

ProStart 1

Course Description

Prostart® Is a professional start to the Foodservice and Culinary Arts industry. It is a program sponsored by the National Restaurant Association Educational Foundation. The ProStart® curriculum, 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

- Explore the history of the food service and hospitality industry.
- Explore the career opportunities in the restaurant/foodservice and hospitality industry.
- Articulate professional expectations within the foodservice and hospitality industry.
- Demonstrate effective communication.
- Create a career plan for an effective comprehensive job search within the food service and hospitality industry.
- Keep food safe through the proper use of food handling and sanitation techniques.
- Demonstrate proper personal hygiene and cleanliness.
- Practice the safe flow of food in a food service operation.
- Identify how to appropriately manage risks within a food service operation.
- Elaborate workplace safety procedures.
- Identify foodservice equipment used in a food service operation.
- Practice the proper use of knives and small wares in a food service operation.
- Identify the kitchen basics.
- Practice basic culinary math skills.
- Identify and prepare salads, dressings and dips
- Identify and prepare different types of sandwiches and pizza.
- Identify and prepare different types of stocks, sauces, and soups.
- Identify and practice appropriate cooking methods
- Identify and demonstrate basic baking techniques
- Identify principles of Great Service.
- Determine front-of-the-house basics for successful service.
- Articulate a management system within a food service/hospitality operation.

Performance Skills

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

