



PROSTART 1

COURSE DESCRIPTION

The ProStart® I is a program of the National Restaurant Association Educational Foundation that introduces students to career opportunities in the restaurant and foodservice industry and provides them with foundational skills in culinary arts and restaurant management that will jump-start their post-secondary experience, in college and/or careers.

STRANDS

Explore the history and careers of the food service, tourism, and lodging industries

Keep food safe using proper sanitation techniques

Implement workplace safety

Identify professional kitchen essentials and understand standardized recipes

Identify professional kitchen equipment and techniques

Discuss, prepare, and present a quality stock, sauce, and soup

Describe and identify various effective communication processes

Identify the essentials of effective management in the work place

Explore and utilize fruits and vegetables

Discuss the importance of serving your guests

Properly identify the selection, storage, and use of potatoes and grains

Explore building a successful career in the hospitality industry

SKILL CERTIFICATION/INDUSTRY TEST #931