



PROSTART 2

COURSE DESCRIPTION

ProStart® II is a companion to ProStart® I from the National Restaurant Association Educational Foundation. The ProStart® 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 facets of Breakfast Foods and Sandwiches

Understand and apply basic nutrition

Explore controlling foodservice costs

Compare and present salads and garnishes

Explore classify purchasing and inventory procedures

Identify how to purchase, store, and prepare meat, poultry, and seafood

Identify and recognize marketing and menu concepts

Discuss and prepare desserts and baked goods

Apply the principles of conservation in foodservice

Identify the characteristics and tradition related to global cuisine of the Americas

Identify the characteristics and tradition related to global cuisine of European, Mediterranean, and Eastern Cuisines

SKILL CERTIFICATION/INDUSTRY TEST #932