

Culinary and Restaurant Management I (2026)

Foundational Culinary Skills 1

1 Apply foundational culinary knowledge to ensure safe, accurate, and efficient food preparation. 1.1

- 1 Maintain personal hygiene and follow safety protocols consistently in a kitchen environment per ServSafe guidelines. 1.1.1
- 2 Identify and discuss potential foodborne illness risks in scenarios and select appropriate preventative measures. 1.1.2
- 3 Execute accurate measurements using appropriate tools for dry, liquid, and solid ingredients in multi-step recipes. 1.1.3
- 4 Apply food safety and sanitation principles according to ServSafe during all stages of food handling, preparation, and cleanup. 1.1.4
- 5 Demonstrate proficiency in foundational knife cuts (e.g., dice, mince, julienne) with consistency and precision. 1.1.5
- 6 Select and use kitchen equipment effectively based on recipe requirements and preparation goals. 1.1.6

Professionalism and Employability 2

1 Demonstrate durable and transferable skills for success in the culinary industry. 2.1

- 1 Identify durable skills (i.e. communication, collaboration, critical thinking, adaptability, leadership, problem solving, time management) and their importance in the culinary industry. 2.1.1
- 2 Practice positive work ethic and accountability in a team environment. 2.1.2
- 3 Evaluate how durable skills impact kitchen culture and customer experience. 2.1.3
- 4 Discuss basic management responsibilities, and explain their impact on food service operations and customer experience. 2.1.4
- 5 Apply conflict resolution strategies in collaborative restaurant settings. 2.1.5

2 Analyze foundational restaurant management practices that support effective foodservice operations. 2.2

- 1 Investigate basic procedures for inventory management, including receiving, storing, and rotating stock. 2.2.1
- 2 Identify strategies to minimize food waste and maintain cost efficiency in a restaurant setting. 2.2.2

- 3 Describe the role of scheduling, staffing, and teamwork in ensuring smooth restaurant operations. 2.2.3
 - 4 Evaluate customer service practices and their impact on the guest experience and restaurant reputation. 2.2.4
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Flavor Building and Ingredient Function 3

1 Explore the use of herbs, spices, and flavoring agents. 3.1

- 1 Identify herbs, spices, and seasoning blends. 3.1.1
 - 2 Store herbs, spices, and flavoring agents using proper storage methods. 3.1.2
 - 3 Evaluate premade spice blends and their housemade equivalent. 3.1.3
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2 Prepare dips, dressings, and condiments. 3.2

- 1 Prepare dips, dressings, and condiments utilizing emulsification, blending, and reduction methods. 3.2.1
 - 2 Evaluate condiment pairings with different food categories. 3.2.2
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Breakfast Cookery 4

1 Prepare breakfast dishes using appropriate techniques and safety practices. 4.1

- 1 Demonstrate mise en place and station setup for breakfast and dairy production. 4.1.1
 - 2 Prepare eggs using various cooking techniques (e.g. scrambled, poached, over-easy). 4.1.2
 - 3 Prepare quick breads and breakfast breads (e.g. pancakes, muffins, biscuits). 4.1.3
 - 4 Prepare dairy-based items such as breakfast sauces, yogurt parfaits, and cheese-based breakfast dishes (e.g. quiche, omelets, frittatas). 4.1.4
 - 5 Execute plating, portioning, and service of breakfast and dairy-integrated menu items. 4.1.5
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Cooking Methods and Fabrication 5

1 Apply dry, moist, and combination cooking methods. 5.1

- 1 Compare cooking techniques and explain their application. 5.1.1
 - 2 Demonstrate appropriate choice of equipment based on cooking method. 5.1.2
 - 3 Analyze food outcomes based on cooking method selection (i.e. texture, flavor, nutrient retention). 5.1.3
 - 4 Utilize thermometers to ensure doneness and safety. 5.1.4
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2 Fabricate and prepare proteins. 5.2

- 1 Demonstrate fabrication techniques of animal based protein. 5.2.1
 - 2 Prepare meat, poultry, fish, and/ or non-meat based proteins using industry-standard methods. 5.2.2
 - 3 Assess proper meat purchasing, storage, and quality evaluation. 5.2.3
 - 4 Compare types of proteins (e.g. beef, chicken, tofu) and determine factors that influence protein choice. 5.2.4
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Soups, Stocks, and Sauces 6

1 Understand the fundamentals of stocks and their role in cooking. 6.1

- 1 Explain the importance of stocks as a base for soups and sauces. 6.1.1
 - 2 Identify different types of stocks (e.g., white, brown, fish, vegetable) and their uses. 6.1.2
 - 3 Demonstrate preparation of a basic stock following proper procedures. 6.1.3
 - 4 Prepare simple soups using stocks and basic techniques. 6.1.4
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Cold Food Preparation 7

1 Develop basic condiments, salads, and sandwiches applying sensory principles and product theory. 7.1

- 1 Describe the five basic senses involved in sensory evaluation (i.e. taste, smell, sight, touch, and sound) and how they influence food perception. 7.1.1
 - 2 Prepare a variety of condiments, experimenting with flavor, texture, and appearance to enhance sensory appeal. 7.1.2
 - 3 Create salads and dressings that demonstrate balance of flavors and textures. 7.1.3
 - 4 Construct sandwiches that combine ingredients thoughtfully for optimal sensory experience. 7.1.4
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Grain and Starch Cookery 8

1 Prepare a variety of starch-based dishes using proper techniques. 8.1

- 1 Identify and prepare a variety of grains (e.g. rice, quinoa, barley). 8.1.1
- 2 Differentiate and prepare fresh and factory-produced pasta. 8.1.2
- 3 Prepare potato dishes using different methods such as roasting, mashing, frying, and boiling. 8.1.3
- 4 Identify types of legumes and demonstrate proper preparation. 8.1.4
- 5 Evaluate starch dishes based on quality indicators such as consistency, flavor, and appearance. 8.1.5