Florida CTE

Hospitality & Tourism (2021): Baking & Pastry Arts

Adopted 2021

Baking & Pastry Arts (N100600)

Pastry Cook/Baker – Course Number: FSS 0090

0. Describe the roles within teams, work units, departments, organizations, inter-organizational systems, and the larger environment. The student will be able to: BP.01.0
    01. Describe the nature and types of business organizations within the Baking/Pasty/Hospitality industry. BP.01.01
    02. Explain the effect of key organizational systems on performance and quality. BP.01.02
    03. List and describe quality control systems and/or practices common to the workplace. BP.01.03
    04. Explain the impact of the global economy on business organizations. BP.01.04
    05. Identify the kitchen brigade system. BP.01.05
    06. Research employee guidelines such as job descriptions, training, and scheduling. BP.01.06
    07. Identify cross-training and its benefits. BP.01.07

Skip to main content

0. Explain the importance of employability skill and entrepreneurship skills. The student will be able to: BP.02.0
    01. Identify and demonstrate positive work behaviors needed to be employable. BP.02.01
    02. Develop personal career plan that includes goals, objectives, and strategies. BP.02.02
    03. Examine licensing, certification, and industry credentialing requirements. BP.02.03
    04. Maintain a career portfolio to document knowledge, skills, and experience. BP.02.04
    05. Evaluate and compare employment opportunities that match career goals. BP.02.05
    06. Identify and exhibit traits for retaining employment. BP.02.06
    07. Identify opportunities and research requirements for career advancement. BP.02.07
    08. Research the benefits of ongoing professional development. BP.02.08
    09. Identify basic economic and marketing strategies. BP.02.09
    10. Identify and analyze trends in the baking and pastry industry. BP.02.10
    11. Identify levels of training required for baking and pastry occupations. BP.02.11
    12. Create and maintain a resume. BP.02.12
0. Describe the importance of professional ethics and legal responsibilities. The student will be able to: BP.03.0
    01. Evaluate and justify decisions based on ethical reasoning. BP.03.01
    02. Evaluate alternative responses to workplace situations based on personal, professional, ethical, legal responsibilities, and employer policies. BP.03.02
    03. Identify and explain personal and long-term consequences of unethical or illegal behaviors in the workplace. BP.03.03
    04. Interpret and explain written organizational policies and procedures. BP.03.04

Skip to main content

0. Demonstrate the importance of health, safety, and environmental management systems in organizations and their importance to organizational performance and regulatory compliance. The student will be able to: BP.04.0
    01. Describe personal and jobsite safety rules and regulations that maintain safe and healthy work environments. BP.04.01
    02. Explain emergency procedures to follow in response to workplace accidents. BP.04.02
    03. Explain procedures of a disaster and/or emergency response plan. BP.04.03
    04. Follow federal, state, and local sanitation and safety codes. BP.04.04
    05. Identify the HACCP (Hazard Analysis Critical Control Points) during all food handling processes. BP.04.05
    06. Demonstrate proper food handling techniques utilizing industry safety and sanitation procedures. BP.04.06
    07. Apply sanitary procedures in maintaining the facility including proper waste disposal methods. BP.04.07
    08. Maintain the MSDS (Materials Safety Data Sheet) for each product and keep in the kitchen. BP.04.08
    09. Use acquired knowledge to obtain Employee Foodhandler Training Certificate that is valid in Florida (http://www.myfloridalicense.com/dbpr/hr/food-lodging/employee-training.html). BP.04.09
    10. Identify bakery tools and equipment. BP.04.10
    11. Assemble and disassemble equipment following proper safety procedures. BP.04.11
    12. Use bakery tools & equipment for tasks for which they were designed. BP.04.12
0. Demonstrate fruit preparation skills. The student will be able to: BP.05.0
    01. Prepare fruit syrups, coulis, sauces, and compotes. BP.05.01
    02. Prepare poached fruits. BP.05.02
    03. Prepare fresh/cooked fruit method pie fillings. BP.05.03
    04. Prepare a variety of candied fruits/zest. BP.05.04

Skip to main content

0. Demonstrate bakery goods and dessert preparation skills. The student will be able to: BP.06.0
    01. Define baking terms. BP.06.01
    02. Demonstrate knowledge of arithmetic operations. BP.06.02
    03. Define portion size and recipe yield. BP.06.03
    04. Operate a calculator. BP.06.04
    05. Convert recipes, calculate portion sizes and estimate cost effectively. BP.06.05
    06. Demonstrate knowledge of standard weights and measures used in the baking industry. BP.06.06
    07. Identify and select baking ingredients. BP.06.07
    08. Identify, select, and prepare a variety of nuts. BP.06.08
    09. Identify basic mixing methods. BP.06.09
    10. Prepare cobblers and crisps. BP.06.10
    11. Prepare savory pie/pastry dough. BP.06.11
    12. Prepare quiche. BP.06.12
    13. Prepare high-ratio cakes. BP.06.13
    14. Prepare pound cakes. BP.06.14
    15. Prepare sponge cakes. BP.06.15
    16. Prepare and apply butter cream. BP.06.16
    17. Prepare a variety of decorations using tuile paste. BP.06.17
    18. Prepare pastry cream. BP.06.18
    19. Prepare crepes. BP.06.19
    20. Prepare baked custards. BP.06.20
    21. Prepare ice-box cookies. BP.06.21
    22. Prepare scooped method cookies. BP.06.22
    23. Prepare a variety of cream-based dessert sauces (crème anglaise). BP.06.23
    24. Bake puff pastries using prepared dough. BP.06.24

Skip to main content

0. Demonstrate bread preparation skills. The student will be able to: BP.07.0
    01. Identify types of flour and the function of each. BP.07.01
    02. Identify types of leavening used in bread production. BP.07.02
    03. Identify steps in bread production. BP.07.03
    04. Identify bread mixing methods. BP.07.04
    05. Describe the functions and types of washes (egg wash, milk wash). BP.07.05
    06. Prepare sweet variety quick breads (muffins, scones). BP.07.06
    07. Prepare savory variety quick breads (biscuits, corn breads). BP.07.07
    08. Prepare soft yeast breads and crusty yeast breads. BP.07.08
    09. Prepare specialty yeast breads (whole grain, artisan). BP.07.09
    10. Prepare a variety of laminated dough products (coffee cakes, Danish pastries). BP.07.10
0. Solve problems using critical thinking skills, creativity, and innovation. The student will be able to: BP.08.0
    01. Employ critical thinking skills independently and in teams to solve problems and make decisions. BP.08.01
    02. Employ critical thinking and interpersonal skills to resolve conflicts. BP.08.02

Pastry Chef/Head Baker – Course Number: FSS 0091

0. Research the history of the baking and pastry industry and the cultures of food styles. The student will be able to: BP.09.0
    01. List physical, psychological, cultural, and environmental influences on preferences of baked goods. BP.09.01
    02. Discuss history and composition of various bakery items. BP.09.02
    03. Identify influential individuals and groups throughout the history of the baking industry. BP.09.03
0. Demonstrate leadership and teamwork skills needed to accomplish team goals and objectives. The student will be able to: BP.10.0
    01. Employ leadership skills to accomplish organizational goals and objectives. BP.10.01
    02. Establish and maintain effective working relationships with others in order to accomplish objectives and tasks. BP.10.02
    03. Conduct and participate in meetings to accomplish work tasks. BP.10.03
    04. Employ mentoring skills to inspire and teach others. BP.10.04

Skip to main content

0. Use information technology tools. The student will be able to: BP.11.0
    01. Use personal information management (PIM) applications to increase workplace efficiency. BP.11.01
    02. Employ technological tools to expedite workflow including word processing, databases, reports, spreadsheets, multimedia presentations, electronic calendar, contacts, email, and internet applications. BP.11.02
    03. Employ computer operations applications to access, create, manage, integrate, and store information. BP.11.03
    04. Employ collaborative/groupware applications to facilitate group work. BP.11.04
0. Demonstrate advanced baking techniques. The student will be able to: BP.12.0
    01. Demonstrate the presentations of baked goods and desserts. BP.12.01
    02. Prepare and bake a variety of meringues. BP.12.02
    03. Prepare tarts and tartlets. BP.12.03
    04. Prepare charlottes. BP.12.04
    05. Prepare Bavarian creams. BP.12.05
    06. Prepare mousses. BP.12.06
    07. Prepare soufflés. BP.12.07
    08. Prepare a variety of pate choux products. BP.12.08
    09. Prepare puff pastry dough. BP.12.09
    10. Prepare a variety of ice creams, sorbets, and other frozen desserts. BP.12.10
    11. Prepare advanced cakes, gateaux, and entremets. BP.12.11
    12. Examine plated desserts for balance in flavor, texture, and appearance. BP.12.12
0. Demonstrate confectionary techniques. The student will be able to: BP.13.0
    01. Describe the various types of chocolate. BP.13.01
    02. Temper chocolate. BP.13.02
    03. Prepare molded chocolate confections. BP.13.03
    04. Prepare hand-rolled chocolate confections. BP.13.04
    05. Prepare various types of candies. BP.13.05
    06. Prepare caramels and nougats. BP.13.06
    07. Prepare various types of petit fours and friandises. BP.13.07

Skip to main content

0. Practice display and centerpiece creation techniques. The student will be able to: BP.14.0
    01. Prepare chocolate display pieces. BP.14.01
    02. Prepare marzipan and use it in the decoration of cakes, making of confections, and modeling of fruits or figurines. BP.14.02
    03. Cook sugar or Isomalt for basic sugar display work. BP.14.03
    04. Prepare display pieces using pastillage and royal icing. BP.14.04
0. Demonstrate personal money-management concepts, procedures, and strategies. The student will be able to: BP.15.0
    01. Identify and describe the services and legal responsibilities of financial institutions. BP.15.01
    02. Describe the effect of money management on personal and career goals. BP.15.02
    03. Develop a personal budget and financial goals. BP.15.03
    04. Complete financial instruments for making deposits and withdrawals. BP.15.04
    05. Maintain financial records. BP.15.05
    06. Read and reconcile financial statements. BP.15.06
    07. Research, compare, and contrast investment opportunities. BP.15.07
    08. Calculate change, tax, gratuity, commission, and miscellaneous charges. BP.15.08
    09. Interpret taxes affecting the baking and pastry industry. BP.15.09
    10. Calculate and analyze labor costs. BP.15.10
    11. Identify the break-even point. BP.15.11
0. Develop and prepare baked goods for various nutritional needs and special diets. The student will be able to: BP.16.0
    01. Demonstrate awareness of religious dietary requirements. BP.16.01
    02. Identify common food allergies and determine appropriate substitutions. BP.16.02
    03. Create baked products for customers with dietary limitations. BP.16.03

Skip to main content

0. Use oral and written communication skills in creating, expressing and interpreting information and ideas. The student will be able to: BP.17.0
    01. Select and employ appropriate communication concepts and strategies to enhance oral and written communication in the workplace. BP.17.01
    02. Locate, organize and reference written information from various sources. BP.17.02
    03. Design, develop and deliver formal and informal presentations using appropriate media to engage and inform diverse audiences. BP.17.03
    04. Interpret verbal and nonverbal cues/behaviors that enhance communication. BP.17.04
    05. Apply active listening skills to obtain and clarify information. BP.17.05
    06. Explain nature of staff communication and use of inter-departmental/company communication. BP.17.06
    07. Locate, comprehend and evaluate key elements of oral and written information. BP.17.07
    08. Draft, revise, and edit written documents using correct grammar, punctuation, and vocabulary. BP.17.08
    09. Present information formally and informally for specific purposes and audiences. BP.17.09

Culinary Vegetarian & Plant Based Specialty (N100510)

Vegetarian Food Preparation – Course Number: FSS0211

0. Identify career and employment opportunities. The student will be able to: 01.0
    01. Discuss history and trends of the food service industry. 01.01
    02. Identify occupations in the food service and hospitality industry and their impact on the economy. 01.02
    03. Identify levels of training required for food service and hospitality occupations. 01.03
    04. Identify professional organizations related to hospitality/food service. 01.04

Skip to main content

0. Exhibit the ability to follow state mandated guidelines for food service. The student will be able to: 02.0

    01. Demonstrate and utilize proper personal hygiene and personal health precautions (hand washing; use of gloves; grooming; proper hair restraints, closed-toe shoes, aprons, uniforms). 02.01

    02. Demonstrate proper food handling techniques (thermometer use; thawing methods; internal cooking temperatures) utilizing current industry safety and sanitation procedures for the agency having jurisdiction 02.02

    03. Demonstrate and utilize proper techniques for lifting, receiving and storing food supplies. 02.03

    04. Demonstrate and utilize proper techniques for transporting, cooking and holding food (proper ways to cool/reheat food; holding temperatures). 02.04

    05. Demonstrate and utilize proper disinfecting, cleaning and sanitizing techniques (cleaning vs. sanitizing; storing cleaning supplies; proper procedures for cleaning equipment). 02.05

    06. Demonstrate and utilize proper licensed pest control procedures, including maintaining a clean facility. 02.06

    07. Classify all causes of food borne illnesses (e.g., biological, physical and chemical). 02.07

    08. Describe symptoms of food borne illness and how food borne illness can be prevented. 02.08

    09. Describe cross contamination and incorporate ways to prevent this from occurring. 02.09

    10. Research top allergens and how to control allergy cross-contamination. 02.10

    11. Use acquired knowledge to obtain employee food handler training certificate that is valid in Florida https://www.servsafe.com/ServSafe-ManagerDemonstrate and incorporate workplace safety procedures. 02.11

Skip to main content

0. Demonstrate and incorporate workplace safety procedures. The student will be able to: 03.0
    01. Follow standard procedures for physical hazard control. 03.01
    02. Identify and utilize first aid procedures for accidents and injuries. 03.02
    03. Follow the standards for infectious disease control. 03.03
    04. Apply sanitary procedures in maintaining the facility including proper waste disposal methods. 03.04
    05. Maintain an SDS (Safety Data Sheet) for each product and keep in a three-ring binder in the kitchen area. 03.05
    06. Explain the Federal Hazardous Communication Regulation Law as recorded in 29 CFR-1910.1200. 03.06
    07. Demonstrate and utilize safety procedures related to prevention of slips, falls, fire, boilers, proper lifting and chemical use. 03.07
    08. Identify the HACCP (Hazard Analysis Critical Control Point) procedure during all food handling processes. 03.08
    09. Demonstrate proper knife handling skills. 03.09
0. Demonstrate personal productivity. The student will be able to: 04.0
    01. Exhibit employability skills (i.e.: punctuality, dependability, appropriate appearance.) 04.01
    02. Exhibit work ethics and integrity (i.e.: employee theft and consequences) 04.02
    03. Maintain positive personal relationships including acceptance of constructive criticism. 04.03
    04. Develop personal and professional etiquette. 04.04
    05. Demonstrate the ability to function as a team member in a diverse environment. 04.05
    06. Create a resume' and use in a job search. 04.06
0. Utilize operational systems. The student will be able to: 05.0
    01. Identify elements of a successful organized food service operation in relation to time, energy, money, and space and customer service (i.e.: role of management; importance of labor costs/food costs; use of computers). 05.01
    02. Follow local and state rules, regulations, and laws relative to area of operation. 05.02
    03. Identify and utilize security procedures necessary to prevent liability and loss. 05.03
    04. Describe current computerized systems for purchasing and inventory control. 05.04
    05. Describe a Par-Stock list for an event & its purpose. 05.05

Skip to main content

0. Use and care for commercial tools and equipment. The student will be able to: 06.0
    01. Identify commercial tools and equipment. 06.01
    02. Demonstrate mastery of standard weights and measures used in the food service industry. 06.02
    03. Use and maintain commercial tools. 06.03
    04. Use and maintain commercial equipment. 06.04
0. Describe the basic principles of food science. The student will be able to: 07.0
    01. Explain how taste and aroma combine to give foods their flavors. 07.01
    02. List physical, psychological, cultural, and environmental influences on food likes and dislikes. 07.02
    03. Compare and analyze reasons for evaluating food products subjectively and objectively. 07.03
0. Demonstrate how to read, follow, and prepare recipes. The student will be able to: 08.0
    01. Explain the purpose of standardized recipes. 08.01
    02. Define mise en place and the relationship of organizational skills to productivity in the workplace. 08.02
    03. Use, follow, prepare, and plate standardized recipes creatively. 08.03
    04. Define portion size and yield. 08.04
    05. Identify herbs, spices, oils, and vinegars and their appropriate use in preparing food products that exhibit and enhance creativity. 08.05
0. Describe the basic principles of nutrition. The student will be able to: 09.0
    01. List the essential nutrients and their functions. 09.01
    02. Interpret food labels. 09.02
    03. Identify various dietary needs. 09.03
    04. Define gluten-free and grain-free diets as they relate to cooking. 09.04
    05. Apply knowledge in creating menus that utilize nutritional principles. 09.05
    06. Define whole nutrient dense foods vs. refined and processed foods. 09.06
    07. Identify whole food fats, their health benefits and demonstrate their use. 09.07
    08. Identify whole food sweeteners and demonstrate their uses. 09.08
    09. Describe food additives and preservatives. 09.09

Skip to main content

0. Identify and explain front-of-the house and back of the house duties. The student will be able to: 10.0
    01. Identify, demonstrate, and utilize fundamentals of customer service. 10.01
    02. Identify types of meal services. 10.02
    03. Describe the types of work stations in the commercial kitchen. 10.03
    04. Identify, explain and illustrate basic knife cuts and skills. 10.04
    05. Explain common cooking methods (i.e.: roasting, baking, broiling, sautéing, frying, deep-frying, braising, and steaming). 10.05
0. Prepare and present food and beverage items to meet creativity aspects as well as quality standards. The student will be able to: 11.0
    01. Recognize standards of quality as well as prepare and creatively present: bake station items; pantry station items; fry station items; cold station items; hot station items; beverage items. 11.01
0. Exhibit and utilize safe, secure, and sanitary work procedures. The student will be able to: 12.0
    01. Follow federal, state, and local sanitation and safety codes. 12.01
    02. Research Department of Health rules that affect culinary programs (https://www.flrules.org/gateway/ChapterHome.asp?Chapter=64e-11). 12.02
0. Apply principles of food science in cooking and baking techniques. The student will be able to: 13.0
    01. Identify and prepare food products that are a result of fermentation. 13.01
    02. Identify and explain the various leavening agents used in baking. 13.02
    03. Explain the leavening process in baking; compare and contrast using plant-based alternatives. 13.03
    04. Identify and explain the principles of thickening agents used in food preparation; compare and contrast using plant-based alternatives. 13.04
    05. Distinguish between and demonstrate the physical properties of thickening agents. 13.05
    06. Explain the role of pH in food preservation and baking applications. 13.06
    07. Demonstrate and analyze the difference between moist, dry, and combination cooking methods. 13.07
    08. Apply basic principles of the chemistry of food preparation to fruits and vegetables. 13.08

Skip to main content

0. Apply principles of nutrition in menu planning, cooking, and baking. The student will be able to: 14.0
    01. Interpret and create menus to meet current dietary guidelines and nutritional requirements of individuals with special needs. 14.01
    02. Apply the current USDA guidelines to analyze diets to include special needs. 14.02
    03. List categories of lipids (fats and oils) based on physical state and dietary sources 14.03
    04. Examine the functions of lipids (fats and oils) in food preparation. 14.04
    05. Analyze the nutritional impact of lipids (fats and oils) in the diet. 14.05
0. Perform back-of-the-house and inventory duties. The student will be able to: 15.0
    01. Describe how to receive, store and issue supplies. 15.01
    02. Practice environmentally sound procedures. 15.02
    03. Demonstrate and follow operational procedures between the front-of-the-house and back-of-the-house. 15.03
    04. Demonstrate efficient time and motion techniques. 15.04
    05. Coordinate responsibilities with those of other workstations. 15.05
    06. Select appropriate tools and equipment for specific tasks. 15.06
0. Research college and career advancement opportunities in professional cooking and baking. The student will be able to: 16.0
    01. Describe the elements of job search as it relates to advancement opportunities. 16.01
    02. Develop a personal career plan. 16.02
    03. Identify food and hospitality-related enterprises and their impact on the industry. 16.03
    04. Explain the benefits of membership in professional associations, including student organizations. 16.04
0. Follow food identification, selection, purchasing, receiving, storing and inventory guidelines. The student will be able to: 17.0
    01. Identify basic food items. 17.01
    02. Select basic food items according to standard qualities. 17.02
    03. Practice portion control and utilize costing procedures. 17.03

Cooks, Restaurant – Course Number: FSS0212

0. Practice advanced cooking and baking techniques. The student will be able to: 18.0
    01. Recognize standards of quality as well as prepare and creatively present: items; advanced fry station items; and advanced hot station items. 18.01

Skip to main content

0. Apply scientific principles in cooking and baking. The student will be able to: 19.0
    01. Identify the physical and chemical changes in foods that result from the application of heat or cold. 19.01
    02. Identify the effect of various levels of moisture on food. 19.02
    03. Identify the differences between a permanent and temporary emulsion. 19.03
    04. Distinguish between the characteristics of acids and bases. 19.04
0. Demonstrate fruit and vegetable preparation skills. The student will be able to: 20.0
    01. Identify types of greens and their characteristics and prepare them for salads. 20.01
    02. Identify and select fruits and demonstrate various preparation methods (i.e.: peel, core, score, zest, section, puree, marinate, preserve, glaze, juice extraction). 20.02
    03. Distinguish between condiments: pickles, relishes, salsas and chutneys. 20.03
    04. Identify and select vegetables and demonstration of various preparation methods (i.e.: peel by hand or machine, cut, puree, stew, stuff). 20.04
    05. Prepare fruit salads and vegetable salads. 20.05
    06. Create fruit and vegetable garnishes. 20.06
    07. Prepare salad dressings, cold sauces and derivatives. 20.07
    08. Identify, select, and prepare a variety of nuts. 20.08
    09. Prepare raw fruit and vegetable juices and smoothies. 20.09
    10. Identify and prepare raw-food preparations. 20.10
    11. Distinguish between and demonstrate raw and living foods. 20.11
    12. Demonstrate the application of food dehydration. 20.12
    13. Identify and demonstrate knowledge and use of superfoods (i.e.: goji, maca, cacao, acai, etc.). 20.13
    14. Apply basic principles of the chemistry of food preparation to fruits and vegetables. 20.14
0. Demonstrate buffet food preparation skills. The student will be able to: 21.0
    01. Prepare hot and cold beverages. 21.01
    02. Prepare a variety of sandwich fillings. 21.02
    03. Prepare hot and cold sandwiches. 21.03
    04. Prepare starchy salads. 21.04
    05. Prepare cheese boards, canapés, and cold and hot hors d'oeuvres. 21.05
    06. Plan, set up, and serve buffet. 21.06
    07. Select, use and maintain buffet equipment and utensils. 21.07

Skip to main content

0. Demonstrate dairy, egg and starchy product and plant based alternative preparation skills. The student will be able to: 22.0
    01. Identify and select cheese, milk, creams and butter, including plant based alternatives. 22.01
    02. Demonstrate the process of culturing nut-based cheeses. 22.02
    03. Store and handle fresh, frozen, and cooked dairy and non-dairy products. 22.03
    04. Apply basic principles of the chemistry of protein to cooking eggs and dairy products and plant-based alternatives. 22.04
    05. Whip dairy and non-dairy cream. 22.05
    06. Prepare nut and seed milks, creams and butter alternatives. 22.06
    07. Identify and select varieties of starchy foods and cereals. 22.07
    08. Prepare plant-based pasta and global noodles. 22.08
    09. Prepare crepes and souffles. 22.09
0. Demonstrate plant based stock, soup, and sauce preparation skills. The student will be able to: 23.0
    01. Prepare vegetable stock and vegetable demi-glace. 23.01
    02. Prepare roux and other thickening agents. 23.02
    03. Prepare plant-based sauces including béchamel, tomato, espagnole, veloute, hollandaise, mayonnaise. 23.03
    04. Prepare global sauces utilizing various flavor profiles. 23.04
    05. Prepare cream soups, chowders, clear soups and bisque. 23.05
    06. Recognize soups and sauces by taste and appearance. 23.06
0. Demonstrate plant-based protein preparation skills. The student will be able to: 24.0
    01. Identify and select various plant-based protein sources. 24.01
    02. Prepare analogous protein foods using various cooking methods (stew, boil, grill, broil, barbecue, deep fry, poach, sauté, blanch, bake/roast, braise). 24.02
    03. Demonstrate the proper procedure when marinating vegetables & plant-based proteins. 24.03
0. Demonstrate plant-based bakery goods and desert preparation skills. The student will be able to: 25.0
    01. Identify and select baking and dessert ingredients. 25.01
    02. Demonstrate and analyze the different functions of whole food sweeteners in food preparation. 25.02
    03. Prepare plant-based pie crust (pastry), prepare pie fillings, and make a pie. 25.03
    04. Prepare and bake quick breads. 25.04
    05. Prepare, bake and finish plant based cakes. 25.05

Skip to main content

0. Demonstrate management skills. The student will be able to: 26.0
    01. Examine management skills. 26.01
    02. Demonstrate effective communication skills. 26.02
    03. Use positive reinforcement techniques to increase productivity. 26.03
0. Comply with laws and regulations specific to the food service and hospitality industry. The student will be able to: 27.0
    01. Identify food service and hospitality laws and regulations to include OSHA and the Americans with Disabilities Act (ADA). 27.01
    02. Identify laws related to the handling of alcohol. 27.02
0. Develop a business plan. The student will be able to: 28.0
    01. Identify the elements of a business plan to include vision, goals, strategies, and action plans. 28.01
    02. Identify basic economic and marketing strategies. 28.02
    03. Analyze trends in the food service and hospitality industry. 28.03
0. Create, cost, analyze and prepare various menus. The student will be able to: 29.0
    01. Examine pricing strategies. 29.01
    02. Examine menu formats. 29.02
    03. Analyze menus for profitability. 29.03
0. Utilize cost-control techniques to maximize profitability. The student will be able to: 30.0
    01. Examine and utilize cost out procedures to minimize food waste. 30.01
    02. Identify computer software available for food service and hospitality management. 30.02
    03. Examine loss prevention factors such as safety, sanitation, food handling, ware handling, maintenance, insurance, and environmental effects. 30.03
    04. Identify the responsibility of each individual to be held accountable for profitability. 30.04
0. Interpret and incorporate guidelines and policies for food service establishments. The student will be able to: 31.0
    01. Develop employee guidelines such as job descriptions, training, and scheduling. 31.01
    02. Describe the characteristics of an efficient purchasing, receiving, storing, and inventory system. 31.02

Skip to main content

0. Compare and analyze the relationship of nutrition to wellness. The student will be able to: 32.0
    01. Describe the functions and sources of the six classifications of nutrients. 32.01
    02. Identify the effects of nutrient deficiencies and excesses. 32.02
    03. Apply the current USDA guidelines to plan daily food choices for customers with special diets. 32.03
    04. Describe the ABC's of the Dietary Guidelines for Americans from the United State Department of Agriculture. 32.04
    05. Determine the relationship between food choices, eating and wellness vs. profit/loss margins. 32.05
    06. Explain how to encourage healthful eating habits for people in every stage of the life cycle. 32.06
    07. List the types of food additives and explain their purpose. 32.07
0. Develop and prepare menus for customers with specific dietary needs. The student will be able to: 33.0
    01. Create a menu for a plant based restaurant. 33.01
    02. Describe methods used to prepare nutritious meals for specific dietary needs (i.e. heart healthy, vegan, vegetarian, religious dietary laws, keto, paleo, diabetic, etc.). 33.02
    03. Identify common food allergies and determine appropriate substitutions. 33.03
    04. Prepare meals for customers with special dietary needs. 33.04
    05. List the serving sizes for an average adult. 33.05
    06. Develop a modification plan for existing menus that will meet special dietary needs. 33.06
0. Compare and analyze menus of food establishments. The student will be able to: 34.0
    01. Analyze various food establishment menus; compare & contrast how daily requirements of an average adult can be met. 34.01
    02. Plan a menu meeting the "Truth-in-Menu Guidelines". 34.02
    03. Modify the menu of an establishment to meet the requirements of a customer with a special dietary need. 34.03
0. Compare and contrast latest food industry trends. The student will be able to: 35.0
    01. Describe farm to table movement and its correlation to current industry trends. 35.01
    02. Describe the benefits of organic vs conventional vs biodiversity in growing produce. 35.02
    03. Demonstrate the process of germinating nuts and seeds. 35.03
    04. Analyze and describe the growing trends in plant-based cooking. 35.04

Skip to main content

Professional Culinary Arts & Hospitality (N100500)

Food Preparation – Course Number: HMV0100

0. Identify career and employment opportunities. The student will be able to: PCH.01.0
    01. Discuss history and trends of the food service industry. PCH.01.01
    02. Identify the kitchen brigade system, occupations in the food service and hospitality industry, and their impact on the economy. PCH.01.02
    03. Identify levels of training required for food service and hospitality occupations. PCH.01.03
    04. Identify professional organizations related to hospitality/food service. PCH.01.04
0. Exhibit the ability to follow state mandated guidelines for food service. The student will be able to: PCH.02.0
    01. Demonstrate and utilize proper personal hygiene and personal health precautions (hand washing; use of gloves; grooming; proper hair restraints, closed-toe shoes, aprons, uniforms). PCH.02.01
    02. Demonstrate proper food handling techniques (thermometer use; thawing methods; internal cooking temperatures) utilizing current industry safety and sanitation procedures for the agency having jurisdiction. PCH.02.02
    03. Demonstrate and utilize proper techniques for lifting, receiving and storing food supplies. PCH.02.03
    04. Demonstrate and utilize proper techniques for transporting, cooking and holding food (proper ways to cool/reheat food; holding temperatures). PCH.02.04
    05. Demonstrate and utilize proper disinfecting, cleaning and sanitizing techniques (cleaning vs. sanitizing; storing cleaning supplies; proper procedures for cleaning equipment). PCH.02.05
    06. Demonstrate and utilize proper licensed pest control procedures, including maintaining a clean facility. PCH.02.06
    07. Classify all causes of food borne illnesses (e.g., biological, physical and chemical). PCH.02.07
    08. Describe symptoms of food borne illness and how food borne illness can be prevented. PCH.02.08
    09. Describe cross contamination and incorporate ways to prevent this from occurring. PCH.02.09
    10. Research top allergens and how to control allergy cross-contamination. PCH.02.10
    11. Use acquired knowledge to obtain employee food handler training certificate that is valid in Florida (http://www.myfloridalicense.com/dbpr/hr/food-lodging/employee-training.html). PCH.02.11

Skip to main content

0. Demonstrate and incorporate workplace safety procedures. The student will be able to: PCH.03.0
    01. Follow standard procedures for physical hazard control. PCH.03.01
    02. Identify and utilize first-aid procedures for accidents and injuries. PCH.03.02
    03. Follow the standards for infectious disease control. PCH.03.03
    04. Apply sanitary procedures in maintaining the facility including proper waste disposal methods. PCH.03.04
    05. Maintain an MSDS (Materials Safety Data Sheet) for each product and keep in a three ring binder in the kitchen area. PCH.03.05
    06. Explain the Federal Hazardous Communications Regulations law as recorded in 29 CFR-1910.1200. PCH.03.06
    07. Demonstrate and utilize safety procedures related to prevention of slips, falls, fire, boilers, proper lifting and chemical use. PCH.03.07
    08. Identify the HACCP (Hazard Analysis Critical Control Point) procedure during all food handling processes. PCH.03.08
    09. Demonstrate proper knife handling skills. PCH.03.09
0. Demonstrate personal productivity. The student will be able to: PCH.04.0
    01. Exhibit employability skills (punctuality, dependability, appropriate appearance). PCH.04.01
    02. Exhibit work ethics and integrity (employee theft and consequences). PCH.04.02
    03. Maintain positive personal relationships including acceptance of constructive criticism. PCH.04.03
    04. Develop personal and professional etiquette. PCH.04.04
    05. Demonstrate the ability to function as a team member in a diverse environment. PCH.04.05
    06. Create a resume' to be used in a job search. PCH.04.06
0. Utilize operational systems. The student will be able to: PCH.05.0
    01. Follow local and state rules, regulations, and laws relative to area of operation. PCH.05.01
    02. Identify and utilize security procedures necessary to prevent liability and loss. PCH.05.02
    03. Create the Par-Stock list for an event or weekly school restaurant/café. PCH.05.03
    04. Define mise en place and the relationship of organizational skills to productivity in the workplace. PCH.05.04

Skip to main content

0. Use and care for commercial tools and equipment. The student will be able to: PCH.06.0
    01. Identify commercial tools and equipment. PCH.06.01
    02. Use and maintain commercial tools. PCH.06.02
    03. Use and maintain commercial equipment PCH.06.03
0. Describe the basic principles of food science. The student will be able to: PCH.07.0
    01. Identify herbs, spices, oils, and vinegars and their appropriate use in preparing food products that exhibit and enhance creativity, taste, and appearance. PCH.07.01
    02. Explain how taste and aroma combine to give foods their flavors. PCH.07.02
    03. List physical, psychological, cultural, and environmental influences on food likes and dislikes. PCH.07.03
0. Demonstrate proficiency in culinary math. The student should be able to: PCH.08.0
    01. Demonstrate mastery of standard units of weights and measures used in the industry. PCH.08.01
    02. Demonstrate basic knowledge of kitchen measurements, conversions, and ratios. PCH.08.02
    03. Demonstrate the understanding of both wet and dry measurements. PCH.08.03
    04. Display an understanding of portion size and recipe yield. PCH.08.04
    05. Use, follow, prepare and plate standardized recipes creatively. PCH.08.05
    06. Explain the purpose of standardized recipes. PCH.08.06

Cook, Restaurant – Course Number: HMV0170

0. Describe the basic principles of nutrition. The student will be able to: PCH.09.0
    01. List the essential nutrients and their functions. PCH.09.01
    02. Interpret food labels. PCH.09.02
    03. Identify different dietary needs. PCH.09.03
    04. Apply knowledge in creating menus that utilize nutritional principles. PCH.09.04

Skip to main content

0. Identify and explain front-of-the house and back-of-the-house duties. The student will be able to: PCH.10.0
    01. Identify, demonstrate, and utilize fundamentals of customer service. PCH.10.01
    02. Identify and explain techniques of front-of-the-house and back-of-the-house responsibilities including but not limited to dining room setup, greeting, order-taking, serving, clearing, check presentation, bussing, food safety awareness, and cashiering. PCH.10.02
    03. Identify types of meal services. PCH.10.03
    04. Describe the types of work stations in the commercial kitchen. PCH.10.04
    05. Identify, explain and illustrate basic knife cuts and skills. PCH.10.05
    06. Explain common cooking methods (roasting, baking, broiling, sautéing, frying, deep-frying, braising and steaming). PCH.10.06
0. Prepare and present food and beverage items to meet creativity aspects as well as quality standards. The student will be able to: PCH.11.0
    01. Recognize standards of food production for hot stations, cold stations and beverage stations. PCH.11.01
    02. Prepare and creatively present items from hot stations, cold stations and beverage stations. PCH.11.02
0. Exhibit and utilize safe, secure, and sanitary work procedures. The student will be able to: PCH.12.0
    01. Follow federal, state, and local sanitation and safety codes. PCH.12.01
    02. Research Department of Health rules that affect culinary programs (https://www.flrules.org/gateway/chapterhome.asp?chapter=64E-11). PCH.12.02
    03. Research Department of Business and Professional Regulation rules/statutes that affect restaurants and the food service industry (http://www.myfloridalicense.com/dbpr/hr/index.html). PCH.12.03

Skip to main content

0. Apply principles of food science in cooking and baking techniques. The student will be able to: PCH.13.0
    01. Identify food products that are a result of fermentation. PCH.13.01
    02. Identify and explain the various leavening agents used in baking. PCH.13.02
    03. Explain the leavening process in baking. PCH.13.03
    04. Identify and explain the principles of thickening agents used in food preparation. PCH.13.04
    05. Distinguish between and demonstrate the physical properties of thickening agents. PCH.13.05
    06. Explain the role of pH in food preservation and baking applications. PCH.13.06
    07. Demonstrate and analyze the difference between moist, dry, and combination cooking methods. PCH.13.07
    08. Apply basic principles of the chemistry of food preparation to fruits and vegetables. PCH.13.08
0. Apply principles of nutrition in menu planning, cooking, and baking. The student will be able to: PCH.14.0
    01. Interpret and create menus to meet current dietary guidelines and nutritional requirements of individuals with special needs. PCH.14.01
    02. Apply the current USDA guidelines to analyze diets to include special needs. PCH.14.02
    03. List categories of lipids (fats and oils) based on physical state and dietary sources. PCH.14.03
    04. Examine the functions of lipids (fats and oils) in food preparation. PCH.14.04
    05. Analyze the nutritional impact of lipids (fats and oils) in the diet. PCH.14.05
0. Perform front-of-the-house duties. The student will be able to: PCH.15.0
    01. Recognize the needs of diverse populations. PCH.15.01
    02. Perform duties to meet the needs of the customer (greeting guests; escorting to tables and presenting menus; handling guests with special needs; transporting and serving meals; loading and carrying trays; etc.). PCH.15.02
    03. Handle customer complaints. PCH.15.03
0. Perform back-of-the-house and inventory duties. The student will be able to: PCH.16.0
    01. Receive, store, and issue supplies. PCH.16.01
    02. Practice environmentally sound procedures. PCH.16.02
    03. Demonstrate and follow operational procedures between the front-of-the-house and back-of-the-house. PCH.16.03
    04. Demonstrate efficient time and motion techniques. PCH.16.04
    05. Coordinate responsibilities with those of other workstations. PCH.16.05
    06. Select appropriate tools and equipment for specific tasks. PCH.16.06

Skip to main content

0. Research college and career advancement opportunities in professional cooking and baking. The student will be able to: PCH.17.0
    01. Describe the elements of job search as it relates to advancement opportunities. PCH.17.01
    02. Develop a personal career plan. PCH.17.02
    03. Identify food and hospitality-related enterprises and their impact on the industry. PCH.17.03
    04. Explain the benefits of membership in professional associations, including student organizations. PCH.17.04
0. Follow food identification, selection, purchasing, receiving, storing, and inventory guidelines. The student will be able to: PCH.18.0
    01. Identify and select basic food items according to standard qualities. PCH.18.01
    02. Practice portion control and utilize costing procedures. PCH.18.02
0. Practice advanced cooking and baking techniques. The student will be able to: PCH.19.0
    01. Recognize standards of quality for advanced hot station items, cold station items, and beverage station items. PCH.19.01
    02. Prepare and creatively present advanced hot station items, cold station items, and beverage station items. PCH.19.02
0. Apply scientific principles in cooking and baking. The student will be able to: PCH.20.0
    01. Identify the physical and chemical changes in foods that result from the application of heat or cold. PCH.20.01
    02. Identify the effect of various levels of moisture on food. PCH.20.02
    03. Identify the differences between a permanent and temporary emulsion. PCH.20.03
    04. Distinguish between the characteristics of acids and bases. PCH.20.04

Chef/Head Cook – Course Number: HMV0171

Skip to main content

0. Demonstrate fruit and vegetable preparation skills. The student will be able to: PCH.21.0
    01. Clean, prepare and serve types of greens depending on their characteristics and prepare them for salads. PCH.21.01
    02. Clean, prepare and serve fruits and demonstrate various preparation methods. PCH.21.02
    03. Identify and select vegetables and demonstration various preparation methods using moist and dry heat cooking techniques. PCH.21.03
    04. Prepare fruit, vegetable, and composed salads. PCH.21.04
    05. Create fruit and vegetable garnishes. PCH.21.05
    06. Prepare salad dressings, cold sauces, and derivatives. PCH.21.06
    07. Identify, select, and prepare various types of starches using moist and dry heat techniques. PCH.21.07
    08. Apply basic principles of the chemistry of food preparation to fruits and vegetables. PCH.21.08
0. Demonstrate Garde manager and buffet food preparation skills. The student will be able to: PCH.22.0
    01. Prepare hot and cold beverages. PCH.22.01
    02. Prepare hot and cold sandwiches. PCH.22.02
    03. Prepare sliced meats and charcuterie. PCH.22.03
    04. Prepare seafood cocktails and salads. PCH.22.04
    05. Prepare cheese boards, canapés, and cold and hot hors d'oeuvres. PCH.22.05
    06. Plan, set up, and serve buffets. PCH.22.06
    07. Select, use and maintain buffet equipment and utensils. PCH.22.07
0. Demonstrate dairy, egg, and starchy product preparation skills. The student will be able to: PCH.23.0
    01. Identify and select cheeses, milk, creams and butter. PCH.23.01
    02. Store and handle fresh, frozen, and cooked dairy products. PCH.23.02
    03. Apply basic principles of the chemistry of protein to cooking eggs and dairy products. PCH.23.03
    04. Identify and select varieties of starchy foods and cereals. PCH.23.04
    05. Select, break, and separate eggs. PCH.23.05
    06. Prepare eggs using various cooking methods (boil, fry, scramble, poach, omelets, shirred). PCH.23.06
    07. Prepare crepes and soufflés. PCH.23.07

Skip to main content

0. Demonstrate stock, soup, and sauce preparation skills. The student will be able to: PCH.24.0
    01. Prepare white stock, brown stock, and fish stock. PCH.24.01
    02. Prepare roux and other thickening agents. PCH.24.02
    03. Prepare Béchamel sauce, sauce espagnole/demi-glace, veloute, Hollandaise, and tomato sauce. PCH.24.03
    04. Prepare cream soups, chowders, clear soups, and bisque. PCH.24.04
    05. Recognize soups and sauces by taste and appearance. PCH.24.05
0. Demonstrate meat, poultry, fish, and seafood preparation skills. The student will be able to: PCH.25.0
    01. Identify grades, types and cuts of meat and select meat and poultry. PCH.25.01
    02. Demonstrate basic principles of chemistry to cooking meat products. PCH.25.02
    03. Prepare meat and poultry using both moist heat and dry heat cooking methods. PCH.25.03
    04. Identify, evaluate and select fish and seafood. PCH.25.04
    05. Prepare fish and seafood using both moist heat and dry heat cooking methods. PCH.25.05
    06. Prepare stuffing for meats, poultry and seafood and demonstrate the stuffing process. PCH.25.06
    07. Demonstrate the proper procedure when marinating meat, poultry, and seafood. PCH.25.07

Skip to main content

0. Demonstrate bakery goods and dessert preparation skills. The student will be able to: PCH.26.0
    01. Identify and select baking and dessert ingredients. PCH.26.01
    02. Demonstrate and analyze the different functions of sweeteners, fats, flours, tougheners, liquids and leaving agents in baking production. PCH.26.02
    03. Define common baking terms and identify common baking ingredients. PCH.26.03
    04. Identify and understand the various mixing methods used in the bakeshop. PCH.26.04
    05. Prepare basic pie crusts, prepare pie fillings and various pies. PCH.26.05
    06. Prepare and bake quick breads using various mixing methods. PCH.26.06
    07. Prepare and bake yeast breads and rolls. PCH.26.07
    08. Prepare and bake a variety of types of cakes. PCH.26.08
    09. Prepare icings and demonstrate the finishing of cakes and tortes. PCH.26.09
    10. Prepare a variety of custards and creams including but not limited to crème anglaise, pastry cream, mousses, Bavarians and chiffons. PCH.26.10
    11. Prepare and bake puff pastries. PCH.26.11
    12. Prepare a variety of cookies using the drop, rolled and bar cookie method. PCH.26.12
    13. Whip cream. PCH.26.13

Food Service Management – Course Number: HMV0126

0. Demonstrate management skills. The student will be able to: PCH.27.0
    01. Identify characteristics of an effective manager. PCH.27.01
    02. Examine management skills. PCH.27.02
    03. Demonstrate effective communication skills. PCH.27.03
    04. Use positive reinforcement techniques to increase productivity. PCH.27.04
0. Comply with laws and regulations specific to the food service and hospitality industry. The student will be able to: PCH.28.0
    01. Identify food service and hospitality laws and regulations to include OSHA and the Americans with Disabilities Act (ADA). PCH.28.01
    02. Describe current computerized systems for purchasing and inventory control. PCH.28.02
    03. Identify laws related to the handling of alcohol. PCH.28.03
    04. Research the food safety manager training/certification programs that are accredited in Florida (http://www.myfloridalicense.com/dbpr/hr/food-lodging/ManagerCertification.html). PCH.28.04

Skip to main content

0. Develop a business plan. The student will be able to: PCH.29.0
    01. Identify the elements of a business plan to include vision, goals, strategies, and action plans. PCH.29.01
    02. Identify basic economic and marketing strategies. PCH.29.02
    03. Analyze trends in the food service and hospitality industry. PCH.29.03
0. Create and prepare menus for various nutritional needs. The student will be able to: PCH.30.0
    01. Examine pricing strategies. PCH.30.01
    02. Examine menu formats. PCH.30.02
    03. Analyze menus for profitability PCH.30.03
0. Utilize cost-control techniques to maximize profitability. The student will be able to: PCH.31.0
    01. Examine and utilize cost out procedures to minimize food waste. PCH.31.01
    02. Identify computer software available for food service and hospitality management. PCH.31.02
    03. Identify accounting and record-keeping system using selected software. PCH.31.03
    04. Identify purchasing, receiving, storing, and inventory systems. PCH.31.04
    05. Examine loss prevention factors such as safety, sanitation, food handling, ware handling, maintenance, insurance, and environmental effects. PCH.31.05
    06. Interpret profit and loss statements. PCH.31.06
    07. Identify the responsibility of each individual to be held accountable for profitability. PCH.31.07
0. Interpret and incorporate guidelines and policies for food service establishments. The student will be able to: PCH.32.0
    01. Develop employee guidelines such as job descriptions, training, and scheduling. PCH.32.01
    02. Describe the characteristics of an efficient purchasing, receiving, storing, and inventory system. PCH.32.02

Skip to main content

0. Compare and analyze the relationship of nutrition to wellness. The student will be able to: PCH.33.0
    01. Describe the functions and sources of the 6 classifications of nutrients. PCH.33.01
    02. Identify the effects of nutrient deficiencies and excesses. PCH.33.02
    03. Apply the current USDA guidelines to analyze diets to include special needs. PCH.33.03
    04. Describe the ABC's of the Dietary Guidelines for Americans from the United State Department of Agriculture (http://www.cnpp.usda.gov/dietary-guidelines). PCH.33.04
    05. Determine the relationship between food choices, eating and wellness vs. profit/loss margins. PCH.33.05
    06. Explain how to encourage healthful eating habits for people in every stage of the life cycle. PCH.33.06
    07. List the types of food additives and explain their purpose. PCH.33.07
0. Develop and prepare menus for customers on special diets. The student will be able to: PCH.34.0
    01. Create a menu for customers with dietary limitations. PCH.34.01
    02. Describe the preparation methods used to prepare a nutritious meal for customers with special dietary needs (heart healthy, vegetarianism, religious dietary laws, etc.). PCH.34.02
    03. Identify common food allergies and determine appropriate substitutions. PCH.34.03
    04. Prepare meals for customers with special dietary needs. PCH.34.04
    05. List the serving sizes for an average adult. PCH.34.05
0. Compare and analyze menus of food establishments. The student will be able to: PCH.35.0
    01. Analyze the menus of different food establishments to see how the daily requirements of an average adult can be met by dining in the establishments. PCH.35.01
    02. Plan a menu meeting the "Truth-in-Menu Guidelines". PCH.35.02