently and effectively.
 - 08.05 Research the start-up process for a small business (including regulatory issues, corporate structure, and insurance needs).
 - 08.06 Create a model for a business situation.
- 09.0 Demonstrate mathematics knowledge and skills – the student will be able to:
 - 09.01 Demonstrate knowledge of arithmetic operations.
 - 09.02 Analyze and apply data and measurements to solve problems and interpret documents.
 - 09.03 Construct charts/tables/graphs using functions and data.
- 10.0 Demonstrate standard preparation skills for various proteins – the student will be able to:
 - 10.01 Identify primal, sub primal, and fabricated cuts of meats (beef, veal, pork, lamb, poultry).
 - 10.02 Explain the structure and composition of meats.
 - 10.03 Compare and contrast the different components of each type of meat (beef, pork, veal, lamb, poultry).
 - 10.04 Identify and describe the quality grades of meats.
 - 10.05 Research various cooking methods for meats.
 - 10.06 Prepare meats using a variety of cooking methods.

- 11.0 Demonstrate standard preparation skills for baked goods – the student will be able to:
- 11.01 Identify and select baking and dessert ingredients.
 - 11.02 Store and handle baking and dessert products.
 - 11.03 Prepare baked products using mixes.
 - 11.04 Make and bake pies.
 - 11.05 Prepare and bake quick breads.
 - 11.06 Prepare and bake yeast breads.
 - 11.07 Prepare, bake and present assorted cakes.
 - 11.08 Prepare syrups, sweet sauces, and gelatins.
 - 11.09 Prepare and apply butter creams and icings.
 - 11.10 Prepare baked products that are “healthy” through the use of alternative ingredients.
 - 11.11 Define gluten sensitivity and the resulting physical conditions.
 - 11.12 Identify foods that contain gluten and foods that are gluten-free.
 - 11.13 Identify and select basic ingredients used for gluten-free baking (including organic ingredients and non-gluten flours).
- 12.0 Explain the interconnections and interdependency of food and science – the student will be able to:
- 12.01 Define culinology and research the origin of the term.
 - 12.02 Describe the impact of culinology on global society as a subject/discipline
 - 12.03 Research the potential employment opportunities related to culinology (nutritionists, recipe development, food batchmakers, food scientists, packaging specialists, product development technologists, quality assurance specialists, research chefs, etc.).
 - 12.04 Compare and contrast the reactions of different chemicals on foods.
 - 12.05 Evaluate how the eventual flavor and texture of food ingredients is affected by the cooking method used.
 - 12.06 Create a chart to do a food sensory analysis.
 - 12.07 Define molecular gastronomy and research the origin of the term.
 - 12.08 Distinguish between culinary definitions and culinary precisions.
 - 12.09 Using the basic concepts of molecular gastronomy, blend traditional or ethnic foods into a processed food that can be easily reproduced.
 - 12.10 Create, prepare, and present an original recipe using the concepts of molecular gastronomy.
- 13.0 Use oral and written communication skills in creating, expressing, and interpreting information and ideas – the student will be able to:
- 13.01 Select and employ appropriate communication concepts and strategies to enhance oral and written communication in the workplace.
 - 13.02 Locate, organize and reference written information from various sources.
 - 13.03 Design, develop and deliver formal and informal presentations using appropriate media to engage and inform diverse audiences.
 - 13.04 Interpret verbal and nonverbal cues/behaviors that enhance communication.

- 13.05 Apply active listening skills to obtain and clarify information.
 - 13.06 Develop and interpret tables and charts to support written and oral communications.
 - 13.07 Exhibit public relations skills that aid in achieving customer satisfaction.
- 14.0 Demonstrate the skills necessary for planning and catering an event – the student will be able to:
- 14.01 Define catering and describe the type of events that are usually catered.
 - 14.02 Describe and illustrate how common themes are found across catering operations.
 - 14.03 Differentiate between low cost and elaborate events.
 - 14.04 Describe the regulatory restrictions for an approved kitchen and state mandated Food Safety Training requirements for a catering job.
 - 14.05 Research the rule language in Florida Administrative Code related to catering
(<https://www.flrules.org/gateway/ChapterHome.asp?Chapter=64E-11>).
 - 14.06 Develop a menu for various events.
 - 14.07 Plan and prepare a variety of hors d'oeuvres.
 - 14.08 Demonstrate beverage preparation skills.
 - 14.09 Plan and prepare dishes that lend themselves to various types of events.
 - 14.10 Plan and organize an actual event using acquired skills.
- 15.0 Develop and implement a capstone project – the student will be able to:
- 15.01 Create a menu (may be gourmet or thematic) using original recipes or references must be cited. Menu must be printed and presented professionally.
 - 15.02 Plan for use of appropriate tableware, linens and decorations.
 - 15.03 Develop purchase orders for all food items, supplies, tools and equipment including vendors and prices.
 - 15.04 Create a timeline allowing sufficient time for preparation, service, and clean up.
 - 15.05 Prepare a cost analysis for the event – cost per person and per menu item.
 - 15.06 Determine nutritional values for all food items being served.
 - 15.07 Describe how foods align with the Food guide Pyramid and make recommendations for restricted diets (sodium, fat, calories).
 - 15.08 Photograph or videotape all skills being demonstrated.
 - 15.09 Create a meal and present it to a panel of industry professionals.
 - 15.10 Deliver a 5-10 minute oral presentation on this project utilizing at least one form of multi-media technology.

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