**Advanced Foods Competency Assessment**

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| **Core Competency** | **Targeted Competencies** | **Assessment/Evidence** |
| Safety and Sanitation | -Practice safe procedures in food safety and sanitation  -Practice good personal hygiene/ health procedures  -Demonstrate waste disposal and recycling methods  -Prepare food for presentation and assessment -Practice important knife safety and sanitation procedures | ***Text: Culinary Essentials***  -Lab Performance rubric  -Read Chapter 8 “Hazard Analysis Critical Control Points”  -Sanitation Poster/Rubric  -Written Test |
| Equipment | -Demonstrate use of current technology in using food preparation equipment  -Identify parts of a knife  -Select appropriate knives for specific use -Perform basic cutting techniques -Select and demonstrate proper usage of hand tools for specific tasks | -Chapter 9 Section 3 “Preparation and Cooking Equipment”  -Labs:  Food Processor  Kitchen Aide accessories  Convection Oven  Microwave Oven  Broiler  -Chapter 10 “Knives & Smallwares”  -DVD: Knife Knowledge 101  -Written Test |
| Culinary Nutrition | -Define the six categories of nutrients  -Identify nutritious meals and the preparation methods used to prepare them  -Describe the types and uses of food additives  -Apply knowledge of special dietary needs to menu planning -Summarize the factors that influence a menu  -Plan interesting menus that offer good nutrition and variety  -Conduct sensory evaluations of food products  -Research an area of the United States to explore its food heritage | -Chapter 11 “Nutrition Basics” and Chapter 12 “Creating Menus”, Questions and Vocabulary  -“What is Fat” Experiment (pg 257)  -Create a “Special Dietary Menu” (ex: Celiac, Pregnancy, High Blood Pressure, Diabetic)  -Analyze the MRHS School Lunch Menu  -Labs:  Healthful Cooking Techniques  Vegetarian Meals  Reducing Fat  -Chapter 16 “Seasonings and Flavorings” Taste Sensations Experiment (pg 380) -A Taste of America Report and Buffet |
| Culinary and Baking Applications | -Select the focus of knowledge to be explored including any of the following:  (cooking techniques, seasonings & flavorings, breakfast cookery, garde manger, hot & cold sandwiches, stocks & sauces, soups & appetizers, fish & shellfish, poultry & meat cookery, pasta & grains, fruits, vegetables & legumes, baking techniques, yeast breads & rolls, quick breads and desserts) | -Select focal chapters for individual learning from course text( #15 through 30)  -Food orders for chosen labs  -Lab performance rubric  -Themed events - including invitations, food order/ preparations, tablescapes, etc… |
| Career Exploration | -Investigate career paths within food service  -Explore opportunities for employment and entrepreneurial endeavors | -Research paper: What Makes a Great Chef?  -Guest speakers |
|  | **Core performance Assessments** |  |
|  | -Lab Performance Rubric  -Sanitation Poster  -What Makes a Great Chef Research paper  -Various Food Orders -A Taste of America Research and Buffet  -Two Part Final Exam-  Lab exam- individual lab (standards rubric completed by both student and teacher)  Written exam |  |