

# CTE ProStart 1

## 1<sup>st</sup> Semester

- PS 1 Identify the components and functions of a recipe and convert recipe yields to smaller and larger quantities.
- PS 2 Demonstrate the use of common liquid and dry measuring tools.
- PS 3 Apply effective *mise en place*.
- PS 4 Demonstrate various cutting methods, using appropriate knife skills.
- PS 5 Describe moist-heat, dry-heat, and combination cooking methods and list the foods to which they are suited.
- PS 6 Demonstrate practices and procedures that assure personal, workplace, and food-handling health, hygiene and safety.
- PS 7 Identify and demonstrate professional use and maintenance of food service equipment.
- PS 8 Recognize and demonstrate customer service strategies in foodservice.
- PS 9 Explain how customer satisfaction directly affects a restaurant's success.
- PS 10 Prepare and serve eggs using a variety of cooking methods, with attention to their characteristics, grade and nutritional content.
- PS 11 Demonstrate professional preparation methods of pancakes, crepes, waffles and French toast in accordance to current culinary trends.
- PS 12 Classify and compare various types of salads; demonstrate multiple combinations of salad ingredients.
- PS 13 Demonstrate the preparation of vinaigrettes and salad dressings.
- PS 14 Describe and demonstrate the preparation of ingredients commonly used as garnishes.
- PS 15 Demonstrate teamwork skills, such as positive communication, self initiative, time management and task sharing in work based settings.
- PS 16 Demonstrate leadership skills such as ethical decision making, self initiative, and punctual / ready-to-work behavior in work based settings.
- PS 17 9-10.RST.4 Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 9–10 texts and topics.
- PS 18 9-10.RST.7 Translate quantitative or technical information expressed in words in a text into visual form (e.g., a table or chart) and translate information expressed visually or mathematically (e.g., in an equation) into words.
- PS 19 9-10.WHST.6 Use technology, including the Internet, to produce, publish, and update individual or shared writing products, taking advantage of technology's capacity to link to other information and to display information flexibly and dynamically.
- PS 20 9-10.WHST.8 Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the usefulness of each source in answering the research question; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and following a standard format for citation

## 2<sup>nd</sup> Semester

- PS 1 Demonstrate practices and procedures that assure personal, workplace, and food-handling health, hygiene, and safety.
- PS 2 Convert recipe yields to smaller and larger quantities as needed.
- PS 3 Demonstrate professional measuring methods.
- PS 4 Apply effective *mise en place*.
- PS 5 Demonstrate various knife cuts with accuracy and consistency.

- PS 6 Demonstrate moist-heat, dry-heat, and combination cooking methods.
- PS 7 Apply menu planning principles to develop and modify menus including layouts, themes, and design styles.
- PS 8 Apply principles of food cost analysis and control, menu terminology, and menu pricing to menu planning.
- PS 9 Identify, describe, and demonstrate the preparation of different types of fruits and vegetables.
- PS 10 Identify and demonstrate preparation of several types of sandwiches, fillings, and spreads.
- PS 11 Explain the roles, duties, and functions of individuals engaged in food production and service careers.
- PS 12 Demonstrate teamwork skills, such as positive communication, self initiative, time management, and task sharing in work-based settings.
- PS 13 Demonstrate leadership skills such as ethical decision making, self initiative, and punctual / ready-to-work behavior in work-based settings.
- PS 14 9-10.RST.4 Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 9–10 texts and topics.
- PS 15 9-10.RST.7 Translate quantitative or technical information expressed in words in a text into visual form (e.g., a table or chart) and translate information expressed visually or mathematically (e.g., in an equation) into words.
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