

## ProStart 2

### **Course Description**

*ProStart® II is a companion to ProStart® I from the National Restaurant Association Educational Foundation. ProStart® is a program of the National Restaurant Association Educational Foundation. This course 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.*

### **Priority Standards / CTE Strands**

Prior to beginning ProStart® 2, teachers should review safety, sanitation and kitchen essentials with their students found in the ProStart® I textbook.

- Explore basic marketing concepts of the foodservice and hospitality industry
- Examine the development, construction and management of menu concepts.
- Identify the characteristics of eggs and dairy products.
- Explore the facets of breakfast foods.
- Explore and utilize fruits.
- Explore and utilize vegetables.
- Articulate different types grains, legumes, potatoes, and pasta.
- Identify methods of cost control including budgets.
- Analyze food costing and methods for control.
- Describe the effects of labor costing to a business's success.
- Evaluate purchasing and inventory procedures.
- Apply concepts to build a successful team.
- Articulate why sustainability is important to the foodservice/hospitality industry.
- Apply basic nutrition concepts within the foodservice/hospitality operation.
- Apply nutrition concepts to build healthful menus.
- Identify the various forms of meat and its preparation.
- Identify the various forms of poultry and its preparation
- Identify the various forms of seafood and its preparation.
- Demonstrate knowledge of yeast bread preparation.
- Demonstrate proficiency in preparing cakes and pies
- Demonstrate various dessert preparations.
- Practice proper plating and garnishing techniques.

### **Performance Skills**

- Integrate CTSO FCCLA into the course.
- Develop professional and interpersonal skills needed for success in the industry.





# DAVIS ESSENTIAL SKILLS AND KNOWLEDGE

