

Overview of the Culinary Arts Program:

1. **Introduction to Culinary Arts Curriculum**—designed to introduce students to the culinary arts profession. Emphasis will be given to the development of basic competencies related to the culinary arts profession, basic menus and recipes, standardization, and kitchen procedures. Upon completion of the course, students will be introduced to skills needed for employability, customer relations, menu planning, recipe use, weights and measures, use of equipment, conversions, budgeting, safety and sanitation, organized for efficiency and kitchen procedures. Curriculum units shall include but is not limited to:
 - a. Introduction to Culinary Arts – Identifying terms related to the culinary profession, attributes of professional chef, employability skills, customer service skills, and workplace etiquette.
 - b. Basic menus and Recipes – Define terms related to nutrition, menu planning, and recipes. Identify basic food groups and list nutrients in each food group. Identify food sources and functions of each nutrient. Describe food pyramid and explain influences on food choices. Identify how to use dietary guidelines to meet nutritional needs and describe different menu types. List types of food equipment needed for menus. List guidelines for developing a well-balanced menu. Explain the difference between a narrative and a standard recipe. Identify reasons for modifying a recipe.
 - c. Culinary Math – Explain basic addition, subtraction, multiplication, and division as applied to fractions. Identify equivalent measurements. Describe reasons to change the yield of a recipe and discuss correct techniques for measuring and weighing food items. Differentiate between recipe costing, menu costing, and food cost percentage. Explain the mathematical equation for temperature conversion.
 - d. The Professional Kitchen – Define terms related to sanitation and food safety. Distinguish situations that require immediate hand washing when working with food. Differentiate between cleaning and sanitizing. Develop guidelines for safe storage of sanitizing agents. Examine occupational safety hazards related to food service and dangers of working when under the influence of alcohol or drugs. Examine emergency first aid procedures. Outline characteristics and prevention of food-borne illnesses. Determine conditions and factors necessary for growth of microorganisms. Compile local, state and federal safety standards for the food industry. Determine basic sources of contamination of food supplies. Define terms related to kitchen organization. Identify the characteristics of a well-designed kitchen and workflow areas. Demonstrate knowledge of stations and equipment in a commercial kitchen. Demonstrate basic food

preparation techniques and planning process for production of standard product.

- e. Culinary Chemistry and Lab Experience – Identify terms related to grains, grain products, and baking. Categorize the different types and characteristics of equipment used in baking, including mixing equipment, pans, and large equipment items. Determine guidelines for buying and storing products. Describe techniques used in baking. Identify terms related to fruits and vegetables. Describe origins of common fruits and vegetables. Explain proper buying and storage of fruits and vegetables. Describe enzymatic browning in fruits and vegetables. Describe methods of cooking fruits and vegetables. Identify terms and describe types of dairy foods. Interpret the steps involved in processing dairy products. Discuss guidelines for buying, storing, and cooking with dairy products. Identify terms related to protein food and variety of protein foods. Describe guidelines for purchasing and storing protein foods. Determine techniques used in cooking protein foods. Explain the inspection and grading process of meats, poultry, fish, and shellfish. Identify terms related to fats and oils, and list the variety of fats and oils. Describe the purposes and effects fats and oils have in the cooking process. Compare the difference between oils and solid fats.