

Advanced Culinary Arts

COURSE OUTLINE

1. **Course Title:** Advanced Culinary Arts
2. **CBEDS Title:** Food and Hospitality Services
3. **CBEDS Number:** 4420
4. **Job Titles:**
 - Food Service Worker
 - Caterer
 - Catering Assistant
 - Baker
 - Pastry Chef
 - Assistant Pastry Chef
 - Chef Assistant
 - Chef
 - Food Processing Worker
 - Food Service Manager

5. Course Description:

This one-year course is designed for second year Culinary Arts students who will be continuing their education in safety, sanitation, nutrition, professional grooming, and food preparation techniques and procedures. The course will also cover career opportunities, employability skills, customer service, food costs, and inventory controls. Students at this level will engage in a hands-on food service operation and will be rotated through all the jobs. Emphasis will be on quality food preparation, teamwork, developing a critical palate, and researching current culinary trends.

Student Outcomes and Objectives:

Students will:

1. Demonstrate professional knife skills as used in the professional kitchen.
2. Demonstrate professional understanding of the Serv Safe system of food safety and sanitation.
3. Demonstrate proficiency in “front of the house” and “back of the house” procedures relevant to current industry standards.
4. Prepare sauces, soups and stocks.
5. Demonstrate strong skills in baking and pastry making.
6. Demonstrate professional level proficiency in the planning and preparation of a meal and the creation of a menu.
7. Demonstrate refined skill in quantity food preparation through buffets for special occasions.
8. Demonstrate an understanding of professional event planning.
9. Study and prepare dishes from various ethnic cuisines of the world, such as France, Italy, China, Thailand, Mexico and various other cuisines as dictated by student interest.
10. Examine careers in the Culinary and Hospitality fields.
11. Compile a professional working portfolio including samples of the student’s best work, a resume’, personal business cards, a letter of recommendation and a sample job application.

Pathway

Recommended Sequence	Courses
Introductory	Culinary Arts
Skill Building	Baking and Pastry Arts
Advanced Skill	Advanced Culinary Arts or Culinary Arts Cooperative

6. Hours: *Students receive up to 180 hours of classroom instruction including participation in several culinary and hospitality events.*

7. Prerequisites: Culinary Arts

8. Date (of creation/revision): July 2010

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Upon successful completion of this course, students will be able to demonstrate the following skills necessary for entry-level employment.				
Instructional Units and Competencies	Course Hours	Model Curr. Standards	CA Academic Content Standards	CAHSEE
<p>I. CAREER PREPARATION STANDARDS</p> <p>A. Career Planning and Management.</p> <ol style="list-style-type: none"> 1. Know the personal qualifications, interests, aptitudes, knowledge, and skills necessary to succeed in careers. <ol style="list-style-type: none"> a. Students will identify skills needed for job success b. Students will identify the education and experience required for moving along a career ladder. 2. Understand the scope of career opportunities and know the requirements for education, training, and licensure. <ol style="list-style-type: none"> a. Students will describe how to find a job. b. Students will select two jobs in the field and map out a timeline for completing education and/or licensing requirements. 3. Develop a career plan that is designed to reflect career interests, pathways, and postsecondary options. <ol style="list-style-type: none"> a. Students will conduct a self—assessment and explain how professional qualifications affect career choices. 4. Understand the role and function of professional organizations, industry associations, and organized labor in a productive society. <ol style="list-style-type: none"> a. Contact two professional organization and identify the steps to become a member. 5. Understand the past, present and future trends that affect careers, such as technological developments and societal trends, and the resulting need for lifelong learning. <ol style="list-style-type: none"> a. Students will describe careers in the building trades construction industry sector. b. Students will identify work-related cultural differences to prepare for a global workplace. 6. Know the main strategies for self-promotion in the hiring process, such as completing job applications, resume writing, interviewing skills, and preparing a portfolio. <ol style="list-style-type: none"> a. Students will write and key a resume, cover letters, thank you letters, and job applications. b. Students will participate in mock job interviews. <p>B. Technology.</p> <ol style="list-style-type: none"> 1. Understand past, present and future technological advances as they relate to a chosen pathway. 2. Understand the use of technological resources to gain access to, manipulate, and produce information, products and services. 3. Understand the influence of current and emerging technology on selected segments of the economy. 4. Use appropriate technology in the chosen career pathway. <p>C. Problem solving and Critical Thinking.</p> <ol style="list-style-type: none"> 1. Apply appropriate problem-solving strategies and critical thinking to work-related issues and tasks. 2. Understand the systematic problem-solving models that incorporate input, process, outcome and feedback components. 	<p>12</p> <p>Additional hours are integrated throughout the course.</p>	<p>Hospitality, Tourism, & Recreation Industry Sector, Model Curriculum Standards</p> <p>3.0, 4.0, 5.0, 6.0, 7.0, 8.0, 9.0, 10.0</p>	<p><u>Language Arts</u> (8) R 1.3, 2.6 W1.3, 2.5, LC 1.4,1.5 1.6 LS1.2, 1.3, (9/10) R2.1,2.3,2 W2.5 LC1.4 LS 1.1, 2.3 (11/12) R2.3 W2.5 LC1.2 <u>Math</u> (7) NS1.2, 1.7 MR 1.1,1.3 2.7,2.8, 3.1</p>	<p>Lang. Arts R 8.2.1 (9/10) R 2.1, 2.3 W2.5 Math (7) NS 1.2, 1.3, 1.7 MR 1.1, 2.1, 3.1</p>

<p>3. Use critical thinking skills to make informed decisions and solve problems.</p> <p>4. Apply decision-making skills to achieve balance in the multiple roles of personal, home, work and community life.</p> <p>D. Health and Safety.</p> <ol style="list-style-type: none"> 1. Know policies, procedures, and regulations regarding health and safety in the workplace, including employers' and employees' responsibilities. 2. Understand critical elements of health and safety practices related to storing, cleaning and maintaining tools, equipment, and supplies. <p>E. Responsibility & Flexibility.</p> <ol style="list-style-type: none"> 1. Understand the qualities and behaviors that constitute a positive and professional work demeanor. 2. Understand the importance of accountability and responsibility in fulfilling personal, community, and workplace roles. 3. Understand the need to adapt to varied roles and responsibilities. 4. Understand that individual actions can affect the larger community. <p>F. Ethics and Legal Responsibilities</p> <ol style="list-style-type: none"> 1. Know the major local, district, state, and federal regulatory agencies and entities that affect the industry and how they enforce laws and regulations. 2. Understand the concept and application of ethical and legal behavior consistent with workplace standards. <ol style="list-style-type: none"> a. Contact a business and obtain a copy of their rules for employment. b. Role play difference ethical scenarios. 3. Understand the role of personal integrity and ethical behavior in the workplace. <p>G. Leadership and Teamwork.</p> <ol style="list-style-type: none"> 1. Understand the characteristics and benefits of teamwork, leadership, citizenship in the school, community, and workplace settings. 2. Understand the ways in which professional associations, such as the American Restaurant Assn., the International Hotel and Restaurant Assn., and other hospitality associations and competitive career development activities enhance academic skills, career choices, and contribute to promote employability. 3. Understand how to organize and structure work individually and in teams for effective performance and attainment of goals. 4. Know multiple approaches to conflict resolution and their appropriateness for a variety of situations in the workplace. 5. Understand how to interact with others in ways that demonstrate respect for individual and cultural differences and for the attitudes and feelings of others. 				
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Instructional Units and Competencies	Hours	Industry Standards.	CA Academic Standards	CAHSEE
<p>I Professionalism</p> <p>A. Professional Standards</p> <ol style="list-style-type: none"> 1. Code of ethics 2. Appropriate grooming <p>B. Standards and Industry Competency</p> <ol style="list-style-type: none"> 1. Job decisions and quality of work <p>A. Rights and responsibilities of employees and employers</p> <p>B. Maintaining competency</p>	7	Food Svc. & Hospitality Pathway B1.2		
<p>II. Food Safety and Sanitation</p> <p>A. Maintaining Sanitary Conditions</p> <ol style="list-style-type: none"> 1. Basic principals of microorganisms, including classification, growth requirements and transmission routes 2. Description and methods of control of viral-, chemical-, and parasitic-caused food borne 3. Personal sanitation: importance and techniques for maintaining high standard of personal cleanliness and hygiene 4. Application of sanitation knowledge to food receiving, storage, preparation and service 5. Basic concepts of workplace safety; description of common accidents in food service, including prevention and treatment 6. Responsibility for understanding and maintaining sanitation and safety regulations and standards <p>B. Knife Skills</p>	13	<p>Food Science, Dietetics & Nutrition Pathway A3.1 A3.2 A3.3</p> <p>Food Svc. & Hospitality Pathway B2.0</p>	<p>ELA 11-12; R; 1.1-1.3, 2.1-2.6</p> <p>W; 1.1-1.5, 1.6, 1.8, 1.9, 2.1-2.6</p> <p>M. 8-12; Algebra 1; 1.0, 4.0-6.0, 9.0, 13.0, 16.0-18.0, 24.1, 24.3, 25.3</p> <p>Geom.; 3.0</p> <p>PS; 6.0, 8.0</p>	
<p>III. Nutrition</p> <p>A. Nutritional Principals and Concepts</p> <ol style="list-style-type: none"> 1. Conserving nutrients in preparation 2. Utilization of nutritional guidelines to practice recipe development, healthy plate compositions, and purchasing for good nutrition 	10	Food Science, Dietetics & Nutrition Pathway A5.1	<p>S. 9-12; Bio.; 1b, g, j; 9z, f, g, I</p> <p>S. 9-12; IE: 1n</p> <p>S. 9-12; Chem.; 3e, f, g, 4b, 10a, c</p>	<p>ELA 9-10; R; 1.1-1.3, 2.1, 2.2, 2.3, 2.4, 2.5, 2.7</p> <p>W; 1.1-1.6, 1.9, 2.1-2.5; LC; 1.1-1.3, 1.5</p> <p>M 9-12; Alg. 1; 4.0- 6.0, 9.0</p>

Instructional Units and Competencies	Hours	Model Curr. Standards.	CA Academic Standards	CAHSEE
IV. Efficiency in the Workplace A. Maintaining Work Area B. Principals of Mise en Place (prior planning)	5	Food Svc. & Hospitality Pathway B6.3		(10) WA 1.1 (8) R2.1
V. Food Costing A. Costing Process <ol style="list-style-type: none"> 1. Estimate costs to produce a given recipe 2. Calculate the cost per portion for recipe 3. Calculate a recipe conversion factor 4. Convert a recipe to a desired quantity using a conversion factor 5. Calculate ingredient requirements, given a ratio 	10	Food Svc. & Hospitality Pathway B11.0	ELA 11-12; R; 1.1 – 1.3, 2.1, 2.2-2.5, 2.6 W; 1.1-1.5, 1.6-1.8, 1.9, 2.1-2.6 WO; 1.1-1.3 LS 1.1-1.9, 1.11-1.13, 2.1, 2.2, 2.4 M. 8-12; Algebra 1; 1.0, 4.0-6.0, 9.0, 13.0, 16.0-18.0, 24.1, 24.3, 25.3 MG 3.0, PS 6.0, 8.0	(7) NS 1.2, 1.3, 1.6(7)MR 2.1 (7) MR 3.3 (6)P3.3

Instructional Units and Competencies	Hours	Model Curr. Standards.	CA Academic Standards	CAHSEE
<p>VI. Menu Planning</p> <p>A. Interpreting Recipes</p> <ol style="list-style-type: none"> 1. Food preparation terminology 2. Properties and functions of ingredients 3. Ingredients as substitutions <p>B. Food Preparations</p> <ol style="list-style-type: none"> 1. Defining and demonstrating food preparation skills 2. Physical and chemical processes <ol style="list-style-type: none"> a. cooking methods b. effect of substitutes on nutritional value 3. Applying techniques that preserve nutrients and enhance flavor and appearance 4. Identifying techniques that affect health 5. Investigating and describing food trends <p>C. Creating Meals</p> <ol style="list-style-type: none"> 1. Planning, preparing and serving aesthetically pleasing and nutritious meals 2. The psychology and aesthetics of food presentation 	35	<p>Food Science, Dietetics & Nutrition Pathway A9.1</p> <p>Food Svs. & Hospitality Pathway A9.1 B6.0 B10.1</p>	<p>ELA 11-12; R; 1.1-1.3, 2.1, 2.2-2.5, 2.6 W; 1.1-1.5, 1.6-1.8, 1.9, 2.1-2.6 WO; 1.1-1.3 LS 1.1-1.9, 1.11-1.13, 2.1, 2.2, 2.4 M. 8-12; Algebra 1; 1.0, 13.0, 16.0-18.0, 24.1, 24.3, 25.3 MG 3.0, PS 6.0, 8.0 S. 9-12; IE; 1a,d,l SS 10; 10.3, 10.4</p>	<p>ELA 9-10; R; 1.1-1.2, 2.1-2.5, 2.7 W; 1.1-1.6, 1.9, 2.1-2.5 LC; 1.1-1.3, 1.5 M 9-12; Alg. 1; 4.0-6.0, 9.0</p>
<p>VII. Food Production</p> <p>A. Food and Bakery Ingredients</p> <ol style="list-style-type: none"> 1. Identify and categorize ingredients 2. Standards and procedures of measuring and weighing <p>B. Food Preparation</p> <ol style="list-style-type: none"> 1. Using standard recipe procedures properly 2. Using correct techniques to produce consistent products 3. Using correct computations to adjust recipes 4. Preparing and decorating bakery items 5. Preparing a variety of food items 6. Planning food production schedules 7. Storing food, utensils and equipment <p>C. Catering Skills</p> <ol style="list-style-type: none"> 1. Designing special occasion menus 2. Preparing work sheets and assembling supplies 3. Storing food, utensils, and equipment 4. Quality and safety of transported food and beverages 5. Estimating food, beverage and labor costs 	30	<p>Food Svc. & Hospitality Pathway B6.0 B7.0 B7.1 B7.2 B7.4 B11.4</p>	<p>ELA 11-12; R; 1.1-1.3, 2.1-2.6 W; 1.1-1.5, 1.6-1.8, 1.9, 2.1-2.6 M. 8-12; Algebra 1; 1.0, 4.0-6.0, 9.0, 13.0, 16.0-18.0, 24.1 G; 1.0, 3.0, 8.0-10.0, 12.0, 15.0, 22.0 PS 6.0, 8.0 S. 9-12; IE; 1</p>	<p>(10)WA 1.1 (8)R2.1 (7)NS 1.2, 1.3, 1.6 (7)MR 2.1 (7)MR 3.3 (6)P3.3</p>

Instructional Units and Competencies	Hours	Model Curr. Standards.	CA Academic Standards	CAHSEE
<p>VIII. Cooking Techniques:</p> <p>A. Meats</p> <p>Identify and Describe Cooking Method of</p> <ol style="list-style-type: none"> 1. Beef 2. Lamb 3. Veal 4. Pork 5. Poultry 	10	Food Svc. & Hospitality Pathway B9.0	S. 9-12; Physics; 3c Chem.; 7a, 7b, 7c	(10)WA 1.1, 1.2 (8)R2.1 (10)R2.1 (10)WS 1.2, 1.9(7) NS1.2, 1.3
<p>IX. Introduction to Restaurant Management</p> <ol style="list-style-type: none"> C. Receiving and Invoice Check-in D. Inventories E. Menu Planning F. Scheduling of Employees G. Waste, Pilferage, Breakage Control H. Importance of Standard Recipes I. Storeroom Procedures (First In – First Out) J. Identify the Pattern of Job Opportunities K. Describe Different Types of Restaurants, Services, Foods 	15	Food Svc. & Hospitality Pathway B5.2 B5.3 B5.4	M. 6; NS; 1.2, 1.3 SDP; 1.1, 1.2, 1.3, 1.4,	
<p>X. Baking & Pastry</p> <ol style="list-style-type: none"> A. Cream Puff Pastry B. Gelatin Deserts C. Puddings and/or Cream Filings D. Meringues E. Cookies 	15	Food Svc. & Hospitality Pathway B7.0 B7.1	S. 9-12; Chem.; 6c	
<p>XIV. Catering & Menu Planning</p> <ol style="list-style-type: none"> A. Distribution and Service of Food B. Garnish C. Displaying Food D. Table Setting E. Purchasing 	20	Food Svc. & Hospitality Pathway B9.3	M. 7; MG; 1.2	

<p>XV. SERVSAFE® Training</p> <ul style="list-style-type: none"> A. Providing safe food B. The Microworld C. Contamination and Food borne illness D. The Safe Food Handler E. Establishing the Foodservice Safety System F. Purchasing and Receiving Safe Food G. Keeping Food Safe in Storage H. Protecting Food in Preparation and Serving I. Sanitary Facilities and Equipment J. Cleaning and Sanitizing K. Organizing a Cleaning Program L. Integrated Pest Management M. Accident Prevention and Action for Emergencies N. Crisis Management O. Dealing with Sanitation Regulations and Standards P. Employee Sanitation Training 	10			
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10. Additional recommended/optional items

a. Articulation: None

b. Academic credit: N/A

c. Instructional strategies:

Methods of Instruction:

- a. Lecture and Discussion
- b. Research and Reports
- c. Demonstrations
- d. Lab projects and Analysis
- e. Use of Available Audiovisual Materials
- f. Community Resources (speakers)
- g. Field Trips

d. Instructional materials: Text: Hospitality Services : Food and Lodging, Goodheart-Wilcox publishers: 2004

Culinary Essentials, Glencoe McGraw Hill publishers:2002

Guide to Good Food, Goodheart- Wilcox, publishers
2002

Culinary Essentials Johnson & Wales University Glencoe McGraw-Hill 2002

On Cooking Sarah R. Labensky & Anan M. Hause Prentice Hall 1995

Guide to Good Food, Cooking Essentials for The New Professional Chef, John
Wiley & Sons, Inc.

ServSafe, Serving Safe Food, The Educational Foundation of the National
Restaurant Association

e. Certificates: SerSafe®