Idaho CTE

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

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

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

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

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

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.

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

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

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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

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

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

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

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

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

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5 Prepare appetizers and hors d'oeuvres (e.g., crudités, charcuterie, canapés). 7.1.5

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

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

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

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

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

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

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

Prepare nouvelle and ethnic sauces. 9.2.3

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
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
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