

CULINARY ARTS UNIT GUIDE

Course & Location:	Randolph Technical Career Center: Culinary Arts & Hospitality 17 Forest Drive Randolph, VT 05060
Course Instructor & Contact Information:	Chef Shelby Taylor, MBA STaylor@orangesouthwest.org Phone: 802-728-9595 ext. 2418 Office Hours: 2:30 pm - 3:15 pm
Course Description:	This full year course is designed to prepare students to enter into a hospitality/culinary based career pathway or similarly focused post-secondary education program. Coursework will focus on classical cooking techniques and methods in food preparation, safety & sanitation, culinary math, customer service, and foundational principles and skills of the hospitality workplace and industry.

Unit 1: Food Handling Safety & Sanitation Standards	- Foodborne Illness and Its Costs - Forms of Contamination - Food Allergies - Food Defense - U.S. Regulation of Food Safety - How to Prevent Food Handlers from Contaminating Food - How to Clean Effectively - Developing a Cleaning Program - Controlling Pests
Unit 2: Careers in the Hospitality Field	- The Job Search - The Job Interview - Choosing College, Trade School, Apprenticeship, Workforce - Career Opportunities- research career interests, job application, cover letters, resume - Mock interviews- set up with advisory board & administration - Follow up letter/Thank you letter - Body language - Preparing for the job interview - Scholarships - Financial Aid
Unit 3: Professionalism in an Industrial Kitchen	- The Expectations of an Industry Professional

	- Your Relationships at Work - Your Role in the Success of an Organization - Resigning from a Job - The Process of Communication - Interpersonal Communication - Barriers to Communication
Unit 4: Equipment, Small Wares & Knife Safety	- Hand Tools and Small Equipment - Pots and Pans - Knives - Knife Basics - Receiving Food - Storing Food - Food-Preparation Equipment - Holding and Serving Equipment
Unit 5: Soups, Stocks, and Sauces: Knife Cuts	- Knife Cuts - Different Kinds of Mirepoix - Stocks - Mother Sauces - Types of Soups
Unit 6: Basic Cooking Methods	- Heat Transfer - Dry-Heat Cooking Methods - Moist-Heat Cooking Methods - Combination- Cooking Methods - Other Cooking Methods - Determining Doneness - Dry-Heat Cooking - Deep frying - Pan frying - Moist Cooking - Steaming - en Papillote - Simmering/boiling-Blanching and shocking - Combination - Pressure cooker
Unit 7: Intro to Baking	- Quick Breads - Simple Yeast Breads - Cookies - Baker's Percentages - Fats - Flours - Sweeteners

	- Leavening
Unit 8: Culinary Math	- Measurements & Conversions - Inventory - Cost Control - Basic Math Calculations - Standardized Recipes - U.S. and Metric Measurement Systems - Measuring and Proportioning - Edible Portion/ As Purchased Amounts - Costing Recipes
Unit 9: Nutrition Basics	- Vitamin Research - Alternative Proteins, Grains - Non-Dairy - Types of Diets - Your Digestive System
Unit 10: Dairy & Eggs	- Dairy Milk and Milk Alternatives - Creams - Cultured Dairy Food Items - Receiving and Storing Milk, Cream, and Cultured Dairy Items - Butter and Butter Substitutes - Cheese - Eggs - Cooking Eggs
Unit 11: Grains, Pastas & Potatoes	- Types of potatoes. - Storing potatoes - Preparing potatoes using a variety of methods. - Grains and legumes. - Selecting and storing grains and legumes. - Preparing legumes. - Cooking Grains - Pasta and Dumplings - Cooking Dumplings
Unit 12: Fruits & Vegetables	- Fruit Types and Market Forms - Purchasing Fruits - Storing Fruits - Preparing Fruits - Cooking Fruits - Types and Market Forms - Purchasing Vegetables

	- Storing Vegetables - Preparing Vegetables - Cooking Vegetables - Holding Vegetables
Unit 13: Proteins: Meat, Poultry & Seafood	- Plant Based Proteins - Meat Free Diets - Whole Animal Butchery - Wild Game & Hunting - Meat Inspection and Grading - Cuts of Meat - Purchasing, Receiving, and Storing Meat - Cooking Techniques for Meat - Determining Doneness
Unit 14: Yeast Breads	- Types of Yeast Dough - Yeast Bread Methods - Yeast Bread Preparation
Unit 15: Principles of Front of House Service	- Service Staff Responsibilities - Mock Alcohol Service - Filing reports, Laws - Service Styles and Setups - Beverage Service - Processing Payments - Tableside Service - Definition of Service and Hospitality - First Impressions - Identifying Guests' Needs - Getting Feedback on Guest Satisfaction - Resolving Guest Complaints

Upon signing this document, I understand the responsibility of the student workload in RTCC Culinary Arts as stated above.

Student Print Name: _____ **Date:** _____

Student Signature: _____ **Date:** _____

Parent/Guardian Print Name: _____ **Date:** _____

Parent/Guardian Signature: _____ **Date:** _____