

**2010/2011 Culinary Arts I**  
**PTF401 - 36 weeks**  
**DoDEA Course Description and Competencies**

**About the Program**

Culinary Arts I prepares students for careers in the Hospitality and Tourism industry. The course sequence focuses on duties and tasks performed by professionals in Restaurant, Food and Beverage Service as well as pre-employment and employment skills.

**Major Concepts/Content:** The Culinary Arts courses will teach the skills required for a career in the restaurant and food industry. This course usually consists of practical training in the kitchen. Students will learn knife skills and basic food preparation techniques as well as practical sanitation skills. Other topics include: sauces, soups & stocks, elements of entrée production, fundamentals of baking, pastry arts, nutrition and menu planning, dining room service, international cuisine, food preservation, purchasing and receiving, catering, and presentation & plate design.

**Major Instructional Activities:** Instructional activities are provided in the classroom setting, using hands-on experiences with tools, equipment, and materials related to course content and a field environment (restaurants, food establishments. Students will be required to plan, design, and prepare foods; investigate content-related occupations; assume leadership roles and work cooperatively.

**Major Evaluative Techniques:** Student will be evaluated on in-class activity, homework assignments/projects or their progress at an intern site.

The table below is a competency list for the Culinary Arts I course. The competencies are considered essential and are required of all students.

<b>PTF401</b> 36 weeks	<b>Culinary Arts I</b> <b>TASKS/COMPETENCIES</b>
<b>Implementing DoDEA's CTE Course Requirements</b>	
• 001	Demonstrate DoDEA's Workplace Readiness Skills in course activities.
• 002	Identify issues related to the field of study that affect the environment and impact local and global communities.
• 003	Identify Internet safety issues and procedures for complying with acceptable use standards.
<b>Preparing for a Successful Career</b>	
• 004	Research the importance of service to the foodservice and hospitality industry.
• 005	Research foodservice career opportunities with their job descriptions.
• 006	Examine qualities of successful foodservice professionals.
• 007	Create job seeking letters for a foodservice job when given a list of effective letter elements.
• 008	Produce a resume listing skills and competencies for a foodservice job.
• 009	Complete a job application form.
• 010	Outline the steps in an effective job interview.
• 011	Create or update a portfolio containing representative samples of student work.

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<b>Preparing and Serving Safe Food</b>	
• 012	Point out the reasons why it is important to keep food safe.
• 013	Diagram good hygiene standards with their impact on food safety.
• 014	Demonstrate the steps in proper hand washing technique.
• 015	Characterize major food borne illnesses and their symptoms.
• 016	Distinguish the differences between chemical, physical, and biological contaminants.
• 017	Point out the FATTOM factors that cause rapid bacteria growth in food.
• 018	Break down the seven principles of a Hazard Analysis Critical Control Point (HACCP) food safety system.
• 019	Outline proper procedures for each stage of food flow in a foodservice establishment.
• 020	Outline proper handling procedures for tools/equipment.
• 021	Demonstrate cleaning/sanitizing procedures for tools/ equipment in the foodservice environment.
<b>Preventing Accidents and Injury</b>	
• 022	Analyze the legal responsibility of a foodservice establishment for providing a safe environment.
• 023	Discuss the role of OSHA (Occupational Safety and Health Administration) regulations in the foodservice industry.
• 024	Characterize different types of fires and fire extinguishers.
• 025	Outline action steps to take in the event of a fire in the food establishment.
• 026	Outline the hazards that contribute to injury due to slips, trips, or falls in a food establishment.
• 027	Demonstrate correct, safe use of knives.
• 028	Chart basic first aid concepts/procedures in the food service industry.
• 029	Justify the importance of a food safety audit.
<b>Foodservice Equipment</b>	
• 030	Demonstrate proper sharpening methods of different types of knives.
• 031	Demonstrate proper measuring procedures when using various portioning equipment.
• 032	Demonstrate proper cutting and food mixing when using standard kitchen equipment.
• 033	Demonstrate proper cleaning and sanitizing of foodservice equipment.
• 034	Diagram proper storage for food and supplies on shelves and in refrigerators and freezers.
• 035	Distinguish between various types of cooking food when using steamers, broilers, griddle, grills, ranges, fryers, and ovens.
• 036	Chart the order of food supply flow through a foodservice establishment.
<b>Kitchen Basics</b>	
• 037	Analyze components and functions of standard recipe.
• 038	Demonstrate the use of common liquid and dry measure tools.
• 039	Demonstrate different functions of several types of knives.
• 040	Perform effective <i>mise en place</i> .
• 041	Compare dry-heat cooking methods, moist-heat cooking methods, and combination cooking methods.
• 042	Demonstrate basic preparation techniques (for clarifying butter, separating eggs,

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	whipping egg whites, and making parchment liners).
• 043	Develop recipes to yield smaller and larger quantities.
• 044	Demonstrate understanding of equivalence of standard American and Metric measure.
<b>Sandwich and Breakfast Foods</b>	
• 045	Describe different types of sandwiches and sandwich fillings.
• 046	Demonstrate setup of an efficient sandwich station.
• 047	Demonstrate preparation of several types of sandwiches.
• 048	Explain how to keep dairy products safe and sanitary.
• 049	Distinguish among different types of cheese by giving different examples of each type.
• 050	Identify the characteristics of eggs by grade and size.
• 051	Prepare pancakes, crepes, waffles, and French toast.
• 052	Prepare ham, hash, grits, cold cereals, oatmeal, and sausage.
<b>Salads and Garnishes</b>	
• 053	Demonstrates proper garnishing procedures to enhance texture, color and appearance of food.
• 054	Properly demonstrates preparing and storing salads and dressings.
<b>Fruits and Vegetables</b>	
• 055	Properly demonstrates preparing and storing raw and cooked vegetables.
• 056	Properly demonstrates preparing and storing fruits.
<b>Basic Business Math Skills</b>	
• 057	Calculate basic math operations.
• 058	Convert recipes from original yield to desired yield using conversion factors.
• 059	Calculate standard recipe cost and cost per serving.
• 060	Determine proper techniques for portion control, including standard portion size, standardized recipe, standard portion cost.