

Culinary Arts

COURSE OUTLINE

1. **Course Title:** 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 course is designed to meet the demand for trained workers in the Culinary Arts, food service industry. Students will learn how to prepare food in a professional learning environment that is much like a cooking academy. Practical experience is gained through the application of skills in food preparation, menu planning, serving meals, customer relations, nutrition and sanitation. Students will learn in a well-equipped, modern kitchen and also prepare food for school functions and events. This course includes classroom instruction, practical lab work in a commercial kitchen

Student Outcomes and Objectives:

Students will:

1. Demonstrate basic knife skills as used in the professional kitchen.
2. Be introduced to the ServSafe® system of food safety and sanitation.
3. Be introduced to “front of the house” and “back of the house” procedures relevant to current industry standards.
4. Be introduced to the preparation of breakfast, lunch and dinner items.
5. Be introduced to food preservation techniques such as canning, dehydrating, freezing, pickling, jams and preserves.
6. Be introduced to baking and pastry making.
7. Demonstrate proficiency in planning and preparing a meal.
8. Learn quantity food preparation through buffets for special events.
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. Be introduced to 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	Advanced Culinary Arts or Baking & Pastry Arts
Advanced Skill	Culinary Arts Cooperative

6. Hours: *Students receive up to 180 hours of classroom instruction.*

7. Prerequisites: None

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>22</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	Model Curr. Standards.	CA Academic Standards	CAHSEE
<p>I Hygiene</p> <ul style="list-style-type: none"> A. Display Neat Appearance B. Demonstrate Hygienic Practices in Food Preparation C. Maintain a Sanitary Kitchen and Dining Area D. Food Care and Storage E. Sanitary Method of Hand Washing F. Prevention of Food-Borne Illness 	10	Food Svc.& Hospitality Pathway B3.2 B3.3 B3.4	ELA 11-12; R; 1.0, 1.1,-1.3, 2.0, 2.1- 2.6 W; 1.0; 1.1-1.5, 1.6-1.8, 1.9, 2.0, 2.1-2.6 WO, 1.0 S. 9-12; Chem; 6a	
<p>II. Safety and Sanitation</p> <ul style="list-style-type: none"> A. Maintain Safe Work Environment B. Exhibit Competence of Accident Prevention, i.e., burns, falls, cuts, etc. C. Proper Storage of Chemicals and Cleaning Supplies 	7	Food Svc.& Hospitality Pathway B2.1 B2.2		
<p>III. Equipment and Utensils</p> <ul style="list-style-type: none"> A. Identification, Care and Safe Use of Utensils and tools B. Identification of Equipment C. Care and Safe Use of Equipment <ul style="list-style-type: none"> 1. Commercial Ovens and Grills 2. Commercial Dish Machines 3. Mixer and Attachments 4. Kitchen Knives 5. Food Processor 	13	Food Svc.& Hospitality Pathway B6.2	ELA 9- 10; R; 2.6 WO; 1.3,1.4,1.7 LS; 1.3,1.7,1.9	ELA 9- 10; R; 1.1, 1.2 W; 1.1- 1.6, 1.9 LC; 1.1- 1.3, 1.5
<p>IV. Dining Room Service</p> <ul style="list-style-type: none"> A. Host/Hostess – Greet & Seat B. Wait Person C. Bussing Person D. Cashiering Procedures E. Selling Techniques F. Set Tables G. Present & Describe Menu Items H. Writing Orders and Adding Orders I. Handling Complaints J. Accurate Change K. Heimlich Maneuver L. Safety & Sanitation 	15	Food Svc.& Hospitality Pathway B9.0 B9.2 B9.3 B9.4 B9.5	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; LC; 1.1- 1.3; LS; 1.1- 1.14; 2.1-2.5 M 0-12; Alg. 1; 13.0, 16.0, 17.0, 18.0, 24.1, 24.3, 25.3 Geo; 3.0 PS; 6.0, 8.0	ELA 9- 10; R; 1.1, 1.2; 2.1-2.5; 2.7; W; 1.1- 1.6; 2.1- 2.5; LC; 1.1- 1.3, 1.5 M 9-12; Alg. 1; 4.0-6.0, 9.0

Instructional Units and Competencies	Hours	Model Curr. Standards.	CA Academic Standards	CAHSEE
<p>V. Nutrition and Health</p> <p>A. Ever Changing Food Pyramid in Planning Daily Specials, Soup, Entrée, and Dessert</p> <p>B. Food Labels</p> <p>C. Nutritional Elements</p> <p>D. Personal Nutrition</p>	15	Food Svc.& Hospitality Pathway B10.0 B10.3	S. 9-12; Bio.; 1b, g, j; 9z, f, g, I S. 9-12; IE: 1n S. 9-12; Chem.; 10a, c.	<p>ELA 9-10; R; 1.1-1.3, 2.1, 2.2, 2.3, 2.4, 2.5, 2.7 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>
<p>VI. Gardemanger/Pantry</p> <p>A. Sandwiches</p> <p>B. Salads (fruit, green, accompaniment, salad bar)</p> <p>C. Hors d'oeuvres, Cold & Hot</p> <p>D. Cold Platters</p> <p>E. Garnishing Plates</p>	20	Food Svc.& Hospitality Pathway B6.5		
<p>VII. Using recipes</p> <p>A. Measuring Techniques</p> <p>B. Substitutions</p> <p>C. Conversion of Recipes</p>	5	Food Svc.& Hospitality Pathway B6.4	<p>ELA 11-12; R; 1.1-1.3, 2.1, 2.2-2.5, 2.6; LS; 1.</p> <p>M. 7, NS; 1.3 MG; 1.1</p> <p>9-12; Alg.; 1; 13.0, 16.0, 17.0, 18.0, 24.1, 24.3, 25.3 Geom.; 3.0 PS; 6.0 & 8.0</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</p> <p>M 9-12; Alg. 1; 4.0-6.0, 9.0</p>
<p>VIII. Breakfast</p> <p>A. Nutritional Needs</p> <p>B. Eggs (any style)</p> <p>C. Quick breads</p> <p>D. Granola</p>	20	Food Svc.& Hospitality Pathway B6.1		

Instructional Units and Competencies	Hours	Model Curr. Standards.	CA Academic Standards	CAHSEE
<p>IX. Meats</p> <p>A. Identify and Describe Cooking Method of</p> <ol style="list-style-type: none"> 1. Beef 2. Lamb 3. Pork 4. Poultry 5. Fish <p>B. Grill Items for Menu</p> <p>C. Cleaning Grill</p>	15	Food Svc.& Hospitality Pathway B6.4	S. 9-12; Physics; 3c Chem.; 7a, 7b, 7c	(10)WA 1.1 (8)R2.1 (10)R2.1 (7) NS 1.2, 1.3
<p>X. Soups and Stocks</p> <ol style="list-style-type: none"> A. Clear Broths B. Cream C. Cold Soups 	15	Food Svc.& Hospitality Pathway B6.4	S. 9-12; Chem.; 6c, 6d	
<p>XI. Vegetables</p> <ol style="list-style-type: none"> A. Identification of B. Cooking Methods C. Proper Storage D. Proper Cleaning 	15	Food Svc.& Hospitality Pathway B6.4		
<p>XII. Baking - Desserts</p> <ol style="list-style-type: none"> A. Cakes B. Yeast Dough C. Quick Breads D. Pies E. Cookies 	20	Food Svc.& Hospitality Pathway B7.0 B7.1 B7.4	S. 9-12; Chem.; 6c	

10. Additional recommended/optional items

a. Articulation: None

b. Academic credit: N/A

c. Instructional strategies:

Methods of Instruction:

- a. Lecture and Discussion
- b. Demonstrations
- c. Lab projects and Analysis
- d. Research and Reports
- 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: None