

Hospitality & Tourism Occupational : Culinary Arts (520901) (2014)

Culinary Arts Safety Knowledge and Skills 2.A

- 1 Demonstrate proper food safety and sanitation. 2.A.01**
 - 1 Identify the Hazard Analysis Critical Control Point (HACCP) during all food handling processes as a method for minimizing the risk of food borne illness. 2.A.01.01
 - 2 Identify microorganisms related to food spoilage and illnesses; and describe their requirements and methods for growth. 2.A.01.02
 - 3 Describe symptoms common to food borne illnesses and how illness can be prevented. 2.A.01.03
 - 4 Conduct a sanitation self-inspection and recommend modifications for compliance with current industry and OSHA standards. 2.A.01.04
 - 5 Outline compliance requirements of sanitation and health inspections. 2.A.01.05
 - 6 Show exemplary appearance and hygiene. 2.A.01.06
 - 7 Describe cross contamination and use of acceptable procedures when preparing and storing potentially hazardous foods. 2.A.01.07
 - 8 List the reasons for and recognize signs of food spoilage and contamination. 2.A.01.08
 - 9 Outline the requirements for receiving and storage of raw and prepared foods. 2.A.01.09
 - 10 Identify risks associated with high risk populations. 2.A.01.10
 - 11 Recognize what foods are most likely to become unsafe. 2.A.01.11
 - 12 List the major foodborne illnesses and describe their characteristics. 2.A.01.12
 - 13 Demonstrate how to prevent time temperature abuse throughout the flow of food. 2.A.01.13
 - 14 Demonstrate the usage of thermometers in receiving, storing, preparing, cooking reheating foods, how to calibrate a thermometer and logging temperatures according to current industry and OSHA standards. 2.A.01.14
 - 15 Demonstrate how to prevent contamination of food, hot holding foods, cold holding foods, self service areas and serving customers. 2.A.01.15
 - 16 Identify common food allergens in food service and describe ways to produce allergen safe food for customers with food allergies. 2.A.01.16

2 Identify chemicals and uses in food service. 2.A.02

- 1 Describe types of cleaners and sanitizers and their use. 2.A.02.01
 - 2 Develop cleaning and sanitizing schedule and procedures for equipment and facilities. 2.A.02.02
 - 3 Identify the location of S.D.S. binder. Identify all chemicals used in the facility, and using S.D.S sheets, list their potential hazards and emergency procedures in case of mishandling. 2.A.02.03
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Fundamentals of Food Service 2.B

1 Apply the fundamentals of food service. 2.B.01

- 1 Demonstrate hand tool and equipment operation, emphasizing technique. 2.B.01.01
 - 2 Define terminology used in food service. 2.B.01.02
 - 3 Discuss the application of labor saving products. 2.B.01.03
 - 4 Explain and demonstrate liquid and dry measures. 2.B.01.04
 - 5 Explain mise en place. 2.B.01.05
 - 6 Read, analyze and follow a standard recipe. 2.B.01.06
 - 7 Identify ingredients used for cooking and baking. 2.B.01.07
 - 8 Demonstrate knife skills according to current industry and OSHA standards. 2.B.01.08
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2 Apply the fundamentals of menu planning, ordering, receiving and storage. 2.B.02

- 1 Plan a menu. 2.B.02.01
 - 2 Order food products. 2.B.02.02
 - 3 Cost out given recipe. 2.B.02.03
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Fundamentals of Dining Room Operations 2.C

1 Demonstrate dining room operations. 2.C.01

- 1 Set up tables for service. 2.C.01.01
 - 2 Set up various dining room stations for service (e.g., beverages, condiments, bread, salads, etc.). 2.C.01.02
 - 3 Arrange and maintain buffet table. 2.C.01.03
 - 4 Conduct a pre-meal meeting. 2.C.01.04
 - 5 Prepare and maintain restaurant and work stations for dining room service. 2.C.01.05
 - 6 Identify the sequence/steps of service, including banquet and catering. 2.C.01.06
 - 7 Identify and perform all methods of service. 2.C.01.07
 - 8 Set up and break down a hot and cold buffet. 2.C.01.08
 - 9 Prepare tray service. 2.C.01.09
 - 10 Perform the duties of a cashier. 2.C.01.10
 - 11 Perform the duties of an expeditor. 2.C.01.11
 - 12 Perform duties of a dining room supervisor. 2.C.01.12
 - 13 Perform host or hostess duties. 2.C.01.13
 - 14 Explain methods used to accommodate customers. 2.C.01.14
 - 15 Manage dining room floor plans. 2.C.01.15
 - 16 Demonstrate a function set up using a banquet event order. 2.C.01.16
 - 17 Compare the differences between a ` la carte and banquet food service. 2.C.01.17
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Fundamentals of Utility Services 2.D

1 Demonstrate utility services 2.D.01

- 1 Perform dishwashing services. 2.D.01.01
 - 2 Clean and sanitize pots and pans. 2.D.01.02
 - 3 Clean and sanitize kitchen work areas. 2.D.01.03
 - 4 Clean and sanitize stationary equipment. 2.D.01.04
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Fundamentals of Basic Nutrition 2.E

1 Explain basic nutrition 2.E.01

- 1 List the food groups in the current USDA Food Guide My Plate and the recommended daily servings from each. 2.E.01.01
 - 2 Define calories (Kcals), Macro/Micro Nutrients and common food sources. 2.E.01.02
 - 3 Describe a balanced diet and the methods for weight loss while maintaining a balanced diet. 2.E.01.03
 - 4 Define RDA guidelines. 2.E.01.04
 - 5 Summarize information provided on food labels. 2.E.01.05
 - 6 Identify common food allergies and determine substitutions. 2.E.01.06
 - 7 Identify recommended portions of food groups in a balanced diet. 2.E.01.07
 - 8 Identify and prepare foods to meet special dietary needs. 2.E.01.08
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Fundamentals of Cooking Methods 2.F

1 Describe and demonstrate cooking methods. 2.F.01

- 1 Identify cooking methods. 2.F.01.01
 - 2 Demonstrate baking/roasting. 2.F.01.02
 - 3 Demonstrate braising. 2.F.01.03
 - 4 Demonstrate broiling. 2.F.01.04
 - 5 Demonstrate deep-frying. 2.F.01.05
 - 6 Demonstrate grilling. 2.F.01.06
 - 7 Demonstrate griddling. 2.F.01.07
 - 8 Demonstrate pan-frying. 2.F.01.08
 - 9 Demonstrate poaching. 2.F.01.09
 - 10 Demonstrate sautéing. 2.F.01.10
 - 11 Demonstrate steaming. 2.F.01.11
 - 12 Demonstrate stewing 2.F.01.12
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2 Prepare grains, legumes, and starches 2.F.02

- 1 Identify, prepare and cook grains. 2.F.02.01
02. Identify, prepare and cook legumes. 2.F.02.02
03. Identify, prepare and cook rice. 2.F.02.03
- 4 Identify, prepare and cook pasta. 2.F.02.04
- 5 Identify, prepare and cook potatoes. 2.F.02.05

3 Prepare stocks and sauces 2.F.03

- 1 Identify and prepare brown, white, fish, and vegetable stock. 2.F.03.01
- 2 Identify and prepare 5 mother sauces. 2.F.03.02
- 3 Identify and prepare intermediate and small sauces. 2.F.03.03
- 4 Identify and prepare non-roux-based sauces. 2.F.03.04
- 5 Identify and use thickening agents. 2.F.03.05

4 Prepare soups. 2.F.04

- 1 Identify and prepare thick soups 2.F.04.01
- 2 Identify and prepare clear soups. 2.F.04.02
- 3 Identify and prepare specialty soups. 2.F.04.03

5 Prepare various types of meat. 2.F.05

- 1 Identify various cuts and types of meat. 2.F.05.01
- 2 Cut and prepare meats for various cooking methods. 2.F.05.02

6 Prepare various types of seafood. 2.F.06

- 1 Identify various cuts and types of seafood. 2.F.06.01

7 Prepare various types of poultry. 2.F.07

- 1 Identify various cuts and types of poultry. 2.F.07.01
- 2 Cut and prepare poultry for cooking methods. 2.F.07.02

8 Prepare sandwiches 2.F.08

- 1 Identify types of sandwiches. 2.F.08.01
- 2 Prepare basic and specialty sandwiches. 2.F.08.02

9 Prepare breakfast meats, eggs, cereals and batter products. 2.F.09

- 1 Identify and prepare breakfast meats. 2.F.09.01
- 2 Identify and prepare eggs. 2.F.09.02
- 3 Identify and prepare cereals. 2.F.09.03
- 4 Identify and prepare batter products. 2.F.09.04

10 Apply the fundamentals of Garde Manger, hors d'oeuvres, and appetizers 2.F.10

- 1 Identify tools and equipment used in garde manger. 2.F.10.01
- 2 Prepare fruit and vegetable dishes and garnishes. 2.F.10.02
- 3 Present food using various buffet techniques. 2.F.10.03
- 4 Prepare hot and cold appetizers and hors d'oeuvres. 2.F.10.04
- 5 Prepare various marinades, salads, and dressings. 2.F.10.05

11 Apply the fundamentals of baking. 2.F.11

- 1 Identify ingredients used for baking. 2.F.11.01
- 2 Describe properties and list function of ingredients. 2.F.11.02
- 3 Define baking terms. 2.F.11.03
- 4 Select equipment and utensils for specific baking applications. 2.F.11.04
- 5 Identify mixing methods used in baking. 2.F.11.05
- 6 Identify healthy alternatives and substitutions used in baking. 2.F.11.06

12 Prepare baked goods. 2.F.12

- 1 Identify various baked goods, including yeast-raised products, quick-breads, muffins, pies, pie dough products, cakes, cookies, and paté-a-choux. 2.F.12.01
- 2 Multiply and reduce a recipe for baked goods. 2.F.12.02
- 3 Prepare, bake, and finish lean dough products. 2.F.12.03
- 4 Prepare, bake, and finish rich dough products. 2.F.12.04
- 5 Prepare, bake, and finish rolled-in products. 2.F.12.05
- 6 Prepare, bake, and finish quick breads, biscuits, and muffins. 2.F.12.06
- 7 Prepare, bake, and finish pie dough and pie dough products. 2.F.12.07
- 8 Prepare, bake, and finish fat type cakes. 2.F.12.08
- 9 Prepare, bake, and finish egg foam cakes. 2.F.12.09
- 10 Prepare, bake, and finish cookies using different make-up methods. 2.F.12.10
- 11 Prepare, bake, and finish pâte-à-choux based desserts. 2.F.12.11

13 Prepare frostings and finish baked goods 2.F.13

- 1 Identify and prepare various types of frostings and icings. 2.F.13.01
- 2 Prepare baked goods to be finished. 2.F.13.02
- 3 Frost cakes and pastries. 2.F.13.03
- 4 Make borders and floral designs for decorated cakes. 2.F.13.04
- 5 Inscribe a cake. 2.F.13.05

14 Prepare desserts. 2.F.14

- 1 Identify non-baked desserts commonly created in a bakery. 2.F.14.01
- 2 Prepare and cook custards and fillings. 2.F.14.02
- 3 Prepare specialty desserts. 2.F.14.03
- 4 Prepare plated desserts. 2.F.14.04