

Culinary Arts I

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**Arkansas Department of Career Education
Model Framework**

Course Title: Culinary Arts I

Career Cluster: Hospitality & Tourism

Course Number	493260
Credit	1
CIP Number	120500
Grade Level	10-12
Prerequisite	Introduction to Culinary Arts
Course Type	Core
Teacher Certification	090 Family & Consumer Science 091 Vocational Home Economics 215 Family & Consumer Science 580 Culinary Arts & Chef Preparation 598 Food Production, Management & Services
CTSO	Family, Career and Community Leaders of America (FCCLA) SkillsUSA
Facility Requirements	http://arkansasfacilities.arkansas.gov/SchoolFacManual.aspx
Industry Certifications	http://www.servsafe.com/home http://arhospitality.org/education-training/online-food-handlers-course/

Course Description

Culinary Arts I is a one year course designed to expand students' knowledge in the culinary arts profession. Emphasis is given to the study of kitchen staples, principles of cooking, soups, stocks and sauces, dairy products, eggs, fruit and vegetables, grains and pasta cookery, meat cookery and principles of baking. Upon completion of this course, students should have attained basic skills needed for entry level employment in the food service industry, customer relations, purchasing and storage of foods, cooking techniques and principles of baking.

**Arkansas Department of Career Education
Culinary Arts I Student Performance Standards**

Course Title: Culinary Arts I

Course Code: 493260

Credit: 1.0

At the completion of this course, the student will be able to:

1.0 Evaluate the field of Culinary Arts as a career opportunity

- 1.1 Review weights and measurements, conversions and costing
- 1.2 Demonstrate safety and sanitation procedures in the lab setting
- 1.3 Assess job and small business opportunities in commercial and non-commercial food service operations

2.0 Research and develop culinary production techniques

- 2.1 Investigate the use of common herbs, spices, seasonings, and flavorings
- 2.2 Identify commonly-used condiments
- 2.3 Identify a variety of nuts and seeds and their uses
- 2.4 Examine the factors that affect sensory evaluation
- 2.5 Assess the use of a variety of knife skills in the lab
- 2.6 Evaluate the use of various thickeners in food preparation
- 2.7 Explain the categories of stocks, broths, and bouillons
- 2.8 Determine appropriate techniques for pre-preparation of egg and dairy products

3.0 Analyze the principles of cooking, considering nutritive value, with a variety of cooking methods

- 3.1 Explain how various cooking methods affect a food's nutritive value, texture, color, aroma, and flavor
- 3.2 Compare and contrast dry, moist, and combination cooking techniques to determine the best method to use for various dishes
- 3.3 Assess the use and storage of a variety of oils and fats used in cooking
- 3.4 Assess the role of the emulsification process in food preparation

4.0 Prepare Stocks, Soups, and Sauces using a variety of cooking methods

- 4.1 Demonstrate the principles for preparing stocks
- 4.2 Demonstrate knowledge of soups and proper preparation of various types
- 4.3 Demonstrate knowledge of sauces and proper preparation of various types

5.0 Demonstrate cooking techniques using dairy products

- 5.1 Assess the use of a variety of milk-based products in cooking
- 5.2 Demonstrate lab procedures for preparing milk-based products
- 5.3 Investigate the manufacture of various cheese products

6.0 Prepare nutritious and quality eggs using a variety of cooking methods

- 6.1 Assess the use of eggs in food preparation
- 6.2 Use a variety of techniques and methods for egg preparation

7.0 Prepare nutritious and quality fruits and vegetables using a variety of cooking methods

- 7.1 Evaluate desirable qualities in fruit
- 7.2 Assess the use of fruits as garnishes
- 7.3 Prepare fruits for serving by using a variety of methods
- 7.4 Identify common varieties of vegetables and legumes, recommending preservation methods for each
- 7.5 Prepare vegetables for recipes and garnishing
- 7.6 Prepare vegetables for cooking and serving

8.0 Prepare nutritious and quality Grains and Pastas using a variety of cooking methods

- 8.1 Critique the use of pasta in a variety of dishes
- 8.2 Identify and prepare a variety of grain products

9.0 Prepare nutritious and quality meat, poultry and fish using a variety of cooking methods

- 9.1 Investigate the processes of meat inspection and grading
- 9.2 Exhibit techniques of proper meat purchase and storage
- 9.3 Prepare meat, poultry, and fish using various techniques and methods

10.0 Demonstrate the baking process and the specialized principles of baking

- 10.1 Select ingredients in a bake shop and store correctly
- 10.2 Explore considerations of the baking process
- 10.3 Prepare a variety of baked goods

Standard 1.0 <i>Evaluate the field of Culinary Arts as a career opportunity</i>		
Performance Indicator 1.1 Review weights and measurements, conversions and costing	CCTC Standards	National FACS Standards
1.1.1 Demonstrate correct techniques for measuring and weighing foods	CRP 2, HT-RFB5 CRP 4	FSDN9.3
1.1.2 Differentiate between recipe cost , menu cost , and food cost , and food cost percentage	HT-RFB5, CRP 2	FSDN9.3
1.1.3 Demonstrate how to determine recipe cost using unit pricing	HT-RFB5, CRP 2	FSDN9.3
1.1.4 Illustrate menu costing	HT-RFB5, CRP 2	FSDN9.3
1.1.5 Evaluate food cost percentage	HT-RFB5, CRP 2	FSDN9.3
Performance Indicator 1.2 Demonstrate safety and sanitation procedures in the lab setting	CCTC Standards	National FACS Standards
1.2.1 Compile local, state, and federal health and safety standards for the food service industry including those from the Department of Health, Education and Welfare		FPS8.2
1.2.2 Demonstrate proper lab procedures	HTRFB 4	FSDN9.2
Performance Indicator 1.3 Assess job and small business opportunities in commercial and non-commercial food service operations	CCTC Standards	National FACS Standards
1.3.1 Assess the career opportunities in culinary arts	HTRFB 9	FPS 8.1 FSDN9.1
1.3.2 Research career opportunities in a variety of food service venues	HTRFB 9	FSDN9.1
Standard 2.0 <i>Research and develop culinary production techniques</i>		
Performance Indicator 2.1 Investigate the use of common herbs, spices, seasonings, and flavorings	CCTC Standards	National FACS Standards

2.1.1 Contrast different types of seasonings and flavorings	HTRFB 9	FSDN 9.2 FSDN 9.3
2.1.2 Assess the use of a variety of herbs and spices in the food lab	HTRFB 3	FSDN9.4
2.1.3 Describe how to store herbs and spices	HTRFB 2	FSDN9.2
Performance Indicator 2.2 Identify commonly used condiments	CCTC Standards	National FACS Standards
2.2.1 Recommend sample food selections with appropriate condiments		FSDN 9.2
2.2.2 Predict the effect that sample condiments will have on select dishes or foods		FSDN 9.3
Performance Indicator 2.3 Identify a variety of nuts and seeds and their uses	CCTC Standards	National FACS Standards
2.3.1 Experiment with different ways to prepare nuts and seeds (Blanching, roasting, etc.)		FSDN 9.3
2.3.2 Recommend the use of specific nuts and seeds in various foods and dishes		FSDN 9.3
Performance Indicator 2.4 Examine the factors that affect sensory evaluation	CCTC Standards	National FACS Standards
2.4.1 Develop a food tasting to practice sensory evaluation	CRP 4	FSDN 9.2
2.4.2 Explain how taste and flavor preferences affect different types of cuisine		FSDN 9.3
Performance Indicator 2.5 Assess the use of a variety of knife skills in the lab	CCTC Standards	National FACS Standards
2.5.1 Demonstrate knife cuts using fruits and/or vegetables	CRP 2	FSDN 9.2
2.5.2 Recommend appropriate knife cuts for various dishes		FSDN 9.3
Performance Indicator 2.6 Evaluate the use of various thickeners in food preparation	CCTC Standards	National FACS Standards
2.6.1 Develop a recipe using a standard thickener	CRP 2	FSDN 9.3

2.6.2 Incorporate a roux, slurry, beurre manie' or liaison into soups and sauces	CRP 2	FSDN 9.3
Performance Indicator 2.7 Explain the categories of stocks, broths, and bouillons	CCTC Standards	National FACS Standards
2.7.1 Explain the principles of making stocks, broths, and bouillons and how these principles affect the quality of product		FSDN 9.3
2.7.2 Create an example of a stock, broth or bouillon	CRP 2	FSDN 9.3
2.7.3 Illustrate reduction and straining using the china cap	CRP 2	FSDN 9.3
Performance Indicator 2.8 Determine appropriate techniques for pre-preparation of egg and dairy products	CCTC Standards	National FACS Standards
2.8.1 Demonstrate separating eggs properly	CRP 2	FSDN 9.3
2.8.2 Investigate tempering ingredients	CRP 2	FSDN 9.3
2.8.3 Explain how to prepare foams and meringues	CRP 2	FSDN 9.3
2.8.4 Discuss differences in heavy and light whipping cream	CRP 2	FSDN 9.3

Standard 3.0 <i>Analyze the principles of cooking, considering nutritive value, with a variety of cooking methods</i>		
Performance Indicator 3.1 Explain how various cooking methods affect a food's nutritive value, texture, color, aroma and flavor	CCTC Standards	National FACS Standards
3.1.1 Analyze the changes that occur to food during the cooking process	CRP 4	FSDN 9.3 NW 14.3 NW 14.4
3.1.2 Evaluate the effects of cooking methods on different types of food	CRP 4	FSDN 9.3
Performance Indicator 3.2 Compare and contrast dry, moist, and combination cooking techniques to determine the best method to use for various dishes	CCTC Standards	National FACS Standards
3.2.1 Compare food samples using a variety of dry heat cooking techniques	CRP 2	FSDN 9.3
3.2.2 Prepare food samples using moist heat cooking techniques		FSDN 9.3
3.2.3 Demonstrate examples of combination cooking techniques	CRP 2	FSDN 9.3
Performance Indicator 3.3 Assess the use and storage of a variety of oils and fats used in cooking	CCTC Standards	National FACS Standards
3.3.1 Illustrate the types of oils that are derived from seeds, plants and vegetables	CRP 4	FSDN 9.3
3.3.2 Match the types of fats and oils that are derived from animal and non-animal products		FSDN 9.3
3.3.3 Analyze the reaction temperatures of fats		FSDN 9.3
3.3.4 Demonstrate rendering and clarifying fats	CRP 2	FSDN 9.3
3.3.5 Explain how chemical changes cause rancidity in fats and oils	CRP2	FSDN 9.6

Performance Indicator 3.4 Assess the role of the emulsification process in food preparation	CCTC Standards	National FACS Standards
3.4.1 Identify steps necessary to complete the emulsification process	CRP 2	FSDN 9.3
3.4.2 Create an emulsified vinaigrette dressing	CRP 2	FSDN 9.3

Standard 4.0 <i>Prepare Stocks, Soups and Sauces using a variety of cooking methods</i>		
Performance Indicator 4.1 Demonstrate the principles for preparing stocks	CCTC Standards	National FACS Standards
4.1.1 Investigate the different types of stocks and ingredients used to prepare them		FSDN 9.3
4.1.2 Identify the criteria for acceptable stock	CRP 2	FSDN 9.3
4.1.3 List the equipment needed for preparing stock	CRP 2	FSDN 9.3
4.1.4 Assess methods for safely storing stocks	HTRFB 2	FSDN 9.2 FMM 5.3
4.1.5 Compare and contrast various stocks and their preparation techniques	CRP 2	FSDN 9.3
Performance Indicator 4.2 Demonstrate knowledge of soups and proper preparation of various types	CCTC Standards	National FACS Standards
4.2.1 Identify and discuss the types of soups		FSDN 9.3
4.2.2 State the basic steps and procedures for preparing soups	CRP 2	FSDN 9.3
4.2.3 Demonstrate procedures to prepare a clear soup and a thick soup	CRP 2	FSDN 9.3
Performance Indicator 4.3 Demonstrate knowledge of sauces and proper preparation of various types	CCTC Standards	National FACS Standards
4.3.1 Compare and contrast basic mother sauces , identifying steps necessary to create each	CRP 4	FSDN 9.3
4.3.2 Explain the characteristics of well-prepared sauces		FSDN 9.2

4.3.3 Explore the types of thickening agents	CRP 2	FSDN 9.3
4.3.4 Create a sauce	CRP 2	FSDN 9.3

Standard 5.0 <i>Demonstrate cooking techniques using dairy products</i>		
Performance Indicator 5.1 Assess the use of a variety of milk-based products in cooking	CCTC Standards	National FACS Standards
5.1.1 Compile a list of milk-based products	CRP 7 HTRFB 3	FSDN 9.3
5.1.2 Compare and contrast various types of milk-based products		FSDN 9.3
Performance Indicator 5.2 Demonstrate lab procedures for preparing milk-based products	CCTC Standards	National FACS Standards
5.2.1 Use appropriate techniques to prepare milk-based food products	CRP 2	FSDN 9.3
5.2.2 Predict problems that might arise when cooking with dairy products	CRP 8	FSDN 9.3
5.2.3 Develop food labs that use milk products	CRP 2	FSDN 9.3
Performance Indicator 5.3 Investigate the manufacture of various cheese products	CCTC Standards	National FACS Standards
5.3.1 Differentiate between fresh, semi-soft , firm and hard cheeses	CRP 4	FSDN 9.3
5.3.2 Describe the process of cheese-making		FSDN 9.3
5.3.3 Compare the taste, texture, aroma and color of a variety of cheeses	CRP 2	FSDN 9.3
5.3.4 Critique the pairing of foods with various cheeses	HT 3	FSDN 9.3

Standard 6.0
Prepare nutritious and quality eggs using a variety of cooking methods

Performance Indicator 6.1 Assess the use of eggs in food preparation	CCTC Standards	National FACS Standards
6.1.1 Distinguish the different parts of an egg	CRP 4	FSDN 9.3
6.1.2 Demonstrate proper storage methods for eggs	HTRFB 2	FSDN 9.2 FPS 8.2
6.1.3 Compare and contrast appropriate uses for eggs in cooking	CRP 4	FSDN 9.3
6.1.4 Formulate various cooking methods using both eggs and egg substitute	CRP 2	FSDN 9.2
Performance Indicator 6.2 Use a variety of techniques and methods for egg preparation	CCTC Standards	National FACS Standards
6.2.1 Predict what will happen in a recipe when eggs are increased or decreased	CRP 2	FSDN 9.2 FSDN 9.3
6.2.1 Demonstrate techniques for preparing meringue	CRP 2	FSDN 9.3
6.2.2 Prepare eggs using the moist heat methods		FSDN 9.3

Standard 7.0
Prepare nutritious and quality fruits and vegetables using a variety of cooking methods

Performance Indicator 7.1 Evaluate desirable qualities in fruit	CCTC Standards	National FACS Standards
7.1.1 Identify qualities of different hybrids and varieties of fruits		FSDN 9.2
7.1.2 Investigate factors that affect ripening in a variety of fruits		FSDN 9.3
7.1.3 Determine the best uses of fruits based on variety	CRP 4	FSDN 9.3

Performance Indicator 7.2 Assess the use of fruits as garnishes	CCTC Standards	National FACS Standards
7.2.1 Demonstrate techniques required to prepare fruits for use as garnishes	CRP 2	FSDN 9.3
7.2.2 Prepare garnishes using a variety of fruits	CRP 2	FSDN 9.3
Performance Indicator 7.3 Prepare fruits for serving by using a variety of methods	CCTC Standards	National FACS Standards
7.3.1 Evaluate the palatability of fruits using a variety of cooking methods	CRP 2	FSDN 9.3
7.3.2 Demonstrate techniques for utilizing fruits in catered events	CRP 2	FSDN 9.3
7.2.4 Assess the quality of juices prepared with fresh fruits	CRP 2	FSDN 9.3
Performance Indicator 7.4 Identify common varieties of vegetables and legumes, recommending preservation methods for each	CCTC Standards	National FACS Standards
7.4.1 Distinguish between vegetables and legumes	CRP 4	FSDN 9.3
7.4.2 Compare freezing and drying vegetables using appropriate methods	CRP 2	FSDN 9.3
7.4.3 Assess the importance of the preservation of vegetables for future use and its effect on cost	HTRFB 5	FSDN 9.3
Performance Indicator 7.5 Prepare vegetables for recipes and garnishing	CCTC Standards	National FACS Standards
7.5.1 Use knife skills to prepare vegetables	CRP 2	FSDN 9.3
7.5.2 Create vegetable garnishes	CRP 2	FSDN 9.3
Performance Indicator 7.6 Prepare vegetables for cooking and serving	CCTC Standards	National FACS Standards
7.6.1 Prepare vegetables using a variety of cooking methods	CRP 2	FSDN 9.3
7.6.2 Test vegetables for doneness	CRP 2	FSDN 9.2 FSDN 9.3

Standard 8.0 <i>Prepare nutritious and quality Grains and Pastas using a variety of cooking methods</i>		
Performance Indicator 8.1 Critique the use of pasta in a variety of dishes	CCTC Standards	National FACS Standards
8.1.1 Differentiate between factory produced pasta and fresh pasta	CRP 2 CRP 4	FSDN 9.2 FSDN 9.3
8.1.2 Explain different techniques for determining doneness for pasta		FSDN 9.3
8.1.2 Prepare a variety of pastas.	CRP 2 CRP 4	FSDN 9.3
Performance Indicator 8.2 Identify and prepare a variety of grain products	CCTC Standards	National FACS Standards
8.1.3 Identify the various types of grains	CRP 2	FSDN 9.3
8.2.1 Prepare grains using a variety of techniques	CRP 2 CRP 4	FSDN 9.3

Standard 9.0 <i>Prepare nutritious and quality meat, poultry and fish using a variety of cooking methods</i>		
Performance Indicator 9.1 Investigate the processes of meat inspection and grading	CCTC Standards	National FACS Standards
9.1.1 Research the standards for USDA meat grading	CRP 4	FSDN 9.3
9.1.2 Identify the variety of meat cuts: beef, pork, poultry, fish and shellfish	CRP 4	FSDN 9.3
9.1.3 Distinguish between various meat characteristics	CRP 2	FSDN 9.3
Performance Indicator 9.2 Exhibit techniques of proper meat purchase and storage	CCTC Standards	National FACS Standards
9.2.1 Exhibit correct purchasing procedures for meats: beef, pork, poultry, fish and shellfish	HTRFB 2	FSDN 9.3

9.2.2 Assess proper storage procedures for beef, pork, poultry, fish and shellfish	HTRFB 2	FMM 5.3 FPS 8.2 FSDN 9.2
Performance Indicator 9.3 Prepare meat, poultry, and fish using various techniques and methods	CCTC Standards	National FACS Standards
9.3.1 Prepare beef dishes using a variety of cuts	CRP 2	FSDN 9.3
9.3.2 Contrast and compare dishes using a variety of poultry types	CRP 2	FSDN 9.3
9.3.3 Prepare fish and shellfish	CRP 2	FSDN 9.3
Standard 10.0 <i>Demonstrate the baking process and the specialized principles of baking</i>		
Performance Indicator 10.1 Select ingredients in a bake shop and store correctly	CCTC Standards	National FACS Standards
10.1.1 Identify ingredients in a bake shop by categories	CRP 4	FSDN 9.3
10.1.2 Cite the specifications and proper storage for all baking supplies	CRP 4	FSDN 9.3
10.1.3 Assess the viability of various baking supplies		FSDN 9.2 FSDN 9.3
Performance Indicator 10.2 Explore considerations of the baking process	CCTC Standards	National FACS Standards
10.2.1 Apprise the effect of time and temperature on baking raw materials	CRP 2	FSDN 9.3
10.2.2 Create baked goods using different leavening agents	CRP 2	FSDN 9.2 FSDN 9.3
10.2.3 Determine effects of convection vs. conventional oven	HTRFB 7	FSDN 9.2 FSDN 9.3

Performance Indicator 10.3 Prepare a variety of baked goods	CCTC Standards	National FACS Standards
10.3.1 Use a variety of specialized tools in the bake shop to produce baked goods		FSDN 9.3
10.3.2 Prepare yeast breads and rolls	CRP 2	FSDN 9.2 FSDN 9.3
10.3.3 Prepare Quick Breads		FSDN 9.3
10.3.4 Prepare pastry dough	CRP 2	FSDN 9.3
10.3.5 Prepare fillings	CRP 2	FSDN 9.3
10.3.6 Prepare cakes	CRP 2	FSDN 9.3
10.3.7 Prepare frostings and toppings	CRP 2	FSDN 9.3
10.3.8 Prepare cookies	CRP 2	FSDN 9.3