

**Murrieta Valley Unified School District
HIGH SCHOOL COURSE OUTLINE**

Board Submission: June 2016

Course Title: Introduction to Culinary Arts

Department: CTE Culinary

Course #: 4361

Grade Level/s: 9 - 11

Length of Course: 1 year

Prerequisite/s: None

UC/CSU (A-G) Req: No

Brief Course Description: This introduction course is part of a comprehensive Culinary Arts Pathway based on the Hospitality, Tourism, and Recreation Industry Sector of the California Career Technical Education Model Curriculum Standards. The course exposes students to the skills of safety, sanitation, measurement and recipe conversions. Instruction includes; food safety, sanitation, and meal management. This course provides introduction objectives in food preparation, storage and service. Students in this course may assist with Culinary Arts and International Cuisine students in catering and preparation for special events.

I. GOALS

The students will:

- A. Discuss the history and development of the food service industry
- B. Summarize the influence of historical entrepreneurs in the food service industry in the United States
- C. Analyze how current trends in society affect the food service industry
- D. Explain the basic of nutrition
- E. Interpret food labels
- F. Explain the basic of safety in culinary arts
- G. Identify safety hazards in the food service workplace
- H. Explain the basics of sanitation in a professional kitchen
- I. Discuss procedures for cleaning commercial kitchen equipment

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- J. Demonstrate and utilize proper pest control procedures
- K. Identify and utilize first-aid procedures for accidents and injuries
- L. Explain why laws governing food service exist
- M. Identify laws and regulations specific to the food service industry
- N. Analyze restaurant inspection scores
- O. Read, follow, and convert standardized recipes
- P. Demonstrate mastery of standard weights and measures used in the food service industry
- Q. Use, follow, prepare, and plate standardized recipes creatively
- R. Identify various moist and dry cookery methods
- S. Identify occupations in the food service and culinary arts industry
- T. Identify levels of training required for food service and culinary arts occupations
- U. Apply effective practices for managing time/energy and team building skills
- V. Apply decision-making and problem-solving skills. Analyze concepts of customer service
- W. Develop and exhibit a good work ethic
- X. Identify traits for gaining and retaining employment
- Y. Create resume and learn interview technique
- Z. Menu planning, marketing plan for restaurant concept

II. OUTLINE OF CONTENT FOR MAJOR AREAS OF STUDY

- A. Introduction
 - 1. Completes a course orientation
 - 2. Recognizes sexual harassment as defined by California and Federal Law
 - 3. Models effective strategies for resolving sexual harassment situations
 - 4. Evaluates and describes appropriate technology ethics for the workplace
- B. Safety
 - 1. Identifies the causes, prevention, and treatment of common accidents and the reporting procedures involved
 - 2. Practices the basic procedures for the safety of employees and guests, including the procedures for emergency situations

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3. Understands the role of the California Occupational Safety and Health Administration, the Environmental Protection Agency and other agencies in regulating practices in the food service and hospitality Understands the source and purpose of information in the Material Safety Data Sheets (MSDS) and industry and knows the proper use of personal protective equipment (PPE)
- C. Sanitation
1. Employs the standards of personal grooming and hygiene required by local, state and federal health
 2. Understands basic local, state and federal sanitation regulations as they pertain to food production and service
 3. Explains the types of food contamination, the potential causes, including cross-contamination and methods of prevention
 4. Practices safe and sanitary procedures in all food handling, including food receiving, storage, production, service and cleanup
 5. Understands the purpose and process of required industry certification (e.g, ServSafe, California Food Handlers Card)
 6. Understands the essential principals of Hazard Analysis Critical Control Points, including the use of flowcharts
 7. Demonstrates sanitation practices in ware and dish handling
 8. Demonstrates the proper use of thermometers
- D. Knives, Hand Tools and Equipment in the Professional Kitchen/Knives Skills
1. Identifies a variety of kitchen knives
 2. Identifies the different parts of a knife
 3. Demonstrates the proper use of a variety of hand tools
 4. Demonstrates basic knife cuts
 5. Uses, maintains and stores tools, utensils, equipment, and appliances safely and appropriately for preparing a variety of food items
 6. Operates and maintains dish machine to industry standards
- E. Using Recipes and Basic Preparation
1. Prepares food by using the correct terminology, food safety, techniques, and procedures specified in recipes and formulas
 2. Plans and follows a food production schedule, including timing and prioritizing of tasks and activities that maximize profit, utilize personnel and eliminate waste
 3. Identifies and demonstrates the proper application of common measurements
 4. Evaluates the qualities and properties such as yield of food items and ingredients used in food preparation
 5. Design plating techniques, including accurate portioning and aesthetic presentation skills
 6. Develops a food preparation plan using forecasting and cross-utilization of products to maximize profit and eliminate waste
- F. Stocks, Sauces and Staples
1. Identifies the ingredients used in making stock.
 2. Understands how vegetables stocks and meat base stocks are made
 3. Identifies the use of sauces and starches used in a commercial kitchen
 4. Identifies the difference between clear soups, and the different types of thick soups

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5. Recognizes the sources and forms of a variety of basic seasonings, spices and herbs and demonstrates their use
6. Identifies the role and use of sweeteners and acidic ingredients
7. Demonstrates how condiments are used during cooking to add flavor or texture to food

G. Equipment

1. Identify a variety of smallwares and their proper use
2. Identify a variety of large equipment and its proper use
3. Demonstrates proper safety procedures and use of equipment properly
4. Uses tools and machines safely and appropriately
5. Identifies and applies the use of thermometer, monitors, and flow charts pertaining to critical control points
6. Uses, maintains, and stores equipment appropriately

H. Salads and Dressings

1. Identifies a variety of salad greens
2. Identifies the basic salad dressings
3. Demonstrates the standard procedures for sanitation and quality in salad preparation
4. Identifies the different types of salads

I. Sandwiches and Pizza

1. Identifies a variety of both hot and cold sandwiches and recognizes the attributes of a successful sandwich
2. Compares and contrasts different assembly methods
3. Compare and contrast thin, thick and deep dish pizza crust

J. Entering the Workforce

1. Identifies the key components for obtaining employment (job application, resume, cover letter)
2. Demonstrates effective behaviors for an interview.
3. Recognizes employer expectations
4. Identifies components of sexual harassment
5. Develops a career plan that is designed to reflect career interest, pathways, and post-secondary options
6. Develops a career plan that is designed to reflect career interest, pathways, and post-secondary options
7. Recognizes wage differences among jobs and professions
8. Identifies the personal qualifications, interests, aptitudes, information, and skills necessary to succeed in careers
9. Develops a career plan that is designed to reflect career interests, pathways, and post-secondary options
10. Identifies the important strategies for self-promotion in the hiring process, such as job applications, resume writing, interviewing skills, and preparation of a portfolio

K. Special Project Development

1. Create a menu for a full service restaurant
2. Create a floor plan for a full service restaurant

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3. Design a cookbook containing recipes, photos and references
4. Create an employment portfolio containing a cover letter, resume, application and interest survey

L. Job Attitude

1. Is punctual and dependable
2. Works well with minimum of supervision
3. Is cooperative and flexible
4. Shows initiative by working beyond minimum requirements
5. Meets job standards of neatness and grooming
6. Responds appropriately to constructive criticism
7. Enjoys training other students
8. Works well with others is a team player
9. Is tactful and courteous
10. Is enthusiastic and friendly
11. Demonstrates basic problem solving skills
12. Maintained employment while enrolled in course
13. Participated in an on-campus restaurant internship program

III. ACCOUNTABILITY DETERMINANTS

A. Key Assignments

1. Culinary Labs
2. Food Cost Analysis Activity for each unit
3. Food safety journal
4. Small business plan assignment
5. 500-word Essays
6. Oral Reports

B. Assessment Methods

1. Research papers
2. Written Examinations
3. Presentations
4. Portfolio
5. Cooking Labs
6. Preparation and demonstration of menu planning and catering event

IV. INSTRUCTIONAL MATERIALS AND METHODOLOGIES

A. Required Textbook/s

1. Guide to Good Food by Largen and Bence. Goodhart-Wilcox Publisher, 13th ed., 2015. ISBN 9781619606296
2. The Culinary Professional by Johan Draz and Christopher Koetke Goodheart-Wilcox Publisher, 1st edition, Published in 2011

B. Instructional Methodologies

1. Lecture with Computer Presentation
2. Student guided discussions and presentations
3. Student demonstrations for equipment/tool safety and cooking

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4. Group assignments that will be project-based (Catering events)
5. Student Cooking Labs (Cooperative Learning)
6. Videos on Cultural Foods (Notes and Presentations)
7. Student Research using MLA Formatting (Rubrics used)
8. Sustained Silent Reading (Independent Learning)