

# Culinary Arts | One-year Program: Scope & Sequence

## Semester 1

CU101 Culinary Arts I  
(August to December)

### Unit 1 (August - December)

#### **Food Service Sanitation, Safety & Stewarding (CUL115):**

- Identify, describe and apply effective receiving, food handling, rotation and storage techniques necessary for the prevention of food borne illnesses.
- Identify and describe food safety concerns in a commercial food service facility.
- Explain and apply the HACCP concept to a commercial food service facility.
- Describe the role of the food service worker and steward in maintaining safe and sanitary conditions in a kitchen operation.
- Apply principles of receiving foodstuffs from purveyors, conducting inspections of foodstuffs and storing food in appropriate storage areas.
- Describe and apply proper use of chemicals, cleaning and sanitizing techniques for equipment and utensils.
- Identify, describe and perform basic safety and accident prevention techniques.
- Identify the legal requirements for food service safety and sanitation and explain the role of governmental agencies in maintaining safe food service facilities.

Professional Skills: 1.A-D, 2.A-C, 3.A-E, 4.A-F, 5.A-E, 7.C, 8.A-I  
Academic Standards- MA-5.NF.B.6, 7.RP.A.3; ELA.11-12.W.5, ELA.11-12.RI.10, ELA.11-12.L.4

Technical Standard: 3..1-5, 4.1-7, 5.1-4,6.1-4, 7.1-7, 8..1-5, 10..1-6

Certification: Maricopa County Food Service Worker Certification

### Unit 2 (August - October)

#### **Principles of Professional Cooking (CUL105):**

- Identify types of restaurant kitchens and the qualifications, responsibilities, and hierarchy of selected kitchen personnel.
- Conduct oneself according to the Code of Ethics for Professional Culinaricians.
- Employ standard safety and sanitation precautions in a restaurant kitchen.
- Operate, clean, and care for kitchen equipment.
- Identify, use, and care for kitchen utensils.
- Use standard French cooking terms.
- Convert, test, standardize, and use recipes.
- Estimate basic recipe yields and costs.
- Measure dry and liquid ingredients.
- Select, use, and care for kitchen knives.
- Identify and use seasoning agents.
- Identify and use thickening agents.
- Discuss the principles and applications of basic restaurant cooking techniques.
- Set-up a mise-en-place.

- Prepare stocks and sauces, soups, vegetables, farinaceous products, entrees, and basic egg dishes.
- Professional Skills: 1.A-D, 2.A-C, 3.A-E, 4.A-F, 5.A-E, 7.C, 8.A-I  
Academic Standards- MA-5.NF.B.6, 7.RP.A.3; ELA.11-12.W.5, ELA.11-12.RI.10, ELA.11-12.L.4  
Technical Standard: 3..1-5, 4.1-7, 5.1-4,6.1-4, 7.1-7, 8..1-5, 10..1-6

### Unit 3 (October - December)

#### **Cold Food and Breakfast Production (CUL107):**

- Employ sound sanitation and safety practices during the production of breakfast and cold foods.
- Demonstrate basic knife skills
- Assemble various types of salads commonly found in the food service industry.
- Construct a variety of hot and cold sandwiches commonly found in the food service industry.
- Prepare hot and cold hors d'oeuvres in a creative manner.
- Demonstrate plating concepts for hot and cold appetizers.
- Prepare common breakfast food items utilizing dry and moist heat cooking methods.

Professional Skills: 1.A-D, 2.A-C, 3.A-E, 4.A-F, 5.A-E, 7.C, 8.A-I, 9.A-C

Academic Standards- MA.5.NF.B.6, MA.7.RP.A.3, MA.6.RP.A.3; ELA.11-12.W.5, ELA.11-12.RI.10, ELA.11-12.L.4, ELA.11-12.W.4

Technical Standard: 1.1-13, 2.1-6, 3..1-5, 4.1-7, 5.1-4,6.1-4, 7.1-7, 8..1-5, 9.1-4, 12.1-5

Certification: Serve Safe@ Food Protection Manager Exam  
**Semester Exam**

## Semester 2

CU102 Culinary Arts II  
(January - May)

### Unit 4 (January - May)

#### **Food Costing, Purchasing, & Inventory Control (CUL120):**

- Describe and perform basic mathematics needed for food cost controls.
- Measure ingredients and portions accurately.
- Convert recipe quantities and yields.
- Calculate recipe and portion costs.
- Calculate and apply yield percentages to food purchasing and preparation decisions.
- Implement effective cost control practices and procedures.
- Identify and describe procedures and techniques for controlling food costs.
- Conduct physical and perpetual inventories.
- Describe and apply use of physical and point of sale systems for ordering and inventory of food products.
- Calculate menu prices using multiple methods.

Professional Skills: 1.A-D, 2.A-C, 3.A-E, 4.A-F, 5.A-E, 7.C, 8.A-I  
Academic Standards- MA-5.NF.B.6, 7.RP.A.3; ELA.11-12.W.5, ELA.11-12.RI.10, ELA.11-12.L.4, ELA.11-12.W.4

Work-based Learning: Mock Interview, Job Application, Resume and Cover letter

Technical Standard: 1.1-13, 2.1-6, 3..1-5, 4.1-7, 5.1-4,6.1-4, 7.1-7, 8..1-5, 9.1-4, 12.1-5

### Unit 5 (January - March)

#### **Commercial Baking Techniques (CUL113):**

- Employ necessary sanitation and safety precautions in a commercial bakery.
- Describe ingredients and their roles in the baking process.
- Identify and describe types of batters and doughs.
- Describe and use appropriate mixing methods for different types of batters and doughs.
- Describe changes affected by baking and select the appropriate baking temperature, pan, time, and method of heat transfer.
- Apply principles and preparation techniques to baking breads, cakes, pies, pastries, and cookies.

Professional Skills: 1.A-D, 2.A-C, 3.A-E, 4.A-F, 5.A-E, 7.C, 8.A-I  
Academic Standards - MA-5.NF.B.6, 7.RP.A.3; ELA.11-12.W.5, ELA.11-12.RI.10, ELA.11-12.L.4

Technical Standard: 4.1-7, 5.1-4,6.1-4, 10.1-6

### Unit 6 (March - May)

#### **International Cuisine (CUL201):**

- Apply safety and sanitation precautions when cooking in a restaurant.
- Discuss the food-related history, customs, and geography of selected cultures.
- Use basic culinary terms unique to selected cultures.
- Locate, interpret, evaluate, and use cookbooks for selected cultures.
- Locate, interpret, convert, test, standardize, and use recipes for international foods.
- Estimate costs of basic international foods.
- Locate wholesale sources of ingredients and foods for international restaurants.
- Identify and use ingredients unique to selected cultures.
- Plan for preparation, and prepare quantity meals of selected cultures.
- Serve international restaurant meals in the typical cultural style.

Professional Skills: 1.A-D, 2.A-C, 3.A-E, 4.A-F, 5.A-E, 7.C, 8.A-I  
Academic Standards- MA-5.NF.B.6, 7.RP.A.3; ELA.11-12.W.5, ELA.11-12.RI.10, ELA.11-12.L.4, ELA.11-12.W.4

Work-based Learning: Mock Interview, Job Application, Resume and Cover letter

Technical Standard: 1.1-13, 2.1-6, 3..1-5, 4.1-7, 5.1-4,6.1-4, 7.1-7, 8..1-5, 9.1-4, 12.1-5

### **Arizona Department of Education Technical Skills Assessment**

#### **Semester Exam**