Arkansas CTE

Introduction to Culinary Arts: Grades 9, 10, 11, 12

Adopted 2013

Developing the skills for the professional kitchen

1.1 Distinguish situations that require immediate hand washing when working with food

1. Apply proper hand washing techniques to avoid cross-contamination or hazards. 1.1.1

1.2 Differentiate between cleaning and sanitizing surfaces to kill bacteria.

1. Investigate the use of sanitizing agents on various surfaces/equipment to prevent direct contamination. 1.2.1

1.3 Develop guidelines for safe storage of sanitation agents

1. Design an orderly, accessible storage area for cleaning equipment 1.3.1

1.4 Examine occupational safety hazards related to food service

1. Apply knowledge of safe handling and use of equipment 1.4.1
2. Integrate preparation techniques to promote safety 1.4.2

1.5 Examine emergency first aid procedures

1. Demonstrate emergency first aid procedures 1.5.1

1.6 Outline characteristics and prevention of foodborne illnesses

1. Formulate techniques for handling food to prevent foodborne illnesses 1.6.1
2. Cite evidence for criteria that determine an official outbreak of a foodborne illness 1.6.2

1.7 Ascertain conditions and factors necessary for growth of microorganisms

1. Assess the temperature range known as the "temperature danger zone" for holding foods 1.7.1
2. Analyze the time it takes to heat liquid, semisolids, and solid foods to a temperature above the danger zone, using different methods 1.7.2

1.8 Determine basic sources of contamination of food supplies

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1. Classify basic sources of food contaminants such as fungi and pesticides 1.8.1

1.9 Outline characteristics of a well designed commercial kitchen

1. List characteristics of a well designed kitchen and discuss reasons for each 1.9.1
2. Investigate reasons for equipment selection 1.9.2

1.10 Identify the workflow areas in a commercial kitchen

1. Analyze the workflow areas and how inventory and FIFO operates in a commercial kitchen 1.10.1
2. Create a list jobs to be completed in each area 1.10.2
3. Explain which chef is responsible for each area of the kitchen brigade 1.10.3

1.11 Demonstrate selecting, using, and maintaining food production equipment

1. Apply concepts using tools and equipment following safety procedures and OSHA requirements 1.11.1
2. Explain how to properly maintain and store tools and equipment 1.11.2
3. Recognize and discuss the types of professional hand tools and equipment 1.11.3

1.12 Demonstrate knowledge of stations and equipment in a commercial kitchen

1. Critique placement of stations with necessary equipment 1.12.1

1.13 Demonstrate basic food preparation

1. Analyze the components and explain the functions of each in a standardized recipe 1.13.1
2. Recognize equivalents for weights and measures 1.13.2
3. Assess rules for converting a standard recipe 1.13.3
4. Interpret the rules for sequencing work for a recipe 1.13.4
5. Apply mise en place in laboratory on a daily basis 1.13.5

1.14 Demonstrate planning process for production of standard product

1. Using a standardized recipe, critique plans for preparing a standard product 1.14.1
2. Design steps for preparing a standard product 1.14.2
3. Evaluate results of lab 1.14.3

Basic menus and recipes used in the professional kitchen

2.1 Explain influences on food choices

1. Compare social, emotional, cultural and physical reasons for food choices 2.1.1

2.2 Explain how to use Dietary Guidelines for Americans to meet nutritional needs

1. Describe proper nutrition using the Dietary Guidelines for Americans 2.2.1

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2.3 Describe different menu types

1. Differentiate menu types to their correct terms such as A la carte, Entrée, Prix fixe, and Heart Healthy 2.3.1

2.4 Identify influences on menus

1. Discuss social, economic, and seasonal reasons for menu selections 2.4.1

2.5 List guidelines for developing a well balanced menu

1. Apply concepts for developing a well balanced menu 2.5.1

2.6 Explain the difference between a narrative and a standard recipe

1. Analyze the differences between a narrative and standard recipe 2.6.1

2.7 Identify reasons for modifying recipes

1. Formulate techniques used to modify recipes 2.7.1

Concepts in culinary math

3.1 Explain basic addition, subtraction, multiplication, and division as applied to fractions

1. Apply basic addition, subtraction, multiplication, and division as applied to fractions 3.1.1

3.2 Identify equivalent measurements

1. Demonstrate conversion factor of food measurements 3.2.1

3.3 Describe reasons to change the yield of a recipe

1. Draw conclusions for reasons to change yield in recipes 3.3.1

3.4 Discuss correct techniques for measuring and weighing food items

1. Differentiate between the balance scale and the portion scale 3.4.1

Culinary laboratory experience

4.1 Categorize the different types and characteristics of grains

1. Analyze parts of grain structure including endosperm and bran; and types like whole grains, enriched, and fortified 4.1.1

4.2 Research purposes of common baking ingredients

1. Investigate common reactions such as proofing during the cooking process 4.2.1

4.3 Identify supplies and equipment used in baking, including mixing equipment, pans, and large equipment items

1. Compare supplies used in baking and the corresponding equipment 4.3.1

4.4 Determine guidelines for buying and storing grain products

1. Formulate guidelines for proper buying and storage of grain product 4.4.1

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Describe techniques used in baking

1. Demonstrate baking skills in laboratory setting 4.5.1

4.6 Describe origins of common fruits and vegetables

1. Classify a list of a variety of fruits and vegetables 4.6.1

4.7 Determine ways to test for ripeness of fruits and vegetables

1. Organize a list of fruits and vegetables according to season harvested and available markets 4.7.1

4.8 Explain proper buying and storage of fruits and vegetables

1. Analyze proper techniques in buying and storing of produce 4.8.1

4.9 Discuss enzymatic browning in fruits and vegetables

1. Prove enzymatic browning of fruits and vegetables and its prevention 4.9.1

4.10 Compare methods of cooking fruits and vegetables

1. Develop knife skills on various fruits and vegetables 4.10.1
2. Draw conclusions on various cooking methods of fruits and vegetables 4.10.2

4.11 Describe the types of dairy foods available

1. Investigate different sources for dairy products 4.11.1

4.12 Interpret the steps involved in processing dairy products

1. Explain the importance of modern dairy products 4.12.1

4.13 Discuss guidelines for buying, storing, and cooking with dairy products

1. Draw conclusions on the proper buying, storing, and cooking of dairy 4.13.1
2. Recommend ways to prevent problems when cooking with milk 4.13.2

4.14 Identify varieties of protein foods

1. Recognize the different types of food that provide protein 4.14.1

4.15 Describe guidelines for purchasing and storing protein foods

1. Compare proper purchasing and storage methods for protein 4.15.1

4.16 Determine techniques used in cooking protein

1. Demonstrate moist-heat and dry-heat methods of cooking protein foods 4.16.1
2. Utilize enhancement technique for proteins 4.16.2

4.17 Research the process from farm to kitchen of a variety of protein foods

1. Explore the Farm to Table phenomenon 4.17.1

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4.18 List the variety of fats and oils used in cooking

1. Compare qualities of different oils and fats used cooking 4.18.1

4.19 Describe the purposes and effects fats and oils have in the cooking process

1. Determine the temperature at which fats and oils reach the smoking point 4.19.1

Culinary technology and career awareness in the professional kitchen

5.1 Identify terms related to culinary professions, employability skills and customer relations

1. Explore the various possibilities for employment in the foodservice industry 5.1.1

5.2 Discuss the development of the modern food service industry

1. Discuss modern concepts developed by foodservice 5.2.1

5.3 List the characteristic of a professional chef

1. Analyze the purpose of the kitchen brigade from the executive chef to the Patissier to the Sous chef 5.3.1

5.4 Identify employability skills

1. Identify parts of a résumé including references 5.4.1
2. List applicable culinary jobs 5.4.2
3. Critique an appropriate and inappropriate job applications 5.4.3
4. Assess job interview skills 5.4.4