



**G-E-T High School Curriculum**  
**Align, Explore, Empower**  
Scope and Sequence  
**Family Foods and Society**

Unit 1 - Produces quality goods and services

- Develops positive relationships with others, communicates effectively with others

In this unit, students will ...

- Shows support for the organizational goals and principles by own personal actions
- Displays a respectful and professional image to customers
- Displays an enthusiastic attitude and desire to take care of customer needs
- Seeks out ways to increase customer satisfaction
- Produces goods to workplace specifications

Unit 2 - Assume responsibility for food and workplace safety

- Qualities and habits that the student might exhibit

In this unit, students will ...

- 1-a. Adhere to safety procedures designed to prevent burns and scalds to self and others.
- 1-b. Adhere to safety procedures designed to prevent slips and falls without being told
- 1-c. Hold, use, and pass knives correctly to prevent injury to self and others
- 1-d. Follow established procedures to take care of and report any work-related injuries and emergencies
- 1-e. Demonstrate proper procedures for operating equipment
- 1-f. Demonstrate frequent and thorough hand washing procedures
- 1-g. Demonstrate steps for avoiding contamination and cross-contamination of food
- 1-h. Store, cook, and hold different types of food using correct food safety procedures
- 1-i. Clean and sanitize food service areas using correct sanitation procedures

Unit 3 - Safety/Sanitation

- Students follow personal and safe work environment safety habits, in a professional role.

In this unit, students will ...

- 2-a. Read instructions, recipes, menus, and policies quickly and with comprehension
- 2-b. Weigh and measure food and other resources accurately

2-c. Convert weights and measures accurately

#### Unit 4 - Establish food service cost controls

- Demonstrates knowledge of technology, career-related training

In this unit, students will ...

- 4-a. Cost out a recipe accurately
- 4-b. Determine a recipes' yield accurately

#### Unit 5- Food service skills

In this unit, students will ...

- Assume responsibility for food and workplace safety
- Prepare products using standard recipes
- Carry out business transactions

#### Unit 6 - Costing

- Students will cost out recipes, determine recipe yields and menu pricing accurately.

In this unit, students will ...

- Establish food service cost controls

#### Unit 7 - Equipment usage

- Students will use and handle food preparation, cooking, dishwashing, and waste-disposal equipment using correct procedures.

In this unit, students will ...

- Establish food service cost controls

#### Unit 8 - Meal production

- Students will prepare and store foods following established food service standards and procedures.

In this unit, students will ...

- Prepare stocks, soups, and sauce
- Prepare fruits and vegetables

- Prepare potatoes, grains, and starches
- Prepare salads, appetizers, and garnishes
- Prepare meat, poultry, and seafood
- Prepare breakfast foods and sandwiches
- Prepare desserts and baked goods

#### Unit 9 - Nutrition

- Students will plan and prepare a nutritious menu.

In this unit, students will ...

- Recommend nutrition and healthy choices

#### Unit 10 - Sales and service

- Students will demonstrate proper customer service by greeting and seating guests, accurately taking orders, serving meals efficiently, handling special requests, and processes and presents the guest check properly.
- Students will utilize strategies to promote a food service establishment.

In this unit, students will ...

- Promote food services and products
- Provide quality customer service

#### Unit 11 - Product control

- Students use proper procedures to receive and store food and beverages securely and safely

In this unit, students will ...

- Follow Inventory control procedures and guidelines

#### Unit 12 - Career investigation

- Students will investigate career pathways in the Hospitality and Tourism industry.

In this unit, students will ...

- Build a successful career in the industry