

Course Name: Culinary Arts I **Level:** Standard / Honors **Points:** 5

Texts/Instructional Materials:

Culinary Essentials; Glenco, McGraw Hill, ServSafe Essentials/NRA Education Foundation

Syllabus: The content of this syllabus addresses the Massachusetts Frameworks in Culinary Arts and support the frameworks in English, Mathematics and Science. The curriculum in this syllabus is aligned with American Culinary Federation Standards.

Pre service training: ergonomics, safe operation of all equipment, safe use of hand and power tools, safe handling of chemicals, use of personal protective equipment, emergency response, safe practices at work sites and in shops.

Related Theory and Demonstration

- 1st Quarter:** Pre Service Training
Introduction to the Culinary Arts Industry
Overview of Industry Standards, Safe operation of equipment, Safe use of tools and knives
Safe Handling of food, Basic Nutrition
- 2nd Quarter** Introduction to Serv-Safe competencies
*Providing safe food to the consumer, the micro world of bacteria and viruses
Food borne infection and intoxication, Food allergies and illness, the concepts of safe food handling
Purchasing and receiving safe food, keeping food safe in storage, protecting food during preparation
Protecting food during service, the principles of a Hazard Analysis Critical Control Point system
Facilities and pest management, Sanitation Regulation and food codes*
- 3rd Quarter** The Commercial Kitchen:
Identify Work Stations and work sections, Identify types of cooking lines, Explain the role of Mise En Place
Demonstrate range of motion. Explain first in first out principles for receiving and storage of food products,
Identify storage equipment for cold and dry storage, Identify food preparation equipment, Contrast heat sources
used in cooking, Identify cooking equipment, Identify clean up equipment Identify the uses for hot food
holding equipment, describe the function of a steam table, Identify the uses of service equipment,
Identify parts of a knife, Select appropriate knives for specific tasks Perform basic cutting techniques,
Understand important knife safety and sanitation guidelines Explain proper knife storage
guidelines, Explain National Sanitation Foundation certification standards and how they relate to
small wares, Review the proper selection of small wares for specific tasks, Review the proper
selection for cookware, based on heat transfer for specific uses, Review the proper cleaning and
sanitation of small wares
- 4th Quarter:** Culinary Applications Breakfast Cookery, Stocks / Soups and Appetizers
Contrast different cooking methods, Explain how cooking affects a foods nutritive value, texture, color, aroma
and flavor, Demonstrate dry cooking techniques, Demonstrate different methods of frying foods,
Demonstrate braising and stewing, Identify basic breakfast foods Explain the grading process of eggs, List
types of breakfast meats, breads and cereals, Prepare breakfast meats, describe at least four ways to cook
eggs, Prepare egg dishes, Identify various classes of soups Describe how to prepare various classes of soups,
using commercial bases or stock, present soups attractively garnished, Store soups safely for future use,
Prepare a variety of appetizers, Arrange appetizers in an appealing manor

Practical Application

1st Quarter *Introduction to Kitchen Facility Operations and Station Set-Up.*

Students will apply safety to the everyday practical application kitchen setting. Student will be introduced and familiarized to various production, service and sanitation stations. Students will learn how to set up stations in the kitchen while planning for different menu items and varying degrees in daily business. Students will focus on the production of hot and cold menu items that apply to the station for which they are assigned. Students will be assigned to work independently or a part of a team with a strong emphasis on time and space management

2nd – 4th Quarters: Students rotate on a quarterly basis through hospitality/baking, chef preparation.

Fundamentals of hospitality sales and marketing, Introduction to Baking

Fundamentals of menu planning,, Demonstrate dining room activities, Introduction to Baking, Basic portioning procedures, Introduction to basic scaling Introduction to frying, Introduction to pie preparation, Introduction to yeast raised products and quick breads Introduction to cookie preparation, Introduction to cake preparation, set up tables for different types of service, set up service stations, learn basic principles of the “front of the house”. Know what side work is in a restaurant and the importance of it in relation to service. Perform all duties.

Introduction To Food Products

Students will apply Serv-Safe theory into the everyday practical application kitchen setting. Students will be introduced and familiarized with different types of Vegetables, Meats, Dairy Products, Grain Products, Herbs, Spices and Condiments. Students will learn to identify and handle food products. Students will learn Safety and Sanitation concerns with Cold and Dry storage and Food Product Rotation. Students will review all information from 1st Quarter. **Major Assessment::** Instructors Observation of Daily Performance, Daily Grading Rubric and Weekly Skill Checks.

Introduction to Cold Salads, Dressings and Sandwiches:

Students will apply Serv-Safe theory into the everyday practical application kitchen setting. Students will produce Cold Salads and Dressings with emphasis on Reading Recipes and Taking Measurements. Students will learn various hot and cold Sandwiches. Students will continue to focus on Knife Skills with an emphasis on safety. Students will review all information from 2nd Quarter. **Major Assessment:** Instructors Observation of Daily Performance, Daily Grading Rubric and Weekly Skill Checks.

Major assessment: Weekly Quiz, Chapter Test, performance skill checks, performance in kitchen, bakery, restaurant, and marketing. Mid Term and Final exams will include written, performance, and tool identification

*** Assessment**

Competency skill checks / Rubrics
Teacher observations
Projects
Notebooks
Lab practical
Take home tests/writing assignments
Attendance
Class Participation

Grading Policy:

Students will be graded using a Rubric based on Competencies and Performance Objectives. This rubric will also include a practical application skill check Students will receive a daily grade that will translate into a weekly grade.

***See IEP or 504 plan for modification where applicable.**