

# Culinary Arts (2023)

## PROFESSIONAL ORGANIZATIONS AND LEADERSHIP 1

### 1 Student Leadership in Career Technical Student Organizations (CTSO) and Professional Associations 1.1

- 1 Explore the role of professional organizations and/or associations in the culinary arts industry. 1.1.1
  - 2 Define the value, role, and opportunities provided through career technical student organizations. 1.1.2
  - 3 Engage in career exploration and leadership development. 1.1.3
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## CAREER PATHWAYS AND INDUSTRY PROFESSIONAL STANDARDS 2

### 1 Professional Foodservice Industry, History, Traditions, and Current Trends 2.1

- 2 Identify global trends in the foodservice industry (e.g., sustainability, local sourcing, limiting waste, gas/electric usage, purchasing disposables, social networking/marketing, farm-to-table). 2.1.2
  - 1 Describe the history of the foodservice industry. 2.1.1
  - 3 Compare types of international and regional cuisines. 2.1.3
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### 2 Career Paths and Opportunities in Foodservice Industries 2.2

- 1 Identify the major positions in a professional kitchen (e.g., chef, sous chef, chef de cuisine, pastry chef, line cooks, production staff, steward department, catering/banquet) and non-commercial positions (e.g., retail, food science, nutrition, food development/entrepreneurial outlets, food stylist). 2.2.1
  - 2 Write an education and career plan. 2.2.2
  - 3 Describe certification options and professional organizations available to the industry (e.g., postsecondary technical certifications, Culinary Institute of America, American Culinary Federation, food manager protection certifications). 2.2.3
  - 4 Identify components of a business plan. 2.2.4
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### 3 Professional and Ethical Workplace Behaviors in the Foodservice Industry 2.3

- 1 Describe the standards for professional attire in the foodservice industry. 2.3.1
  - 2 Identify ethical issues in the industry (e.g., personal illness/safety, substance use/abuse). 2.3.2
  - 3 Demonstrate helpful, courteous, and attentive customer service skills. 2.3.3
  - 4 Collaborate with team members. 2.3.4
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## **SANITATION AND SAFETY** 3

### **1 Risk Management, Workplace Safety, and Food Safety** 3.1

- 1 Identify the primary foodborne illnesses, symptoms, and their causes. 3.1.1
  - 2 Describe the need for emergency plans and safety training. 3.1.2
  - 3 List the steps in reporting an accident or injury incident (i.e., OSHA requirements). 3.1.3
  - 4 Describe basic first aid practices and when they are needed. 3.1.4
  - 5 List the procedures for storing hazardous chemicals in a food service operation. 3.1.5
  - 6 Identify fire hazards and fire safety response. 3.1.6
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### **2 Safe Food Handling Principles** 3.2

- 1 Demonstrate personal hygiene practices and health procedures and report symptoms of illness. 3.2.1
  - 2 Demonstrate awareness of the FDA Model Food Code (most current edition) and local health department regulations. 3.2.2
  - 3 Describe the function of HACCP (Hazard Analysis Critical Control Point). 3.2.3
  - 4 Identify how food becomes unsafe (e.g., allergens, cross-contamination, receiving/rejecting food, time and temperature control). 3.2.4
  - 5 Demonstrate storage procedures for various foods and supplies (e.g., dry, refrigerated, frozen, chemicals, paper goods). 3.2.5
  - 6 Apply inventory control related to FIFO (i.e., first in, first out) and par levels. 3.2.6
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## **FOOD SERVICE SKILLS, EQUIPMENT, AND PRODUCTION** 4

### **1 Food Service Tools and Equipment** 4.1

- 1 Identify tools and equipment in a food service workplace. 4.1.1
  - 2 Match tools and equipment to their intended use. 4.1.2
  - 3 Perform a safety check before and maintenance after using tools and equipment. 4.1.
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### **2 Knife Skills** 4.2

- 1 Demonstrate how to handle, sharpen, and maintain knives. 4.2.1
- 2 Select the correct type of knife for its function. 4.2.2
- 3 Demonstrate basic knife cuts. 4.2.3

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### **3 Workplace Mise en Place** 4.3

- 1 Execute mise en place for front-of-house and back-of-house. 4.3.1
  - 2 Create preparation (i.e., prep) lists and timelines. 4.3.2
  - 3 Determine weights and measures for scaling (e.g., weight vs. volume, wet vs. dry). 4.3.3
  - 4 Identify measuring instruments. 4.3.4
  - 5 Demonstrate measuring techniques. 4.3.5
  - 6 Read and follow a standardized recipe. 4.3.6
  - 7 Alter yields, based on a standardized recipe. 4.3.7
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### **4 Presentation Techniques** 4.4

- 1 Create garnishes for specific food items (e.g., soups, entrées, desserts, beverages, appetizers). 4.4.1
  - 2 Demonstrate plating techniques (e.g., dine-ware selection, plating principles). 4.4.2
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## **MENU PLANNING PRINCIPLES** 5

### **1 Nutrition Principles and Specialized Dietary Plans** 5.1

- 1 Incorporate basic nutrition knowledge into menu planning. 5.1.1
  - 2 Propose changes in a menu or recipe to fit various dietary needs (e.g., gluten-free, dairyfree, avoiding the eight allergens). 5.1.2
  - 3 Apply Dietary Guidelines for Americans and MyPlate to plan meals. 5.1.3
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### **2 Menu Writing Principles** 5.2

- 1 Identify a variety of menu formats. 5.2.1
  - 2 Describe factors (e.g., ingredient costs) that affect menu pricing. 5.2.2
  - 3 Calculate menu pricing (e.g., food costs). 5.2.3
  - 4 Plan a menu for a given scenario. 5.2.4
  - 5 Describe inventory value as it relates to cost control. 5.2.5
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## **BAKERY** 6

### **1 Baked Goods** 6.1

- 1 Identify baking ingredients and their functions. 6.1.1
  - 2 Prepare various baked goods (e.g., yeast breads, quick breads, pastries). 6.1.2
  - 3 Prepare cookies and cakes. 6.1.3
  - 4 Prepare frozen desserts. 6.1.4
  - 5 Identify environmental conditions affecting recipes (e.g., altitude, humidity, heat). 6.1.5
  - 6 Calculate ingredient weights using baker's percentages. 6.1.6
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## **GARDE MANGER 7**

### **1 Duties of the Garde Manger 7.1**

- 1 Describe types of salads (e.g., pasta, protein, vegetable, fruit) and uses (e.g., dessert, starter, entrée, side). 7.1.1
  - 2 Prepare creamy and vinaigrette dressings and dips. 7.1.2
  - 3 Prepare salads. 7.1.3
  - 4 Prepare sandwiches and side items. 7.1.4
  - 5 Prepare appetizers and hors d'oeuvres (e.g., crudités, charcuterie, canapés). 7.1.5
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## **INGREDIENTS AND FOOD PRODUCTION 8**

### **1 Spices, Oils and Vinegar, Fresh and Dried Herbs 8.1**

- 1 Identify spices and their uses. 8.1.1
  - 2 Identify fresh and dried herbs and their uses. 8.1.2
  - 3 Identify oils and their uses. 8.1.3
  - 4 Identify vinegars and their uses. 8.1.4
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### **2 Fruits and Vegetables 8.2**

- 1 Identify fruits for intended uses. 8.2.1
  - 2 Identify vegetables for intended uses. 8.2.2
  - 3 Prepare uncooked fruits and vegetables. 8.2.3
  - 4 Demonstrate cooking methods for fruits and vegetables. 8.2.4
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### **3 Pastas (i.e., Starches), Grains, and Legumes 8.3**

- 1 Identify pasta, grains, and legumes. 8.3.1
  - 2 Demonstrate a variety of cooking methods for pasta, grains, and legumes. 8.3.2
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### **4 Dairy Products and Eggs 8.4**

- 1 Identify uses of dairy products in cooking (e.g., cheese, cream, milk). 8.4.1
  - 2 Prepare dairy products. 8.4.2
  - 3 Describe the functions of eggs (e.g., emulsifier, binder, coating). 8.4.3
  - 4 Prepare eggs (e.g., scrambled, omelets, poached). 8.4.4
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### **5 Proteins 8.5**

- 1 Identify proteins for the center of the plate (e.g., beef, chicken, seafood, pork). 8.5.1
  - 2 Fabricate a chicken. 8.5.2
  - 3 Prepare beef, poultry, pork, or seafood. 8.5.3
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## **STOCKS/SAUCES/SOUPS** 9 **1 Preparation of Stocks** 9.1

- 1 Identify the components of stock. 9.1.1
  - 2 Prepare stock. 9.1.2
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## **2 Preparation of Sauces** 9.2

- 1 Identify the five mother sauces. 9.2.1
  - 2 Prepare mother sauces and derivative small sauces. 9.2.2
  - 3 Prepare nouvelle and ethnic sauces. 9.2.3
  - 4 Demonstrate the use of thickening agents. 9.2.4
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## **3 Preparation of Soups** 9.3

- 1 Identify the basic types of soup (e.g., broth, cream). 9.3.1
  - 2 Prepare a broth and a cream soup. 9.3.2
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## **COOKING METHODS** 10 **1 Dry Heat, Moist Heat, and Combination Cooking Methods** 10.1

- 1 Demonstrate methods of dry heat cooking with and without fat. 10.1.1
  - 2 Demonstrate methods of moist heat cooking. 10.1.2
  - 3 Demonstrate methods of combination cooking. 10.1.3
  - 4 Describe sous vide. 10.1.4
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## **FRONT-OF-THE-HOUSE PROCEDURES** 11

### **1 Service Styles** 11.1

- 1 Display a variety of table settings (e.g., lunch, fine dining, breakfast). 11.1.1
- 2 Perform a variety of service styles (e.g., American plated, French, Russian). 11.1.2
- 3 Perform table service (i.e., introduce, greet, seat, present menu) with customers. 11.1.3