

Culinary Essentials - Kansas Hospitality and Tourism Cluster - Course #: 16051

CIP Codes: Restaurant and Event Management (12.0504) Travel and Tourism (52.0901) ---- Family, Community and Consumer Services (19.0799)

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Comprehensive Standard: 8.0 Integrate knowledge, skills, and practices required for careers linked with food production and culinary services 8.0

A Benchmark: 8.1 Demonstrate food safety and sanitation procedures. 8.1

- 1 Identify chemical, physical and biological hazards and the impact they have on food. 8.1.1
- 2 Identify sources, symptoms, and prevention measures for the five reportable food illnesses as identified in KS food code (i.e. Norovirus, Hep A, Shigella, E Coli, & Salmonella). 8.1.2
- 3 Demonstrate an understanding of the importance of food safety and sanitation to include: how foods become unsafe, good personal hygiene, controlling time and temperature, preventing cross contamination, cleaning and sanitizing, shipping and receiving, and how to safely prepare and store food. 8.1.3
- 4 Demonstrate personal hygiene and grooming standards. 8.1.4
- 5 Demonstrate calibration, use and sanitation of a cooking thermometer. 8.1.5
- 6 Identify common food allergens (e.g. milk/dairy, eggs/egg products, fish/shellfish, wheat/gluten, soy/soy products and peanuts/tree nuts). 8.1.6

B Benchmark: 8.2 Demonstrate industry standards in selecting, using and maintaining food production areas and equipment. 8.2

- 1 Identify function of basic food tools, equipment and appliances used for producing and serving foods. 8.2.1
- 2 Practice safety procedures while operating tools, equipment, and appliances. 8.2.2
- 3 Demonstrate proper procedures for cleaning, sanitizing, and the storage of equipment and food contact surfaces. 8.2.3

- 4 Identify types of knives and cutting equipment used in the food production kitchen. 8.2.4
 - 5 Demonstrate proper knife safety, sanitation, and maintenance. 8.2.5
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C Benchmark: 8.3 Interpret information related to a standardized recipe. 8.3

- 1 Explain the role that standardized recipes play in maintaining product consistency. 8.3.1
 - 2 Identify different measuring systems and the abbreviations. 8.3.2
 - 3 Distinguish between solid and liquid measurements in the standard and metric systems. 8.3.3
 - 4 Utilize standard and metric weights and measures to demonstrate proper measuring techniques. 8.3.4
 - 5 Convert recipes to yield smaller and larger quantities. 8.3.5
 - 6 Identify basic conversions of measurements equivalents. 8.3.6
 - 7 Interpret information on a nutritional label, including impact of serving size. 8.3.7
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D Benchmark: 8.4 Examine the principles of food production management and service methods. 8.4

- 1 Apply effective mise en place practices. 8.4.1
 - 2 Prioritize tasks to be completed. 8.4.2
 - 3 Demonstrate effective time management. 8.4.3
 - 4 Identify service concepts and service styles. 8.4.4
 - 5 Identify the general rules of table settings and service (i.e. serve from the left & remove from the right). 8.4.5
 - 6 Evaluate how nutritional needs and personal preference effects food choices. 8.4.6
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E Benchmark: 8.5 Demonstrate common food production skills. 8.5

- 1 Perform proper knife and cutting equipment production skills. 8.5.1
- 2 Select the heat transfer method of conduction, conduction, and/or radiation to be used during food production. 8.5.2
- 3 Identify the foods best suited for dry heat, moist heat and combination cooking methods. 8.5.3
- 4 Practice techniques using dry heat, moist heat and combination cooking methods. 8.5.4
- 5 Demonstrate food safety procedures during the food production process. 8.5.5
- 6 Demonstrate basic food preparation of fruits, vegetables, dairy, grains, and a variety of animal and plant proteins. 8.5.6
- 7 Compare quality, cost & consistency of convenience vs. from scratch products. 8.5.7

- 8 Determine and describe techniques for food preparation that preserve nutrients. 8.5.8
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F Benchmark: 8.6 Determine sanitation and safety of food environments 8.6

- 1 Analyze food related spaces in meeting sanitation and food safety codes and regulations (e.g. senior citizen home safety, early childhood centers, commercial kitchens in schools and/or for profit business). 8.6.1
 - 2 Compare and contrast home, commercial, and institutional food work environments to determine safety to self and others. 8.6.2
 - 3 Evaluate regulation documents as they related to a variety of applications across home and commercial food preparation spaces. 8.6.3
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G Benchmark: 8.7 Practice appropriate skills in classroom and work like situations to enhance career readiness. 8.7

- 1 Demonstrate appropriate use of reading, writing, listening, and speaking to communicate clearly. 8.7.1
- 2 Practice appropriate social skills, manners and etiquette. 8.7.2
- 3 Use leadership and teamwork skills in collaborating with others to accomplish goals and objectives. 8.7.3
- 4 Solve problems using creativity, innovation and critical thinking skills independently and in teams. 8.7.4
- 5 Know and understand the importance of professional ethics and legal responsibilities in culinary/food related applications. 8.7.5
- 6 Practice employability skills (e.g. timeliness, responsibility, work ethic, cooperation). 8.7.6
- 7 Investigate occupations related to the career pathway. 8.7.7
- 8 Develop and/or organize a career portfolio (electronic or physical) to document knowledge, skills and experiences. 8.7.8