

Introduction to Culinary Arts

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Arkansas Department of Career Education Model Framework

Course Title: Introduction to Culinary Arts

Career Cluster: Hospitality & Tourism

Secondary – Family and Consumer Sciences Education	
Course Number	493250
Credit	.5
CIP Number	120500
Grade Level	9-12
Prerequisite	None
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

Introduction to Culinary Arts is a semester course designed to introduce students to the culinary arts profession. Emphasis is on the development of basic competencies related to the culinary arts profession, basic menus and recipes, standardization and kitchen procedures. Students will be introduced to skills needed for employability, customer relations, menu planning, recipe use, weights and measures, conversions, budgeting, safety and sanitation, organizing for efficiency, and lab procedures.

**Arkansas Department of Career Education
Introduction to Culinary Arts Student Performance Standards**

Course Title: Introduction to Culinary Arts

Course Code: 493250

Credit: .5

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

1.0 Demonstrate the skills required in a professional kitchen

- 1.1 Assess the need for stringent sanitation practices when working with food
- 1.2 Investigate the proper use and storage of sanitation and cleaning agents
- 1.3 Examine occupational safety hazards related to food service
- 1.4 Develop emergency first aid procedures for the kitchen
- 1.5 Develop processes and procedures to prevent common foodborne illnesses
- 1.6 Investigate conditions necessary for the growth of microorganisms
- 1.7 Examine the characteristics of a well-designed commercial kitchen, assessing the need for workflow areas
- 1.8 Evaluate the safe maintenance and storage of tools and equipment
- 1.9 Demonstrate basic food preparation techniques
- 1.10 Demonstrate the planning process for production of standard products

2.0 Investigate basic menus and recipes used in the professional kitchen

- 2.1 Explain influences on food choices and menus
- 2.2 Explore the use of Dietary Guidelines in developing a well-balanced menu that meets nutritional needs
- 2.3 Investigate the different types of menus
- 2.4 Research the different types of recipes and reasons to modify a recipe

3.0 Apply basic mathematical concepts in culinary environment

- 3.1 Apply basic mathematical concepts to determine equivalent measurements and yield changes
- 3.2 Examine correct measuring techniques for weighing food items

4.0 Apply techniques for buying, storing, and cooking various types of food

- 4.1 Research the characteristics of grains, including guidelines for buying and storing
- 4.2 Research the function of common baking ingredients in recipes
- 4.3 Demonstrate the use of supplies, equipment, and techniques required for baking
- 4.4 Research the characteristics of fruits and vegetables, including guidelines for buying and storing
- 4.5 Compare methods of preparing fruits and vegetables

- 4.6 Research the types of dairy foods available and the processing of each
- 4.7 Discuss guidelines for buying, storing, and cooking with dairy products
- 4.8 Investigate varieties of protein foods available on the market
- 4.9 Determine guidelines for purchasing, storing, and cooking protein foods
- 4.10 Describe the variety and purposes of fats and oils and their effects on the cooking process

5.0 Explore career opportunities in the professional kitchen

- 5.1 Investigate career opportunities in the culinary arts
- 5.2 Identify employability skills related to the foodservice industry

Standard 1.0 Demonstrate the skills required in the professional kitchen		
Performance Indicator 1.1 Assess the need for stringent sanitation practices when working with food	CCTC Standards	National FACS Standards
1.1.1 Develop personal hygiene habits important in the lab area	HTRFB 2	FPS8.2
1.1.2 Practice hand washing techniques to avoid cross contamination or other health hazards	HTRFB 2	FPS8.2 FSDN9.2
Performance Indicator 1.2 Investigate the proper use and storage of sanitation and cleaning agents	CCTC Standards	National FACS Standards
1.2.1 Differentiate between cleaning and sanitizing surfaces to kill bacteria		
1.2.2 Investigate the effectiveness of sanitizing agents in preventing direct contamination of equipment and surfaces	HTRFB 2	FPS8.2 FSDN9.2
1.2.3 Design an orderly, accessible storage area for cleaning agents and equipment	HTRFB 2	FPS8.2 FSDN9.2
Performance Indicator 1.3 Examine occupational safety hazards related to food service	CCTC Standards	National FACS Standards
1.3.1 Apply knowledge of safe handling and use of large and small equipment	HTRFB 2	FPS8.2
1.3.2 Practice preparation techniques that promote safety	HTRFB 2 HTRFB 8	FPS8.2
Performance Indicator 1.4 Develop emergency first aid procedures for the kitchen	CCTC Standards	National FACS Standards
1.4.1 Investigate emergency first aid procedures for burns and cuts	HT 5	
1.4.2 Investigate emergency first aid procedures for choking		

Performance Indicator 1.5 Develop processes and procedures to prevent common foodborne illnesses	CCTC Standards	National FACS Standards
1.5.1 Research techniques for handling food to prevent foodborne illnesses	HTRFB 2	FPS8.2
1.5.2 Cite evidence for criteria that determine an official outbreak of a foodborne illness	HTRFB 7	NW 14.4 NW 14.5
1.5.3 Investigate the concept of “tolerable limits” of food contaminants	HTRFB 2 HT 3	NW14.4 NW14.5 FSDN9.2
Performance Indicator 1.6 Investigate conditions necessary for the growth of microorganisms	CCTC Standards	National FACS Standards
1.6.1 Research hazards associated with holding foods at the “ temperature danger zone ”	HTRFB 2	FPS8.2
1.6.2 Investigate the time required heat a variety of foods to 140 degrees Fahrenheit	HTRFB 2	FPS8.2
1.6.3 Investigate the time required to cool foods to 41 degrees using a variety of methods		
Performance Indicator 1.7 Examine characteristics of a well-designed commercial kitchen, assessing the need for workflow areas	CCTC Standards	National FACS Standards
1.7.1 List the characteristics of a well-designed kitchen, critiquing the placement of stations with necessary equipment	HTRFB 2	FPS8.2
1.7.2 Identify workflow areas , creating a list of tasks completed in each	CRP 8 HTRFB 8 HTRFB 9	FPS8.1
1.7.3 Assess the benefits of utilizing workflow areas for inventory control using the FIFO system	HTRFB 2 HTRFB 5	
1.7.4 Explain the concept of the Kitchen Brigade , identifying the chef responsible for each area of the commercial kitchen	HTRFB 9	FPS8.1

Performance Indicator 1.8 Evaluate the safe maintenance and storage of tools and equipment	CCTC Standards	National FACS Standards
1.8.1 Differentiate between home and professional hand tools and equipment	HTRFB7 CRP8	
1.8.2 Assess the importance of following safety procedures and OSHA requirements when using equipment and tools	HTRFB 9	FSDN9.2
1.8.3 Explain how to properly maintain and store tools and equipment	HTRFB 8	FSD9.2
Performance Indicator 1.9 Demonstrate basic food preparation techniques	CCTC Standards	National FACS Standards
1.9.1 Analyze the components and explain the functions of each in a standardized recipe	HTRFB 9	NW14.3
1.9.2 Research equivalents for weights and measurements	HTRFB 8	NW14.3
1.9.3 Interpret the rules for sequencing work for a recipe	CRP 1	NW14.3
1.9.4 Apply mise en place (MEP) in laboratory on a daily basis	HTRFB 8	NW14.3
Performance Indicator 1.10 Demonstrate the planning process for production of standard products	CCTC Standards	National FACS Standards
1.10.1 Using a standardized recipe , develop plans for preparing a standard product	CRP 8	FSDN9.3
1.10.2 Design steps for preparing a standard product	HTRFB 8	FSDN9.3
1.10.3 Evaluate results of a lab		FSDN9.3

Standard 2.0
Investigate basic menus and recipes used in the professional kitchen

Performance Indicator 2.1 Explain influences on food choices and menus	CCTC Standards	National FACS Standards
2.1.1 Compare social, emotional, cultural and physical reasons for food choices	HTRFB 3	NW14.1
2.1.2 Discuss social, economic, and seasonal reasons for menu selections	HTRFB 3	NW14.1
Performance Indicator 2.2 Explore the use of Dietary Guidelines in developing a well-balanced menu that meets nutritional needs	CCTC Standards	National FACS Standards
2.2.1 Describe proper nutrition using the Dietary Guidelines for Americans	HTRFB 3 CRP 3	FSDN9.3 NW14.2
2.2.2 Apply concepts for developing a well-balanced menu	CRP 6 CRP 8	FSDN9.4 NW14.2
Performance Indicator 2.3 Investigate the different types of menus	CCTC Standards	National FACS Standards
2.3.1 Identify menu types	HTRFB 10	
2.3.2 Determine reasoning for menu categories and placement		
Performance Indicator 2.4 Research different types of recipes and reasons to modify a recipe	CCTC Standards	National FACS Standards
2.4.1 Analyze the differences between a narrative and standard recipe	HTRFB 7	NW14.3
2.4.2 List reasons to modify recipes	CRP 6 CRP 8	FSDN9.3

Standard 3.0
Apply basic mathematical concepts to the culinary environment

Performance Indicator 3.1 Apply basic mathematical concepts to determine equivalent measurements and yield changes	CCTC Standards	National FACS Standards
3.1.1 Apply basic addition, subtraction, multiplication, and division as applied to fractions	HTRFB 5	
3.1.2 Demonstrate conversion factor of food measurements	HTRFB 5	
3.1.3 Determine reasons to change yield in recipes	CRP 2	
Performance Indicator 3.2 Examine correct techniques for measuring and weighing food items	CCTC Standards	National FACS Standards
3.2.1 Research the types of measurement scales	CRP 2	NW 14.3
3.2.2 Apply correct measuring techniques for weighing food items	CRP 2	NW 14.3
Standard 4.0 Apply techniques for buying, storing, and cooking a various types of food		
Performance Indicator 4.1 Research the characteristics of grains, including guidelines for buying and storing	CCTC Standards	National FACS Standards
4.1.1 Analyze the structure of grains, including the endosperm and bran	CRP 8	NW14.5
4.1.2 Formulate guidelines for proper buying and storage of grain products	HTRFB 8	
Performance Indicator 4.2 Research the function of common baking ingredients in recipes	CCTC Standards	National FACS Standards
4.2.1 Distinguish between the types of foodstuffs commonly used in baking		
4.2.2 Investigate common reactions during the cooking process, such as proofing		NW14.5

Performance Indicator 4.3 Demonstrate use of supplies, equipment, and techniques required for baking	CCTC Standards	National FACS Standards
4.3.1 Compare supplies used in baking and the corresponding equipment	CRP 2	
4.3.2 Demonstrate baking skills in laboratory setting	CRP 2	
Performance Indicator 4.4 Research the characteristics of fruits and vegetables, including guidelines for buying and storing	CCTC Standards	National FACS Standards
4.4.1 List fruits by category; list vegetables by category	CRP 4	NW14.3
4.4.2 Research the availability of fruits and vegetables according to harvest season		NW14.3
4.4.3 Research proper techniques in buying and storing of produce		NW14.3
4.4.4 Assess the impact of enzymatic browning on fresh fruits and vegetables		NW14.3
Performance Indicator 4.5 Compare methods of preparing fruits and vegetables	CCTC Standards	National FACS Standards
4.5.1 Develop knife and knife-safety skills by cutting a variety of fruits and vegetables	CRP 2	NW14.3
4.5.2 Predict outcomes of various cooking methods for fruits and vegetables	CRP 2	NW14.3
Performance Indicator 4.6 Research the types of dairy foods available and the processing of these foods	CCTC Standards	National FACS Standards
4.6.1 Investigate different sources for dairy products	HTRFB 4	NW14.3
4.6.2 Explain the importance of modern dairy products	CRP 7	FSDN9.2 FPS8.2 NW14.4

Performance Indicator 4.7 Discuss guidelines for buying, storing, and cooking with dairy products	CCTC Standards	National FACS Standards
4.7.1 Draw conclusions about the proper buying, storing, and cooking of dairy	CRP 2	FSDN9.3
4.7.2 Recommend ways to prevent problems when cooking with milk		FSDN9.3
Performance Indicator 4.8 Investigate varieties of protein foods available on the market	CCTC Standards	National FACS Standards
4.8.1 Identify the different food sources that supply protein	CRP 7	FSDN9.3
4.8.2 Explore the “Farm to Table” concept	CRP 4	FSDN9.5 NW14.4 NW14.5
Performance Indicator 4.9 Determine guidelines for purchasing, storing, and cooking protein foods	CCTC Standards	National FACS Standards
4.9.1 Determine proper purchasing and storage methods for protein foods	CRP 4	FSDN9.3
4.9.2 Investigate moist-heat and dry-heat methods of cooking protein foods	CRP 2	FSDN9.3
4.9.3 Utilize enhancement techniques for preparing protein foods		FSDN9.3
Performance Indicator 4.10 Describe the variety and purposes of fats and oils and their effects on the cooking process	CCTC Standards	National FACS Standards
4.10.1 Compare qualities of different oils and fats used in cooking		FSDN9.2
4.10.2 Determine the temperature at which fats and oils reach the smoking point		FSDN9.2

Standard 5.0 Explore career opportunities in the professional kitchen		
Performance Indicator 5.1 Investigate career opportunities in culinary arts	CCTC Standards	National FACS Standards
5.1.1 Explore the opportunities for employment in the foodservice industry	HTRFB 9	FPS8.1 FSDN9.1
5.1.2 Determine education and training required for professions in the foodservice industry		FPS8.1 FSDN9.1
Performance Indicator 5.2 Identify employability skills related to the foodservice industry	CCTC Standards	National FACS Standards
5.2.1 Identify parts of a résumé including references	CRP 10	FPS8.1
5.2.2 List skills and traits needed in the foodservice industry	CRP 10	FPS8.1
5.2.3 Critique appropriate and inappropriate job applications	CRP 10	FPS8.1
5.2.4 Assess job interview skills	CRP 10	FPS8.1