Arkansas CTE

Culinary Arts I: Grades 10, 11, 12

Adopted 2013

Introduction to discovering Culinary Arts as a career opportunity

1.1 Review weights and measurements, conversions and costing

1. Demonstrate correct techniques for measuring and weighing foods 1.1.1
2. Differentiate between recipe cost, menu cost, and food cost, and food cost percentage. 1.1.2
3. Demonstrate how to determine recipe cost 1.1.3
4. Illustrate menu costing 1.1.4
5. Calculate food cost percentage 1.1.5

1.2 Discuss safety and sanitation procedures

1. Compile local, state, and federal health and safety standards for the food service industry. 1.2.1

1.3 Identify lab safety procedures

1. Demonstrate proper lab procedures 1.3.1

1.4 Identify job opportunities in various commercial and noncommercial food service operations

1. Research various culinary careers 1.4.1

1.5 Identify small business opportunities available in food service

1. Analyze opportunities in various food service venues 1.5.1

Research and develop culinary production techniques

2.1 Explain seasonings and flavorings

1. Contrast different types of seasonings and flavorings 2.1.1

2.2 Explain the characteristics of herbs versus spices

1. Research the origin of various herbs and spices 2.2.1
2. Describe how to store herbs and spices 2.2.2

Identify commonly used condiments

1. Match sample food selections with appropriate condiments 2.3.1

Skip to main content

2.4 Identify a variety of nuts and seeds

1. Experiment with different ways to prepare nuts and seeds (Ex. Blanching, roasting, etc.) 2.4.1

2.5 Identify the factors that affect sensory evaluation

1. Develop a food tasting to practice sensory evaluation 2.5.1

2.6 Identify various knife cuts and give appropriate measurements of each

1. Demonstrate knife cuts using fruits and/or vegetables 2.6.1

2.7 Explain how to prepare a thickener

1. Develop a recipe using a standard thickener 2.7.1
2. Create a roux, slurry, beurre manie' or liaison 2.7.2

2.8 Explain the categories of stocks, broths, and bouillons

1. Create an example of a stock, broth or bouillon 2.8.1

2.9 Identify basic mise en place techniques

1. Demonstrate rendering and clarifying fats 2.9.1
2. Demonstrate separating eggs properly 2.9.2
3. Investigate tempering ingredients 2.9.3
4. Explain how to prepare foams and meringues 2.9.4
5. Illustrate reduction and straining using the china cap 2.9.5
6. Discuss differences in heavy and light whipping cream 2.9.6

Develop and analyze the principles of cooking, considering nutritive value with a variety of cooking methods

3.1 Explain how cooking affects a food's nutritive value, texture, color, aroma and flavor

1. Analyze the changes that occur on a food during 3.1.1

3.2 Classify various cooking methods

1. Categorize various cooking methods and their effects on food 3.2.1

3.3 Identify dry cooking techniques

1. Compare examples of dry heat cooking techniques 3.3.1

3.4 Explain moist cooking techniques

1. Create food items examples using moist heat cooking techniques 3.4.1

3.5 Identify combination cooking techniques

1. Demonstrate examples of combination cooking techniques 3.5.1

Skip to main content

Explain the variety of oils and how they are used in cooking

1. Illustrate the types of oils that are derived from seeds, plants and vegetables 3.6.1
2. Match the types of fats and oils that are derived from animal and non-animal products 3.6.2
3. Analyze the reaction temperatures (melt point, smoke point and flash point) of fats 3.6.3
4. Differentiate how to clarify butter 3.6.4

3.7 Explain the emulsification process

1. Discuss the emulsification process using a traditional mayonnaise 3.7.1
2. Create an emulsified vinaigrette dressing 3.1.2

3.8 Identify factors that can cause rancidity

1. Determine correct techniques for storing oils and fats 3.8.1

Preparing stocks, soups and sauces using a variety of cooking methods

4.1 Demonstrate knowledge and rules for preparing stocks

1. Investigate types of stocks and ingredients 4.1.1
2. Identify the criteria for acceptable stock 4.1.2
3. List the equipment needed for preparing stock 4.1.3
4. Assess methods for safely storing stocks 4.1.4
5. Focus on one type of stock and preparation techniques 4.1.5

4.2 Demonstrate knowledge of soups and proper preparation of various types

1. Identify and discuss the types of soups 4.2.1
2. State the basic steps and procedures for preparing soups 4.2.2
3. Evaluate the ability to make a thin soup and a thick soup 4.2.3

4.3 Identify types of sauces

1. Compare and contrast the basic types of sauces 4.3.1
2. Explain the characteristics of well-prepared sauces 4.3.2
3. Explore the types of thickening agents 4.3.3
4. Summarize the steps for making a mother sauce 4.3.4
5. Create a sauce 4.3.5

Dairy products and the various techniques used in cooking

5.1 Identify a variety of milk based products

1. Create a list of milk based products 5.1.1

5.2 Identify concentrated, cultured dairy, cream and butter products

Skip to main content

1. Compare and contrast the various types of dairy products 5.2.1

5.3 Identify proper procedures for whipping cream, scalding milk, souring milk

1. Direct proper procedures for whipping cream, scalding milk, and souring milk in laboratory 5.3.1

5.4 Explain various techniques and problems while cooking with dairy products

1. Predict techniques and problems that arise while cooking with dairy products 5.4.1

5.5 Plan laboratories using milk products

1. Construct recipes using milk products 5.5.1

5.6 Identify various cheeses

1. List the various cheeses 5.6.1

5.7 Differentiate between fresh, semi-soft, firm and hard cheeses

1. Differentiate between Fresh, Semisoft, Firm and Hard cheeses 5.7.1

5.8 Describe the process of cheese-making

1. View media exhibiting the cheesemaking process 5.8.1

5.9 Classify foods that are complementary with a variety of cheeses

1. Assess foods that pair with various cheeses 5.9.1

5.10 Compare the taste, texture, aroma and color of a variety of cheeses

1. Compare and contrast the various types of cheeses 5.10.1

Prepare nutritious and quality eggs in a variety of cooking methods

6.1 Describe techniques used to store eggs

1. Demonstrate correct methods used in storing eggs 6.1.1

6.2 Analyze purpose of eggs used in cooking

1. Compare and contrast appropriate uses for eggs in cooking 6.2.1
2. Formulate various cooking methods using both eggs and egg substitute 6.2.2

6.3 Determine recipe modifications used in egg preparation

1. Modify recipes by increasing and decreasing quantity of eggs 6.3.1
2. Distinguish the different parts of an egg 6.3.2

6.4 Perform various techniques and methods of egg preparation

1. Execute egg preparation techniques and methods 6.4.1
2. Prepare eggs using the following moist heat methods: in-shell cooking, poaching, and various breakfast preparations 6.4.2

Skip to main content

Prepare nutritious and quality fruits and vegetables in a variety of cooking methods

7.1 Identify desired qualities of fruit

1. Identify qualities of different hybrids and varieties of fruits `7.1.1`

7.2 Judge a fruits ripeness

1. Predict ripening factors of a variety of fruits `7.2.1`
2. Categorize uses of varieties of fruits and their uses `7.2.2`

7.3 Prepare garnishes, peel, segment, slice, pit, core and juice a variety of fruits

1. Peel, pare, and segment fruits `7.3.1`
2. Prepare garnishes using fruits `7.3.2`
3. Slice, pit, and core fruits `7.3.3`
4. Juice fruits `7.3.4`

7.4 Perform various ways of cooking fruits

1. Prepare fruits using a variety of cooking methods `7.4.1`

7.5 Prepare fruits for serving

1. Prepare fruits for use in catering events `7.5.1`

7.7 Identify varieties of vegetables and legumes

1. Distinguish the various vegetables `7.7.1`

7.8 Prepare vegetables for recipes and garnishing

1. Preparing vegetables using knife skills `7.8.1`
2. Create vegetable garnishes `7.8.2`

7.9 Prepare vegetables for cooking and serving

1. Prepare vegetables using a variety of cooking methods `7.9.1`
2. Test vegetables for doneness `7.9.2`

7.10 Preserving vegetables for future use

1. Compare freezing and drying vegetables using appropriate methods `7.10.1`
2. Assess the importance of the preservation of vegetables for future use and its effect on cost `7.10.2`

Prepare nutritious and quality grains and pastas in a variety of cooking methods

8.1 Identify pasta and grains

1. Differentiate between factory produced pasta and fresh pasta `8.1.1`
2. Identify the various types of grains `8.1.2`

Prepare grains and pastas

1. Prepare grains and pastas `8.3.1`

Skip to main content

Prepare nutritious and quality meat, poultry and fish cookery in a variety of cooking methods

9.1 Categorize the structure and composition of meats

1. Distinguish various meat characteristics `9.1.1`

9.2 Understand meat inspection and grading

1. Recognize differences in USDA meat grading `9.2.1`
2. Identify the variety of meat cuts: beef, pork, poultry, fish and shellfish `9.2.2`

9.3 Exhibit techniques of proper meat purchase and storage

1. Exhibit correct purchasing procedures and requirements for meats: beef, pork, poultry, fish and shellfish `9.3.1`
2. Assess proper storage procedures for beef, pork, poultry, fish and shellfish `9.3.2`

9.4 Prepare using various techniques and methods meat, poultry and fish

1. Prepare beef `9.4.1`
2. Prepare poultry `9.4.2`
3. Prepare fish and shellfish `9.4.3`

Understand the baking process and the specialized principles of baking

10.1 Recognize and select ingredients in a bake shop

1. Identify ingredients in a bake shop by categories `10.1.1`

10.2 Understand the baking process

1. Apprise the effect of time and temperature on baking raw materials `10.2.1`
2. Create goods using different leaveners `10.2.2`
3. Determine effects of convection vs. conventional oven `10.2.3`

10.3 Use specialized tools of the bake shop

1. Use the specialized tools of the bake shop to produce baked goods `10.3.1`

10.4 Store baking supplies correctly

1. Cite the specifications and proper storage for all baking supplies `10.4.1`
2. Assess the viability of various baking supplies `10.4.2`

10.5 Preparation of baked items

1. Prepare yeast breads and rolls `10.5.1`
2. Prepare Quick Breads `10.5.2`
3. Prepare pastry dough `10.5.3`
4. Prepare fillings `10.5.4`
5. Prepare cakes `10.5.5`
6. Prepare frostings and toppings `10.5.6`
7. Prepare cookies `10.5.7`