

Culinary Arts I

Culinary Arts I is a one-credit course. The prerequisite for this course is Hospitality and Tourism. Culinary Arts I introduces students to basic food production, management, and service activities in both the back- and front-of-the-house. Emphasis is placed on sanitation, safety, and basic food preparation. Skills in mathematics, science, and communication are reinforced in this course. The required school-based laboratory for the Hospitality and Tourism cluster is a commercial food service kitchen with a food-serving and dining area. School-based laboratory experiences are essential for students to develop skills in the hospitality and tourism industry.

Career and technical student organizations are integral, cocurricular components of each career and technical education course. These organizations serve as a means to enhance classroom instruction while helping students develop leadership abilities, expand workplace-readiness skills, and broaden opportunities for personal and professional growth.

Food Service and Hospitality Business Practices

Students will:

1. Determine personnel and fiscal management factors related to the food service and hospitality industries.
Examples: personnel—staffing, supervising, scheduling, setting goals, determining policies and procedures
fiscal—budgeting, keeping records, controlling inventory, receiving food products, purchasing
 - Explaining liability laws regarding property management
 - Identifying customer service, public relations, and promotion programs as marketing strategies for the food service and hospitality industries
2. Create a business plan for a food service establishment.
3. Describe the importance of planning, coordinating, and supervising production in the food laboratory.
4. Identify credentialing requirements for the food service and hospitality industries.

Safety, Health, and Environment

5. Outline compliance requirements for sanitation and health inspections, including proper appearance and hygiene, use of protective gloves and clothing, correct food handling techniques, and correct use of knives and kitchen equipment.
6. Explain procedures for maintaining a safe work area, including first aid and cardiopulmonary resuscitation (CPR), types of fires and containment procedures, fire evacuation procedures, proper lifting and carrying procedures, electric and mechanical hazards, and procedures for reporting accidents.

Menus

7. Design various menus based on supply and demand, including the use of cycle and computer based menu skills.
8. Demonstrate cost control measures when setting menu prices for food.
9. Identify factors to be considered when planning menus, including current food trends, nutritional information, and availability of seasonal and regional foods.
 - Calculating as purchased (AP) and edible portion (EP) amounts

Food Preparation

10. Define food preparation and service terms, including kitchen brigade titles, salamander, lowboy, hot station, and china cap.
11. Apply basic industrial cooking techniques, including using scales; determining recipe yields; applying mise-en-place; using spices and herbs; and utilizing dry, moist, and combination heat methods.
12. Evaluate quality of food products, including taste, texture, aroma, and appearance.
13. Prepare grade manager, main entrees, stocks, soups, sauces, gravies, and baked products and desserts.
 - Examples: grade manager—salads; emulsified salad dressings; hors d’oeuvres; closed, open-faced, grilled, and fried sandwiches
 - main entrees—egg dishes, milk products, cheese, fruit, vegetables, pasta, grains, cereals, rice, legumes, vegetarian items, beef, poultry, seafood, game dishes
 - stocks—bouquet garni, mirepoix, sachet de piece, white, brown, fish, vegetable
 - soups—clear, thick, specialty
 - sauces—espagnole, béchamel, roux, tomato, hollandaise, velouté
 - gravies—reconstituted broken sauces
 - baked products and desserts—pancakes, crêpes, waffles, yeast products, cookies, cakes, glazed icings, pies, pastries, meringues, custards, chiffon fillings, candies, poached fruits, mousses, soufflés, pastry creams, Bavarian creams
14. Determine procedures for setting up rooms for special occasions and various styles of food.
15. Evaluate the applicability of convenience food items in various menus.
16. Compare different methods of heat transfer in food preparation.
 - Examples: convection, conduction, radiant heat, microwave
17. Analyze ways the nutritive value of food is altered by time, water, preparation, cooking, and storage.

Food Presentation

18. Demonstrate effective food presentation techniques, including plating, portioning, garnishing, and packaging.

Banquet and Catering Service

19. Demonstrate procedures used to plan, prepare, and provide banquet and catering services.
20. Evaluate equipment and procedures used for packing and transporting food, utensils, and equipment for catering.