**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 |  |