

CULINARY ARTS (UC)**INDUSTRY SECTOR:** Hospitality, Tourism and Recreation Sector**PATHWAY:** Multiple Pathways**CALPADS TITLE:** Introduction to Hospitality, Tourism, and Recreation**CALPADS CODE:** 8000**HOURS:**

Total	Classroom	Laboratory/CC/CVE
180	180	0

JOB TITLE	O*NET CODE	JOB TITLE	O*NET CODE
Cooks, Restaurant	35-2014.00	Counter Attendants, Cafeteria, Food Concession, and Coffee Shop	35-3022.00
Food Preparation Workers	35-2021.00	Combined Food Preparation and Serving Workers, Including Fast Food	35-3021.00

COURSE DESCRIPTION:

This competency-based high school course prepares students for entry-level positions in the restaurant/food service industry. Included are core content standards, such as sanitation, food service operations, nutrition, food preparation and presentation, and an introduction to international dishes and garde-manger. It is designed for students who are interested in understanding the principles of food and nutrition and maintaining a healthy life. The study and application of food preparation, planning, service, and nutrition are addressed in this course. Students use small and large equipment, supplies, products and procedures in an interdisciplinary approach. Safety and sanitation are paramount and applied in a classroom laboratory setting. The course will also focus on food purchasing, preparation techniques, meal service, etiquette, cultures, and technology.

A-G APPROVAL: G**ARTICULATION:**

College	Course Code
Saddleback College	FN240

DUAL ENROLLMENT: None**PREREQUISITES:**

Prerequisite
None

METHODS OF INSTRUCTION

- Direct instruction
- Group and individual applied projects
- Multimedia
- Demonstration
- Field trips
- Guest speakers

STUDENT EVALUATION:

- Student projects
- Written work
- Exams
- Observation record of student performance
- Completion of assignment

INDUSTRY CERTIFICATION:

- Food Handlers Certificate (ServSafe)

RECOMMENDED TEXTS:

- Foundations of Restaurant Management and Culinary Arts Level 1 and Level 2 - National Restaurant Association

PROGRAM OF STUDY

Grade	Fall	Spring	Year	Course Type	Course Name
9, 10, 11, 12				Introductory	Baking and Pastry
9, 10, 11, 12				Concentrator	Culinary Arts (UC)
10, 11, 12				Capstone	Culinary Arts Advanced

I.	INTRODUCTION AND ORIENTATION	CR	Lab/ CC	Standards
	• Demonstrate awareness of course objectives and competencies • Understand course requirements and student expectations	2	0	Academic: LS: 11-12.3 RSIT: 11-12.2 CTE Anchor: Responsibility and Flexibility: 7.2 CTE Pathway: A2.2
II.	INDUSTRY FOCUS – FOODSERVICE AND HOSPITALITY	CR	Lab/ CC	Standards
	• Research career opportunities and trends in the Food Service and Hospitality industry and identify options for entering and progressing in the field • Identify the skills and educational requirements for different careers in the industry • Explain the role of various local, district, state and federal government regulatory agencies in the foodservice industry • Describe the roles and responsibilities of various food service positions: • Chef • Cook • Food Server • Guest Services • Restaurateur • Demonstrate knowledge and appropriate use of industry terminology • Discuss the pros and cons of working in the foodservice industry	3	0	Academic: WS: 11-12.3 CTE Anchor: Career Planning and Management: 3.1, 3.4 CTE Pathway: B1.1, B1.2, B1.3, B1.4
III.	SAFETY PROCESSES AND PROCEDURES	CR	Lab/ CC	Standards
	• Explain the importance of having procedures for emergency situations • Describe basic rules for the safety of guests and employees • Identify issues of facility security and describe methods and practices for minimizing risk • Discuss the types and typical causes of employee accidents • Describe ways and methods of accident prevention • Explain the role of Cal/OSHA and the types of regulations they enforce • Explain the importance of Material Safety Data Sheets (MSDS) and their use • Demonstrate safe and appropriate ways to handle hot and cold foods • Demonstrate when and how to clean and sanitize spills on floors • Demonstrate how to hold, use, and maintain knives correctly	5	0	Academic: RLST: 11-12.9 CTE Anchor: Health and Safety: 6.1, 6.2, 6.3, 6.4, 6.5, 6.6, 6.7 CTE Pathway: B2.1, B2.2, B2.3, B2.4, B3.6
IV.	SANITATION AND SAFE FOOD HANDLING	CR	Lab/ CC	Standards
	• Explain sanitation regulations and demonstrate personal hygiene as it relates to safe food handling • Identify the types of conditions that promote the growth of microorganisms • List the most common types of food-borne illnesses and the microorganisms that cause them • Explain what is meant by cross-contamination and give examples • Demonstrate proper rotation and storage procedures for foods • Describe the conditions and identify the temperature requirements for the safe storing, preparing, holding and transporting of potentially hazardous foods • Identify the food preparation guidelines, policies, and procedures recommended by programs such as ServSafe and Hazard Analysis and Critical Control Point (HACCP)	10	0	Academic: LS: 11-12.6 CTE Anchor: Health and Safety: 6.3, 6.5 Technical Knowledge and Skills: 10.4, 10.6 CTE Pathway: B3.1, B3.2, B3.3, B3.4, B3.5

	• Demonstrate the correct method for labeling food in accordance with ServSafe standards • Describe the steps that can be taken to prevent cross-contamination during food preparation			
V.	EQUIPMENT, UTENSILS, TOOLS, AND SUPPLIES	CR	Lab/ CC	Standards
	• Understand correct procedures for the proper maintenance and care of facilities • Demonstrate proper procedures for the use, care, and maintenance of utensils, tools, appliances, and equipment • Explain the types and functions of a variety of restaurant equipment • Identify, select, and use utensils for specific tasks	8	0	Academic: RSIT: 11-12.4 CTE Anchor: Health and Safety: 6.3, 6.6 CTE Pathway: B5.1, B6.1, B6.2
VI.	PRINCIPLES OF NUTRITION	CR	Lab/ CC	Standards
	• Define the basic scientific principles of nutrition • List the six food groups and recommended daily servings from each group established by the USDA Food Guide • Evaluate recipes in terms of the recommended dietary allowances and understand daily reference intakes • Discuss the importance of food preparation techniques and the use of alternative ingredients in maintaining nutrients and promoting health • Create meal plans that meet specified nutritional and lifestyle needs • Relate modern theories and practices regarding natural health nutrition and nutritional therapy	15	0	Academic: LS: 11-12.4 CTE Anchor: Technical Knowledge and Skills: 10.5, 10.9 CTE Pathway: B10.1, B10.2, B10.3
VII.	CULINARY FOUNDATIONS	CR	Lab/ CC	Standards
	• Identify the qualities, properties, and use of a variety of food items and ingredients • Demonstrate the ability to correctly interpret and follow the directions in a recipe or formula • Correctly use, define and spell culinary arts terminology • Identify spices and herbs, and describe their importance and use in culinary preparation • Understand the use of mise en place in the preparation of food • Demonstrate the ability to accurately plan, measure and prepare ingredients for recipes and menus • Successfully complete recipe conversions and portioning • Explain different food preparation methods, and discuss their uses and applications • Discuss the importance of presentation in food preparation • Explain the importance of planning, organization, and timing in food preparation	20	0	Academic: WS: 11-12.5 CTE Anchor: Technical Knowledge and Skills: 10.2, 10.7, 10.11 CTE Pathway: B6.6, B6.7, B6.2, B6.1, B6.3, B6.4, B10.1
VIII.	FOOD PREPARATION – BASIC COOKING	CR	Lab/ CC	Standards
	• Prepare food using a variety of basic cooking methods • Use correct procedures and techniques to create dishes according to recipe specifications • Identify and produce foods using a variety of cutting techniques • Correctly set up and organize food preparation stations • Set up and break down a cooking station • Apply correct plating techniques • Identify appropriate accompaniments for various hot and cold foods • Demonstrate various cooking techniques including broiling, grilling, roasting, baking, and sautéing • Critique and evaluate dishes prepared in class	10	0	Academic: LS: 11-12.6 A-REI: 2 CTE Anchor: Technical Knowledge and Skills: 10.1, 10.8, 10.9 CTE Pathway: B6.7, B6.5, B6.3, B6.1

IX.	FOOD PREPARATION – BAKING, PASTRY, AND DESSERT	CR	Lab/ CC	Standards
	- Describe the foods and ingredients used for baking - Discuss and analyze a variety of baking methods, including oven, microwave, and convection - Describe industry expectations and standards with respect to specific baked products - Demonstrate “precision ingredient mixing” - Apply proper combinations of flours and grains in preparing baked goods - Describe and demonstrate a variety of finishing techniques - Produce a variety of baked goods using correct techniques and in accordance with recipe specifications - Prepare appropriate dessert sauces for baked products - Critique and evaluate baked goods prepared in class	10	0	Academic: A-SSE: 1 A-REI: 1 CTE Anchor: Technical Knowledge and Skills: 10.1, 10.8, 10.9 CTE Pathway: B7.1, B7.2, B7.3, B7.4
X.	GARDE MANGER, COLD KITCHENS, AND SALADS	CR	Lab/ CC	Standards
	- Define and describe various types of appetizers and hors-d'oeuvres and their presentation - Identify and discuss safety and utilization of tools associated with Garde Manger - Prepare a variety of terrines, pates, hot hors-d'oeuvres, and cold canapés - Demonstrate precision cutting techniques to prepare plate garnishes - Identify greens and vegetables - Prepare appetizer salads, main course salads, international salads, and warm salads	20	0	Academic: LS: 11-12.3 CTE Anchor: Technical Knowledge and Skills: 10.1, 10.1, 10.2, 10.3 CTE Pathway: B6.2, B6.3, B6.5, B6.6
XI.	STOCK, SOUPS, AND SAUCES	CR	Lab/ CC	Standards
	- Prepare a variety of stocks using correct ingredients, ratios, and preparation techniques - Identify liquid and thickening agents for all leading sauces - Describe mother and modern sauces and their uses - Classify soups by categories: national, clear, and cream - Describe the appropriate uses of mother sauce making in today's food service industry	15	0	Academic: RSIT: 11-12.4 CTE Anchor: Technical Knowledge and Skills: 10.6, 10.8, 10.9 CTE Pathway: B6.3, B6.2, B6.5, B6.6
XII.	MEAT, POULTRY, AND FISH CUTTING/IDENTIFICATION	CR	Lab/ CC	Standards
	- Explain various methods of fabricating meat and poultry - Identify the tools specific to meat and poultry cutting and boning - Describe the process for cleaning and de-boning various fish - Demonstrate appropriate methods of storing various meats, fish, and poultry - Select proper cooking methods for various cuts of meat	15	0	Academic: RSIT: 11-12.2 CTE Anchor: Technical Knowledge and Skills: 10.4 CTE Pathway: B6.5, B6.3
XIII.	RESTAURANT BEVERAGES	CR	Lab/ CC	Standards
	- Distinguish various types of beverages, both alcoholic and non-alcoholic, by type, form, or family - Identify all local, state and federal laws relating to beverages - Explain the practice and elements of responsible alcohol service	5	0	Academic: PE: 12.2, 12.2.6 CTE Anchor: Technical Knowledge and Skills: 10.1, 10.2,

				10.14 CTE Pathway: B6.3, B6.5, B6.1, B6.6, B9.2, B9.5
XIV.	CULINARY MATH	CR	Lab/ CC	Standards
	• Apply basic mathematical applications/computations • Use and convert metric and standard weights and measurements • Understand and use kitchen rations • Describe the purpose of budgeting and cost control • Calculate costs for products and services • Know and apply institutional measurements	5	0	Academic: A-REI: 1 CTE Anchor: Problem Solving and Critical Thinking: 5.2, 5.3 Technical Knowledge and Skills: 10.1 CTE Pathway: B5.4, B11.4
XV.	MENUS AND COST ANALYSIS	CR	Lab/ CC	Standards
	• Create nutritious, creative and profitable menus • Discuss how to prepare a cost analysis as a basis for price setting • Devise a budget and menu for a 3-course meal • Purchase, prepare, serve, and clean up a nutritionally sound 3-course meal	5	0	Academic: RSIT: 11-12.7 CTE Anchor: Technical Knowledge and Skills: 10.7 CTE Pathway: B5.3, B10.3, B11.2, B11.4, B11.6
XVI.	FOOD PRESENTATION	CR	Lab/ CC	Standards
	• Discuss modern and traditional trends in food presentation • Identify and select appropriate serving pieces • Use appropriate plating techniques and garnishes	5	0	Academic: PE: 12.2, 12.2.5 CTE Anchor: Technical Knowledge and Skills: 10.7, 10.8 CTE Pathway: B6.6, B6.1
XVII.	DINING ROOM SERVICE AND GUEST RELATIONS	CR	Lab/ CC	Standards
	• Explain the elements and principles of customer service as they relate to the foodservice industry • Demonstrate proper customer service techniques • Discuss methods of resolving customer complaints • Demonstrate the rules of the dining room and service area set up • Describe the communication methods employed in guest service • Demonstrate the process of greeting and seating guests • Describe the roles of all personnel in the dining room • Demonstrate appropriate methods to close a dining room and service station	5	0	Academic: CSR: 2 CTE Anchor: Communications: 2.1, 2.3 Problem Solving and Critical Thinking: 5.2 Responsibility and Flexibility: 7.3 CTE Pathway: B8.4, B8.5, B8.2, B8.3, B8.1

XVIII.	EMPLOYMENT LITERACY	CR	Lab/ CC	Standards
	• Identify available positions in the industry through the use of the internet • Complete an application form correctly • Prepare a written resume • Participate in a simulated employment interview • Prepare a portfolio	10	0	Academic: PE: 12.4, 12.4.1, 12.4.2, 12.4.3 CTE Anchor: Career Planning and Management: 3.1, 3.2, 3.3, 3.4, 3.5 CTE Pathway: C2.1, C2.2
XIX.	PERSONAL SKILLS RELATED TO EMPLOYMENT	CR	Lab/ CC	Standards
	• Demonstrate promptness, attend class regularly, and follow absence notification procedures • Develop and maintain acceptable working relations • Demonstrate the ability to manage time wisely • Demonstrate a positive and cooperative attitude • Demonstrate values of honesty and integrity • Demonstrate respect for others • Dress in a professional manner according to industry standards • Demonstrate appropriate personal hygiene/grooming and dress • Demonstrate responsibility by exerting a high level of effort and working toward a goal	3	0	Academic: US: 11.2.2, 11.2 CTE Anchor: Responsibility and Flexibility: 7.3 Ethics and Legal Responsibilities: 8.2, 8.3 CTE Pathway: A3.1, A3.2, A3.3
XX.	INTERPERSONAL SKILLS AND GROUP DYNAMICS	CR	Lab/ CC	Standards
	• Demonstrate the ability to work as a member of a team • Identify proper procedures for handling harassment • Demonstrate leadership skills by working independently, making appropriate decisions, working well with others, and accepting constructive criticism • Demonstrate the ability to accept and work with individuals from various cultures	3	0	Academic: RSIT: 11-12.3 CTE Anchor: Leadership and Teamwork: 9.2, 9.3 CTE Pathway: C1.1, C3.1
XXI.	THINKING AND PROBLEM SOLVING SKILLS	CR	Lab/ CC	Standards
	• Utilize problem-solving techniques • Understand logical reasoning • Demonstrate creative thinking • Discuss decision making • Demonstrate the ability to interpret information correctly	3	0	Academic: LS: 11-12.1 CTE Anchor: Problem Solving and Critical Thinking: 5.1, 5.2, 5.3, 5.4 CTE Pathway: B8.5, B8.1, B8.2, B8.3, B8.4
XXII.	COMMUNICATION SKILLS	CR	Lab/ CC	Standards
	• Demonstrate effective verbal and written skills • Read technical journals and write technical reports using appropriate terminology • Listen attentively, follow directions, and relay directions to others • Demonstrate the ability to research and retrieve information	3	0	Academic: LS: 11-12.1, 11-12.2 CTE Anchor: Communications: 2.1, 2.3, 2.5 CTE Pathway: A6.2