

Bayonne Public Schools

Technology/Vocational- **Culinary Arts Curriculum**

Department: Technology/ Vocational **Class:** Culinary Arts

9.3 Career and Technical Education (CTE)

Textbook: Culinary Essentials by Johnson & Wales University

Course Description: Culinary Arts is a class where students learn standard kitchen fundamentals. The student's learn food safety skills, handling kitchen equipment, and how to cater different types of events. The students will also learn basic nutritional skills, such as, how to plan meals, and how to read food labels. After the student's complete the course the will be able to show multiple skills. Here are some of the fundamentals they will be able to execute:

- 1) Handling food safely. Being able to identify temperature danger zones, how to handle food properly, how to cool down items.
- 2) Food Safety Skills. How to properly use a triple wash sink, cleaning up raw products, when to wear food safety gloves.
- 3) They will be able to perform proper knife cutting skills, how to hold a knife, and how to use standard kitchen equipment safely.
- 4) Know the do's and don'ts of hosting catering events. They will know how much food to prepare based on the amount of people that will be attending. Basic "front of the house" skills on how setting up should be, what the guests are expecting.
- 5) Learning standard culinary math. This will include mathematical skills, such as conversions, and costing out recipes.
- 6) Students will have opportunities to work on plating designs. They will learn what people enjoy to see when eating out, and all the tricks involved.
- 7) Learn basic fundamental Culinary Arts cooking methods. With some methods included such as stocks, soups, braising, roasting, etc.
- 8) Learn basic Baking/Pastry methods. This includes items such as the creaming method, baking cakes/cookies, pie method, mixing, etc.
- 9) Learning how to properly "Mise" out recipes, and follow the procedures.
- 10) Figuring out how to put all the components together to make one cohesive dish.
- 11) Learning fundamental Nutritional skills. Learning proper meal planning, nutrition basics, etc.

Student's Long Lasting Knowledge: Culinary arts is the preparing and cooking of all different types of foods. Bayonne High School Culinary students will learn what the cost of a recipe is, and be able to produce the entire recipe from start to finish. They will be able to gather

ingredients from a store, market, or farm. Be able to properly clean, and cut the ingredients to desired shapes/sizes. Use the proper cooking techniques the recipe may call for, and execute it properly. The students in culinary arts will begin to understand basic Nutritional needs.

How The Classroom Works:

- Hands on with the students, Chef's will perform demos, & explain recipes
- Students will have to work in teams in order to complete their recipes
- Students will have Knowledge Tests, and Assessments on all the items they have previously made in each section.

9.3.12.AG-FD.3/ 9.3.HT-RFB.3/ 9.3.12.AG-F.1/ 9.3.HT-RFB.2

Culinary Arts: Chapters 7 & 8, Food Safety:

- Section 7-1: Safety Know-How (Page 155)
 - Students will gain knowledge on workplace safety hazards and on equipment. They will be able to analyze a fire situation, and know what steps to take. How to help someone when choking, receive burns, or wounds. Be taught the steps of Cardiopulmonary Resuscitation (CPR).
- Section 7-2: Sanitation Challenges (Page 166)
 - Determine the difference between cross-contamination and direct contamination. What to do in the situation of an outbreak of a foodborne illness. Be able to identify the different hazards, such as biological, physical, and chemical.
- Section 8-1: The Safe Food Handler (Page 177)
 - Be able to demonstrate the proper handwashing procedure. The students will know when it is appropriate to use gloves, and why. Proper "grooming" and self care for the workplace.
- Section 8-2: The HACCP System (Page 182)
 - What is the HACCP system, and hazards in a kitchen/workplace environment. Work on the different processes, such as monitoring, corrective action, record keeping and verification.
- Section 8-3: The Flow of Food (Page 188)
 - Food inspections when receiving orders, how to identify if the food is spoiled or not. Safest ways to prepare foods, hold food, and serving foods. What steps to take when cleaning, and sanitizing.

9.3.12.AG-FD.2

Culinary Arts: Chapter 11-14: Culinary Nutrition:

- Section 11-1: Nutrition Basics (Page 255)

- Identifying the the six categories of nutrients, and what their functions are. The different types of additives that are in foods, and what they do. How to prepare and identify nutritious meals.
- Section 11-2: Guidelines for Meal Planning (Page 263)
 - Students will learn how to prepare meals according to special dietary needs. Identify how different lifestyles, ages, and health influence different types of dietary needs. Identify the Dietary Guidelines for Americans, how to read a nutrition label, and how to read the “Food Guide Pyramid”.
- Section 11-3: Culinary Principles (Page 271)
 - How to reduce fat, sodium, and cholesterol in certain recipes. How nutrients and food can be altered by the way they are prepared. Ways to keep all the nutrients in food products once they are cooked/stored.
- Section 12-1: The Menu (Page 279)
 - Know the objective of a menu. What factors can influence how diners read a menu. Taking a look at all the different types of menus.
- Section 12-2 Planning Menus (Page 284)
 - How to use “truth in menu” guidelines in order to write proper menu descriptions. How to properly plan a menu. Learn to use different types of food that offers nutritional values and variety.
- Section 12-3 Menu Design & Organization (Page 289)
 - Learning different types of menu formats. How to properly organize a menu, and elements that produce your menu style/design.
- Section 12-4: Pricing Menu Items (Page 292)
 - Learning the different types of aspects that will determine menu prices. Learning what a “factor-method” and “markup-on-cost method” are. How to differentiate between a competitor's pricing with the psychological of pricing.
- Section 13-1: Why use standardized Recipes? (Page 299)
 - Why establishments use standardized recipes in maintaining products.
- Section 13-2: Recipe Measurement & Conversion (Page 303)
 - What factors can affect a recipe when you convert them. How to convert a standard recipe. Identifying all the different type of recipe measurements and when each is used.
- Section 14-1: Calculating Food Costs (Page 315)
 - Why portion control is important, and what types there are. Learn how to calculate unit cost, yield percentage, percent of shrinkage, and cost per portion. Demonstrate of the complete a recipe costing form.
- Section 14-2: Managing Food Cost Factors (Page 323)
 - When purchasing be able to explain steps, methods, and types of products involved in purchasing. What type of equipment and tools your receiver should be using when checking in your orders. Being able to show a receiver in your

establishment for storing and issuing goods. How does customer service (wait staff) and kitchen waste will affect controlling your costs.

9.3.HT-RFB.8

Culinary Arts: Chapter 9-10, & 6 Equipment, Technology, Knives, Smallwares, Standards, Regulations, & Laws:

- Section 9-1: The Commercial Kitchen (Page 203)
 - Knowing the different type of work stations and their purpose. Know the definition of “Mise En Place” and how to apply it to your everyday cooking.
- Section 9-2: Receiving & Storage Equipment (Page 207)
 - Identify what “FIFO” stands for. Knowing the different type of storage, and receiving equipment.
- Section 9-3: Preparation & Cooking Equipment (Page 212)
 - Learn/Identify different types of preparation, cooking, and clean-up equipment. Learn about all the different heat sources used in cooking.
- Section 9-4: Holding & Service Equipment (Page 223)
 - Learn/Identify all the different hot food holding, and service equipment. Why do we use steam tables and bain maries.
- Section 10-1: Knives (Page 231)
 - Know important knife and knife sanitation guidelines. How to properly store your knife. Identify the different parts of a knife, and know what types of knives are used for different production skills.
- Section 10-2: Smallwares (Page 240)
 - “NSF” certification and how they apply to smallwares in the kitchen. Learning about the different type of hand tools, and how to properly care for the,.
- Section 6-1: Foodservice Standards & Regulations (Page 141)
 - What are the different types of agencies that they play in the food industry. What the food gradings, and inspections are/what they mean. Learning the different type of “industry standards” for handling food safely.
- Section 6-2: Employment Laws (Page 147)
 - Learning the laws in regards to workers right/safety, and laws that protect certain groups of people.

9.3.HT-RFB.9/ 9.3.HT.6

Culinary Arts: Chapters 1-5 Foodservice Career Opportunities, Becoming a Culinary Professional, Customer Service, The Dining Experience, & Foodservice Management

- Section 1-1 Careers in Foodservice (Page 17)

- Discuss all the types of food production and service opportunities. What types of careers there are in the hospitality industry.
- Section 1-2 Foodservice Trends (Page 22)
 - How trends in the foodservice can affect the industry.
- Section 1-3 Education & Training (Page 27)
 - Learning all the different types of education and training you can do that'll prepare you for the outside world. Learning all the possibilities of ways to train for the industry while still only in high school.
- Section 1-4 Entrepreneurship Opportunities (Page 31)
 - Type of small business opportunities that are available in the industry. What are some government regulations for starting/running a foodservice establishment. How a business plan works, and why it is important.
- Section 2-1 Employability Skills (Page 39)
 - Identifying basic skills that employers look for. What a positive work ethic is. Demonstrating what good leadership skills there are in foodservice.
- Section 2-2 Seeking Employment (Page 48)
 - Students will learn how to look for jobs, prepare a resume, and how to properly fill out a job application.
- Section 2-3 On The Job (Page 57)
 - Knowing your rights/responsibilities if you are an employee or employer. Know how to calculate wages and benefits. What is workplace etiquette? What are some some qualifications one should have in foodservice and what qualifications you will need for certain jobs.
- Section 3-1 Service Basics (Page 67)
 - What are the roles each person in the restaurant is responsible for. Learning service skills that show the best possible customer service.
- Section 3-2 Serving Customer (Page 72)
 - Learning the proper steps of service. What techniques can be used in regards to selling, how to serve, etc. How to properly calculate customer checks.
- Section 3-3 Serving Beverages (Page 83)
 - Learning how to take care of hot & cold beverage equipment. Learning the different types of preparations for hot/cold beverages.
- Section 4-1 Dining Today (Page 91)
 - Listing and identifying the five types of dining experiences. Knowing the different types of meal services.
- Section 4-2 The Dining Room Environment (Page 100)
 - What is a side station and how to restock them. How to properly set a table, and what is the proper flatware. Learning different table set-ups, including things such as napkins, centerpieces, etc.
- Section 5-1 Management Basics (Page 115)

- What makes an effective manager, and their role in cost control. The best way to handle time/Human Resources in a foodservice establishment.
- Section 5-2 Managing People (Page 123)
 - How to effectively conduct decision making and problem solving with proper use of management skills. How to properly select employees and evaluations. What type of training techniques and mentoring programs. How to be involved and what duties come into play for employee supervision.
- Section 5-3 Managing Facilities (Page 128)
 - The design of a restaurant can influence the performance of your employees and the guests. What does a manager do when it comes to loss prevention.
- Section 5-4 Foodservice Management (Page 133)
 - What is the purpose of marketing? What elements are involved, and how the atmosphere can play a role in this. Critical thinking of location, customer base, competition, and trends to develop a marketing strategy.

Culinary Arts: Chapters 15-16 Cooking Techniques, Seasonings, & Flavorings

- Section 15-1 How Cooking Alters Food (Page 339)
 - Learning all of the different types of cooking methods. How the process of cooking affects nutritive value, texture, color, aroma and flavor.
- Section 15-2 Dry Cooking Techniques (Page 344)
 - What is the dry cooking technique and how it is used. Learning all the different sorts of frying methods there are.
- Section 15-3 Moist Cooking Techniques (Page 350)
 - What are moist cooking techniques? Learning how to braise and stew items.
- Section 16-1 Enhancing Food (Page 359)
 - What are the seven common ingredients used to enhance flavor.
- Section 16-2 Herbs & Spice (Page 364)
 - Identifying the different herbs/spices and all of their uses/storage.
- Section 16-3 Condiments, Nuts, & Seeds (Page 373)
 - Identifying the different condiments/nuts/seeds and all of their usage/storage
- Section 16-4 Sensory Perception (Page 378)
 - What are the sensory properties of food. How sensory property and the three sensory experiences come together. What is sensory evaluation & what factors affect it.

Culinary Arts: Chapters 20-21 Stocks, Sauces, Soups, & Appetizers

- Section 20-1 Stocks (Page 451)
 - What are the characteristics of stocks. Preparing vegetable/beef/chicken/fish stocks.
- Section 20-2 Sauces (Page 457)
 - What are the types and uses for the different types of sauces. How to use thickening agents properly in sauces. Producing a variety of sauces.

- Section 21-1 Making Soups (Page 469)
 - Learning all of the different types of soups, garnishes, & storage. How to use them with the stocks you have prepared.
- Section 21-2 Hot Appetizers (Page 479)
 - Learning and producing different types of appetizers. How to arrange the appetizers in a appealing way.

Culinary Arts: Chapter 25 Pasta & Grains

- Section 25-1 Pasta (Page 551)
 - Learning about the different variety of Pasta. What are the quality standards for pasta. How to properly store and purchase fresh/dry pasta. Demonstrating the different ways to stuff, boil, and bake pasta.
- Section 25-2 Rice & Other Grains (Page 559)
 - What are the different varieties of rice. What are the four common grains. What are the different types of cooking methods for grains and rice.

Culinary Arts: Chapter 27 & 29 Baking Techniques, Quick Breads

- Section 27-1 Bakeshop Formulas & Equipment (Page 605)
 - Learn what baking formulas are. What is the difference between volume and weight measurements. How to use a bakers balance scale. How to convert a baking formula to a new yield. What the various bakeshop equipment and tools are, with their uses.
- Section 27-2 Bakeshop Ingredients (Page 614)
 - Why it is important to use exact ingredients. What the different types of ingredients and their roles in the baking process. What do different type of flavors do to the baking. Different flavors such as chocolate/cocoa, additives, and nutes. What are the different types of techniques used to mix dough and batters. What the role of carryover baker does.
- Section 29-1 Quick Bread Basic (Page 653)
 - What are some of the characteristics of quick breads why each functions works the way it does. What is the difference between quick breads and doughs. Preparing quick breads.
- Section 29-2 Making Biscuits (Page 658)
 - What is the biscuit method and its characteristics. Preparing biscuits.
- Section 29-3 Making Muffins (Page 662)
 - Learning the difference between blending and creaming method. What are the quality characteristics of muffins. Prepare muffins.

Culinary Arts: Chapter 22-24 Fish & Shellfish, Poultry Cooking, & Meat Cookery

- Section 22-1 Fish Basic (Page 485)
 - What is the dynamic and the body of a fish like. Listing the several types of fish, and market fish. How to purchase and store fish.

- Section 22-2 Shellfish Basics (Page 491)
 - How all type of fish are inspected and graded. Talk about to different forms of shellfish, and types of market shellfish. How to properly handle shellfish.
- Section 22-3 Cooking Fish & Shellfish (Page 500)
 - How cooking varies/alters different fishes. Cooking fish/shellfish, and different ways to garnish.
- Section 23-1 Poultry Basics (Page 509)
 - What are the different classes, kinds, and market forms of poultry. How to inspect and grade poultry. How to handle, store, and prepare.
- Section 23-2 Cooking Poultry (Page 516)
 - How to prepare poultry using different cooking methods. Describe plating of cooked poultry. How to properly carve poultry depending on the cooking method.
- Section 24-1 Meat Basics (Page 527)
 - Learning the nutritional components and internal structures of different meats. What are the quality grades of meat, and the process of aging meat.
- Section 24-2 Meat Cuts (Page 533)
 - What are the different prima; and fabricated cuts of various types of meats. As well as, the quality components and techniques to process meats. Learning the appropriate storage methods.
- Section 24-3 Principles of Cooking Meat (Page 542)
 - How cooking affects different meats, and the cooking methods. How to determine the doneness of meats.

Culinary Arts: Chapter 26 Fruits, Vegetables, & Legumes

- Section 26-1 Fruits (Page 571)
 - The difference between fresh, frozen, canned, and dried fruits. How to purchase, store, and cook all the different types/varieties of fruits.
- Section 26-2 Vegetables (Page 579)
 - The difference between fresh, frozen, canned, and dried vegetables. How to purchase, store, and cook all the different types/varieties of vegetables.
- Section 26-3 Legumes (Page 591)
 - All types of legumes and their characteristics. How to purchase, store, prepare, and cook legumes.

Culinary Arts: Chapter 28 & 30

- Section 28-1 Yeast Dough Basics (Page 631)
 - How to know what is a quality yeast product is and how to identify it. Learn all of the different types of yeast. What a yeast doughs? Define the difference between regular yeast and rolled in fat yeast doughs.

- Section 28-2 Yeast Dough Production (Page 637)
 - How to properly prepare yeast breads/rolls. What is the fermentation process. Why some productions of yeast fails. Preparing yeast doughs.
- Section 30-1 Cookies (Page 669)
 - Learning all the different varieties of cookies. Mixing, panning, and baking cookies. How to cool, serve, and store cookies properly.
- Section 30-2 Cakes (Page 675)
 - What are the five types of cakes? What are their mixing methods? How to properly scale and pan cakes. How to bake cool, and serve cakes.
- Section 30-3 Pies (Page 684)
 - Preparing mealy or flaky pie dough. Learning the different types of pies and their fillings. How to prepare to crust and fillings. How to properly store pies.
- Section 30-4 Specialty Desserts (Page 690)
 - How are ice cream desserts different from other desserts. How to makes custard and puddings. How to serve and store dessert properly.

Culinary Arts: Chapter 17-19 Breakfast Cookery, Garde Manger Basics, Hot & Cold Sandwiches

- Section 17-1 Breakfast Food Basics (Page 387)
 - What are some standard breakfast foods. How the grading process of eggs works. What are the different breakfast, meats, breads, and cereals.
- Section 17-2 Meat & Egg Preparation (Page 393)
 - How to prepare breakfast meats. Some of the methods of cooking eggs. Learning how to prepare breakfast egg dishes.
- Section 17-3 Breakfast Breads & Cereals (Page 401)
 - What are some of the quick breads served with breakfast. How to prepare pancakes, waffles, and french toast. Preparing hot “cereals”.
- Section 18-1 What is Garde Manger? (Page 409)
 - What are some of the items someone works in Garde Manger needs to think about when preparing food. What food items are prepared in Garde Manger? What are some of the tools and techniques used? How to prepare decorative garnishes.
- Section 18-2 Salads & Salad Dressings (Page 414)
 - Preparing different salads using different greens. What are the main types of salads that can be served with meals? What are the four main parts in a salad, and how to prepare dressings.
- Section 18-3 Cheese (Page 421)
 - Identifying the five main types of cheese. What cheeses are from the main types? How to properly store cheese, for sanitary reasons, and will stay well preserved.
- Sections 18-4 Cold Platters (Page 426)

- When are hors d'oeuvres served? What are the main types of hors d'oeuvres?
Preparing hors d'oeuvres. What is a relish tray, and the different types of dips it is served with.