



CULINARY ARTS

This competency-based course provides an overview of the basic culinary fundamentals and standard practices leading into a career pathway to Culinary Arts. In this course, students will learn culinary techniques, such as knife handling skills and the recognition, selection and proper use of tools and equipment. An emphasis will be placed on identifying and preparing a variety of foods and recipes, as well as mastering conversions through the use of proper scaling and measurement techniques. Using virtual reality, students will prepare standard recipes while effectively managing time, accurately measuring ingredients, and appropriately using kitchen equipment. Food safety and sanitation techniques will align to industry-recognized certifications. Upon completion of this course, students will be equipped with the knowledge and skills to earn a digital badge in Culinary Arts, and will be better prepared for the certification exam.

Title	Objective
Cooking Terminology	Display understanding of cooking terminology.
Reading Recipes	Demonstrate how to read and follow standard recipes.
Recipe Standardization	Demonstrate an understanding of the purpose of standardized recipes.
Establish Mise En Place	Explain and establish mise en place.
Knife types and cuts	Identify, explain, and distinguish knife types and basic cuts.
Knife Care	Demonstrate proper knife care.
Sharpening Knives: Stone and Steel	Demonstrate how to properly sharpen a knife using stone and steel.
Knife Skills	Demonstrate the ability to chop, mince, cube, dice, julienne, and/or slice
Kitchen Organization	Demonstrate how to organize kitchen equipment and use the tools and kitchen equipment appropriately.
Mise En Place	Demonstrate boiling and cooling eggs, secure the cutting board, peel eggs and cucumber, seed the cucumber and cut properly.
Measuring Devices	Identify and demonstrate proper use of measuring devices.

CULINARY ARTS

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Large and Small Kitchen Equipment	Identify large and small kitchen equipment.
Large and Small Equipment Care	Demonstrate proper use and care of large and small equipment.
Sanitation	Identify basic principles of nationally recognized sanitation protocols.
Sanitation Procedures	Identify and apply sanitary procedures in maintaining the facility, including proper waste disposal methods and recycling.
Food Handling Techniques	Demonstrate proper food handling techniques (thermometer use; thawing methods; internal cooking temperatures) utilizing current industry safety and sanitation procedures for the agency having jurisdiction.
Workplace Safety	Identify prevention methods, causes, and responses to workplace injuries.
First-Aid	Identify and utilize first-aid procedures for accidents and injuries common to the food service industry.
Safety Procedures	Demonstrate and utilize safety procedures related to prevention of slips, falls, burns, and fire; proper lifting and chemical use.
Hygiene in the Kitchen	Demonstrate and utilize proper personal hygiene and personal health precautions (hand washing; use of gloves; grooming; proper hair restraints, closed-toe shoes, aprons, uniforms).
Food Handling Processes	Identify the HACCP (Hazard Analysis Critical Control Point) procedure during all food handling processes.
Food Allergen	Identify food allergen characteristics.
Inventory	Prepare and complete physical and perpetual inventory.
Culinary Nutrition	Identify the basic food groups and how to make healthy food choices.
Healthy Cooking Techniques	Explain healthy cooking techniques.
Food Sources and Nutrition	Explain the primary functions and food sources of major nutrients.
Dietary Trends	Explain food and dietary trends (e.g., farm to table, organics, religious, dietary concerns).
Herbs and Spices	Identify herbs and spices.
Fermentation	Identify food products that are a result of fermentation.

CULINARY ARTS

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Converting weights and measurements	Convert weights and measurements using standard recipes.
Weights and measurements	Demonstrate mastery of standard weights and measures used in the food service industry.
Guest Check Calculation	Calculate guest check with tax and gratuity.
Salads and Dressings	Identify and prepare salads and dressings.
Food Preparation	Prepare salad and vinaigrette that are presented well and taste correct.
Appetizers	Prepare appetizers, and entrees.
Garnishes	Prepare cold garnishes.
Food Preparation	Prepare sandwiches, spreads, and fillings.
Fruits and Vegetables	Identify fruits and vegetables.
Preparing Fruits and Vegetables	Prepare fruits and vegetables for cooking.
Starches	Identify and prepare potato dishes.
Pasta, Grains, and Legumes	Identify and prepare pasta, grains, and legumes.
Leavening Agents in Baking	Identify and explain the various leavening agents used in baking.
Leavening Process	Explain the leavening process in baking.
Baking: Sugar and Fats	Demonstrate and analyze the different functions of sugar and fats in baked goods.
Baking: Batters and Doughs	Prepare batters and doughs using appropriate mixing methods.
Desserts	Prepare standard dessert items.
Stock	Identify the four essential components of stock.
Preparing Stock	Prepare and flavor stocks (e.g., bones or base).
Principles of Thickening Agents	Identify and explain the principles of thickening agents used in food preparation.
Prepare Thickening Agents	Prepare roux and thickening agents.
Sauces	Explain the characteristics of the grand/mother/leading sauces.
Sauces	Demonstrate the methods of preparation of sauce.
Soups	Identify and describe the two classifications of soups.
Soup Preparation	Demonstrate the methods of preparation of soups.
Meats and Poultry	Identify meat and poultry (e.g., grade, inspection).
Cooking Meats and Poultry	Identify various cooking methods.
Meats and Poultry: Degrees of Doneness	Determine proper degrees of doneness.
Fish and Seafood	Identify market forms of fish and seafood.
Cooking Fish and Seafood	Identify various cooking preparations and methods.

CULINARY ARTS

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Breakfast Starches	Identify and prepare breakfast starches.
Breakfast Meats	Identify and prepare breakfast meats.
Styles of Eggs	Identify and prepare different styles of eggs.
Cheese Omelet	Prepare a cheese omelet that appears and tastes correct.
Cereals	Identify and prepare cereals.
Dairy Products and Alternatives	Identify and use various dairy products (e.g., cheese, sour cream, butter, yogurt, creams, milk).
Preparing Foods with Cheese	Prepare foods with a variety of cheese.
Employability Skills	Identify and exhibit professional behavior, appearance, and interviewing skills for the food service industry.
Employment Chain of Command	Describe various job positions and chain of command in the food service industry.