Maine Vocational Training

Food Preparation and Culinary Arts (2021): Vocational Training

Adopted 2021

Level One

Framework, Duties and Tasks

1. Overview of the Restaurant and Foodservice Industry FP1.1
   a. Identify the two segments of the restaurant and foodservice industry, and give examples of businesses in each of them. FP1.1.A
   b. Categorize the types of businesses that make up the travel and tourism industry. FP1.1.B
   c. Outline the growth of the hospitality industry throughout the history of the world, emphasizing growth in the United States. FP1.1.C
   d. List chefs who have made significant culinary contributions, and note their major accomplishments. FP1.1.D
   e. List entrepreneurs who have influenced foodservice in the United States. FP1.1.E
   f. Identify foodservice opportunities provided by the travel and tourism industry. FP1.1.F
   g. Identify career opportunities offered by the travel and tourism industry. FP1.1.G
   h. Identify the two major categories of jobs in the restaurant and foodservice industry. FP1.1.H
   i. Name reasons why people travel. FP1.1.I
   j. Describe the differences between leisure and business travelers. FP1.1.J
   k. Identify national organizations that rate commercial lodging and foodservice establishments, and list factors used in making their rating judgments. FP1.1.K
   l. List and describe the characteristic types of lodging operations. FP1.1.L
   m. List and describe activities associated with front-desk operations. FP1.1.M

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2. Keeping Food Safe FP1.2
    a. Define what a foodborne-illness outbreak is, and list the costs associated with one FP1.2.A
    b. Recognize risks associated with high-risk populations. FP1.2.B
    c. Identify factors that affect the growth of pathogens (FAT TOM). FP1.2.C
    d. Identify characteristics of TCS food and list examples. FP1.2.D
    e. Identify methods for preventing biological contamination. FP1.2.E
    f. List guidelines for storing chemicals safely. FP1.2.F
    g. Recognize the need for food defense systems. FP1.2.G
    h. Identify the most common allergens and methods for preventing allergic reactions. FP1.2.H
    i. Identify government agencies that regulate the restaurant and foodservice industry. FP1.2.I
    j. List personal behaviors that can contaminate food. FP1.2.J
    k. List the steps to proper handwashing, and identify when hands should be washed. FP1.2.K
    l. Identify proper personal cleanliness practices and appropriate work attire. FP1.2.L
    m. Identify ways to handle ready-to-eat food safely. FP1.2.M
    n. Identify when food handlers should be prevented from working around food or from working in the operation. FP1.2.N
    o. Identify ways to prevent cross-contamination. FP1.2.O
    p. Identify ways to prevent time-temperature abuse. FP1.2.P
    q. List different temperature-measuring devices and their uses. FP1.2.Q
    r. Identify characteristics of an approved food source. FP1.2.R
    s. Identify criteria for accepting or rejecting food during receiving. FP1.2.S
    t. Outline proper procedures for storing food. FP1.2.T
    u. Identify the minimum internal temperature requirements for cooking various TCS food. FP1.2.U
    v. Outline proper procedures for holding, cooling, and reheating TCS food. FP1.2.V
    w. Identify ways to handle food ready for service. FP1.2.W
    x. Outline proper procedures for preparing and serving food for off-site service. FP1.2.X
    y. List the HACCP principles and explain their importance to food safety. FP1.2.Y
    z. Explain the difference between cleaning and sanitizing. FP1.2.Z
    aa. Outline proper procedures for cleaning and sanitizing tools and equipment. FP1.2.AA

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bb. Identify factors that affect the effectiveness of sanitizers. FP1.2.BB

cc. List the elements of a master cleaning schedule. FP1.2.CC

dd. Identify organizations that certify that equipment meets sanitation standards. FP1.2.DD

ee. Outline proper procedures for managing pests. FP1.2.EE

3. Workplace Safety FP1.3

a. State who is legally responsible for providing a safe environment and ensuring safe practices. FP1.3.A

b. Define the role of Occupational Safety and Health Administration regulations. FP1.3.B

c. State the Hazard Communication Standard requirements for employers. FP1.3.C

d. List the requirements for storing hazardous chemicals in an operation. FP1.3.D

e. Explain the importance of general safety audits and safety training. FP1.3.E

f. Explain the importance of completing accident reports. FP1.3.F

g. Describe the purpose of an emergency plan. FP1.3.G

h. List ways to use protective clothing and equipment to prevent injuries. FP1.3.H

i. Identify electrical hazards that contribute to accidental fires. FP1.3.I

j. Classify different types of fires and fire extinguishers. FP1.3.J

k. Identify the cleaning frequency for equipment as a way to prevent fires. FP1.3.K

l. Outline the actions to take in the event of a fire at a restaurant or foodservice operation. FP1.3.L

m. Identify procedures for preventing slips, trips, and fall in a foodservice operation. FP1.3.M

n. Outline the procedure for cleaning up spills on floors. FP1.3.N

o. Demonstrate how to use ladders safely. FP1.3.O

p. Demonstrate proper lifting and carrying procedures to avoid injury. FP1.3.P

q. Demonstrate correct and safe use of knives. FP1.3.Q

r. Outline basic first aid concepts and procedures. FP1.3.R

s. Recognize the importance of locking doors. FP1.3.S

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4. Kitchen Essentials 1 FP1.4
    a. Define professionalism, and explain what it means to culinary professionals. FP1.4.A
    b. List the stations and positions in the kitchen brigade and the dining brigade. FP1.4.B
    c. Perform basic math calculations using numbers or fractions. FP1.4.C
    d. Identify the components and functions of a standardized recipe. FP1.4.D
    e. Convert recipes to yield smaller and larger quantities based on operational needs. FP1.4.E
    f. Explain the difference between customary and metric measurement units, and convert units between the two systems. FP1.4.F
    g. Demonstrate measuring and portioning using the appropriate small wares and utensils. FP1.4.G
    h. Given a problem, calculate as purchased (AP) and edible portion (EP) amounts. FP1.4.H
    i. Calculate the total cost and portion costs of a standardized recipe. FP1.4.I

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5. Kitchen Essentials 2 FP1.5
    a. Identify the equipment needed for receiving and storing food and supplies. FP1.5.A
    b. Identify the equipment needed for pre-preparation. FP1.5.B
    c. List the different types of knives used in the foodservice kitchen and give examples of their uses. FP1.5.C
    d. Identify basic types of pots and pans and their common uses. FP1.5.D
    e. List the different types of preparation equipment used in the foodservice kitchen and give examples of their uses. FP1.5.E
    f. Identify the kitchen equipment needed for holding and serving food and beverages. FP1.5.F
    g. Apply effective mise en place through practice. FP1.5.G
    h. Explain how to care for knives properly. FP1.5.H
    i. Demonstrate the proper use of knives. FP1.5.I
    j. Explain the difference between seasoning and flavoring. FP1.5.J
    k. Describe and demonstration basic pre-preparation techniques. FP1.5.K
    l. List and explain how the three types of cooking work. FP1.5.L
    m. Describe dry-heat cooking methods and list the foods to which they are suited. FP1.5.M
    n. Describe moist-heat cooking methods and list the foods to which they are suited. FP1.5.N
    o. Describe combination-heat cooking methods and list the foods to which they are suited. FP1.5.O
    p. Identify ways to determine if a food is done cooking. FP1.5.P
    q. List guidelines for plating or storing food that has finished cooking. FP1.5.Q
    r. Describe a healthy diet. FP1.5.R
    s. Use the Dietary Guidelines for Americans and MyPyramid to plan meals. FP1.5.S
    t. Interpret information on a nutrition label. FP1.5.T
    u. Define obesity and explain how it can be prevented. FP1.5.U

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6. Stocks, Sauces and Soups FP1.6
    a. Identify the four essential parts of stock and the proper ingredients for each. FP1.6.A
    b. List and explain the various types of stock and their ingredients. FP1.6.B
    c. Demonstrate three methods for preparing bones for stock. FP1.6.C
    d. Prepare the ingredients for and cook several kinds of stocks. FP1.6.D
    e. Explain how and why to degrease stock. FP1.6.E
    f. List the ways to cool stock properly. FP1.6.F
    g. Identify the grand sauces and describe other sauces made from them. FP1.6.G
    h. List the proper ingredients for sauces. FP1.6.H
    i. Prepare several kinds of sauces. FP1.6.I
    j. Match sauces to appropriate food. FP1.6.J
    k. Identify the two basic kinds of soups and give examples of each. FP1.6.K
    l. Explain the preparation of the basic ingredients for broth, consommé, purée, clear, and cream soups. FP1.6.L
    m. Prepare several kinds of soups. FP1.6.M
7. Communication FP1.7
    a. Describe the communication process. FP1.7.A
    b. Identify obstacles to effective communication and explain how to prevent them. FP1.7.B
    c. Explain how personal characteristics can affect communication. FP1.7.C
    d. List and demonstrate effective listening skills. FP1.7.D
    e. List and demonstrate effective speaking skills. FP1.7.E
    f. Identify and use business-appropriate telephone skills. FP1.7.F
    g. List and demonstrate effective writing skills. FP1.7.G
    h. Define organizational communication and give examples of when it might be used. FP1.7.H
    i. Describe interpersonal communication. FP1.7.I
    j. List ways to build relationships through interpersonal communication. FP1.7.J

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8. Management Essentials FP1.8
    a. State the difference between school and workplace environments. FP1.8.A
    b. Explain how stereotypes and prejudices can negatively affect working together. FP1.8.B
    c. Identify the benefits of diversity to a workplace. FP1.8.C
    d. List ways to promote diversity in the workplace. FP1.8.D
    e. Describe what a harassment-free environment and mutually respectful workplace is. FP1.8.E
    f. List guidelines for handling harassment claims. FP1.8.F
    g. Explain the concept of teamwork. FP1.8.G
    h. Describe ethics, and explain their importance to the restaurant and foodservice industry. FP1.8.H
    i. Identify the behaviors of a leader. FP1.8.I
    j. Identify common expectations that employees have about managers. FP1.8.J
    k. Define motivation, and explain a leader's responsibility to motivate employees. FP1.8.K
    l. Define organizational goal, and explain why this type of goal should be SMART. FP1.8.L
    m. Explain the purpose of vision statements and mission statements. FP1.8.M
    n. Identify how employees' roles and jobs impact a mission and goals. FP1.8.N
    o. List the steps for solving a problem and explain how each step contributes to finding a solution. FP1.8.O
    p. Explain the importance of individual development to your restaurant or foodservice career. FP1.8.P
    q. Explain what is included in a job description and explain the importance of these documents to a business. FP1.8.Q
    r. Identify the difference between exempt and non-exempt employees. FP1.8.R
    s. Explain a manager's responsibility for maintaining labor law knowledge. FP1.8.S
    t. Identify discriminatory language and practices in the hiring process. FP1.8.T
    u. Identify methods for ensuring a fair and consistent hiring process. FP1.8.U
    v. Describe the typical phases of onboarding and explain its importance to a business. FP1.8.V
    w. Explain what employees can expect during orientation. FP1.8.W
    x. List items that employees receive during orientation. FP1.8.X
    y. Identify the typical topics addressed in orientation sessions and employee manuals. FP1.8.Y
    z. Identify the benefits of training. FP1.8.Z
    aa. List skills that a trainer should have. FP1.8.AA

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bb. Identify the key points of effective employee training. FP1.8.BB

cc. List the benefits of cross-training. FP1.8.CC

dd. Summarize and discuss effective group training and on-the-job training. FP1.8.DD

ee. Describe the employee evaluation process. FP1.8.EE

9. Fruits and Vegetables FP1.9

a. Identify and describe different types of fruit. FP1.9.A

b. List and explain the USDA quality grades for produce. FP1.9.B

c. List factors that affect produce purchasing decisions. FP1.9.C

d. Identify procedures for storing fruit. FP1.9.D

e. Explain how to prevent enzymatic browning of fruit. FP1.9.E

f. Match and cook fruit to appropriate methods. FP1.9.F

g. Identify and describe different types of vegetables. FP1.9.G

h. Describe hydroponic farming. FP1.9.H

i. Identify procedures for storing vegetables. FP1.9.I

j. Match and cook vegetables to appropriate methods. FP1.9.J

k. List ways to hold vegetables that maintain their quality. FP1.9.K

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10. Serving Your Guests FP1.10
    a. Explain the importance of customer service to the restaurant and foodservice industry. FP1.10.A
    b. List the reasons for making a good first impression and give examples of how to make one. FP1.10.B
    c. Describe the types of customers that may have special needs. FP1.10.C
    d. Identify ways to identify customer needs. FP1.10.D
    e. Outline the process for receiving and recording reservations and special requests. FP1.10.E
    f. Outline the process for taking orders at the table, beginning with the greeting. FP1.10.F
    g. Define suggestive selling, and give examples of how to do it. FP1.10.G
    h. List methods for processing payment. FP1.10.H
    i. List ways to obtain feedback from guests and determine their satisfaction. FP1.10.I
    j. Explain how customer complaints should be resolved. FP1.10.J
    k. Describe the four traditional styles of service: American, French, English, and Russian. FP1.10.K
    l. Identify contemporary styles of service. FP1.10.L
    m. Demonstrate setting and clearing items properly. FP1.10.M
    n. Describe traditional service staff roles, and list the duties and responsibilities of each. FP1.10.N
    o. Identify various server tools and the correct way to stock a service station. FP1.10.O
11. Potatoes and Grains FP1.11
    a. Identify and describe different types of potatoes. FP1.11.A
    b. Outline methods to select, receive, and store potatoes. FP1.11.B
    c. Using a variety of recipes and cooking methods, prepare potatoes. FP1.11.C
    d. Identify and describe different types of grains and legumes. FP1.11.D
    e. Using a variety of recipes and cooking methods, prepare grains and legumes. FP1.11.E
    f. Outline methods to select, receive, and store grains. FP1.11.F
    g. Identify and describe different types of pasta. FP1.11.G
    h. Using a variety of recipes and cooking methods, prepare pasta. FP1.11.H
    i. Describe and prepare dumplings. FP1.11.I

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12. Building a Career in the Industry FP1.12
    a. Identify skills needed by foodservice professionals. FP1.12.A
    b. Outline a plan for an effective job search. FP1.12.B
    c. Write a resume that lists your experience, skills, and achievements. FP1.12.C
    d. Write an effective cover letter. FP1.12.D
    e. Compile the best examples of your work into a portfolio. FP1.12.E
    f. Read and complete a job application form. FP1.12.F
    g. Outline the steps to choosing a college or trade school and identify resources for answering those questions. FP1.12.G
    h. Read and complete college and scholarship application forms. FP1.12.H
    i. List ways to find and apply for scholarships. FP1.12.I
    j. List the steps to an effective job interview. FP1.12.J
    k. Identify the differences between closed- and open-ended questions in interviews. FP1.12.K
    l. Explain the follow-up steps for a job interview. FP1.12.L
    m. List factors for maintaining health and wellness throughout a restaurant or foodservice career. FP1.12.M
    n. Describe the relationship between time and stress. FP1.12.N
    o. List ways to manage time and stress. FP1.12.O
    p. Outline the steps to resigning a job FP1.12.P
    q. Explain the importance of professional development and list ways to achieve it. FP1.12.Q
    r. Identify career opportunities in the restaurant and foodservice industry. FP1.12.R
    s. Identify career opportunities in the lodging industry. FP1.12.S
    t. Identify career opportunities in the travel industry. FP1.12.T
    u. Identify career opportunities in the tourism industry. FP1.12.U

Level Two **Framework, Duties and Tasks:**

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1. Breakfast Foods and Sandwiches FP2.1
    a. List the characteristics of milk and identify ways to keep it safe. FP2.1.A
    b. Identify the different forms of cream and their fat contents. FP2.1.B
    c. Differentiate between butter and butter substitutes and recognize the characteristics of each. FP2.1.C
    d. Identify the different types of cheese and give examples of each. FP2.1.D
    e. List the characteristics of eggs and identify ways to keep them safe. FP2.1.E
    f. Prepare and serve eggs using a variety of cooking methods. FP2.1.F
    g. Prepare pancakes, crêpes, waffles, and French toast. FP2.1.G
    h. Prepare ham, hash, grits, cold cereals, oatmeal, and sausage. FP2.1.H
    i. Prepare coffee, tea, and cocoa. FP2.1.I
    j. Give examples of different types of sandwiches, including simple hot, open faced, hors d'oeuvres, grilled, deep-fried, and simple cold. FP2.1.J
    k. Explain the roles of the three components of a sandwich: bread, spread, and filling FP2.1.K
    l. Prepare common sandwich spreads and fillings. FP2.1.L
    m. List the necessary tools and equipment to make sandwiches at a sandwich station. FP2.1.M
    n. Demonstrate preparation of several types of sandwiches. FP2.1.N

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2. Nutrition FP2.2
    a. Explain why nutrition is important to the foodservice industry. FP2.2.A
    b. List the six basic types of nutrients found in food. FP2.2.B
    c. Describe how phytochemicals and fiber function in the body. FP2.2.C
    d. Name the types of carbohydrates and fats and describe their function in the body. FP2.2.D
    e. Identify food sources of carbohydrates and fats. FP2.2.E
    f. Describe cholesterol and identify its food sources. FP2.2.F
    g. Describe the makeup of proteins and their function in the body. FP2.2.G
    h. Identify food sources of proteins. FP2.2.H
    i. Describe the three major vegetarian diets. FP2.2.I
    j. List the functions of vitamins, minerals, and water in the body. FP2.2.J
    k. Identify food sources of vitamins, minerals, and water. FP2.2.K
    l. Explain what food additives are and how they function in food. FP2.2.L
    m. Explain the role of digestion in nutrition and health. FP2.2.M
    n. List and describe techniques for food preparation that preserve nutrients. FP2.2.N
    o. Suggest ways to make menus and recipes more healthful. FP2.2.O
    p. Suggest healthful substitutes for high-fat items. FP2.2.P
    q. List and define recent developments in food production that may affect nutrition. FP2.2.Q

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3. Cost Control FP2.3
    a. Identify the types of costs incurred by a foodservice business and give examples of each. FP2.3.A
    b. Explain the purposes of a budget. FP2.3.B
    c. Explain the purpose of a profit-and-loss report. FP2.3.C
    d. Identify methods for analyzing profit-and-loss reports. FP2.3.D
    e. Explain the purpose of invoices in a foodservice business. FP2.3.E
    f. Identify tools to help control costs. FP2.3.F
    g. Define and calculate food cost and food cost percentage. FP2.3.G
    h. Given a problem, calculate as purchased (AP) and edible portion (EP) amounts. FP2.3.H
    i. Calculate the total cost and portion costs of a standardized recipe. FP2.3.I
    j. Develop a recipe cost card for a standardized recipe. FP2.3.J
    k. Explain the importance of portion control to food cost. FP2.3.K
    l. Give examples of portion-control devices used in foodservice operations. FP2.3.L
    m. List the steps in the process to control food costs. FP2.3.M
    n. Forecast sales by analyzing and evaluating sales histories, popularity indices, and production sheets. FP2.3.N
    o. Calculate a recipe's yield and the number of portions it will produce. FP2.3.O
    p. Use a conversion factor to calculate a new yield for an existing recipe. FP2.3.P
    q. Explain the importance of standards for controlling production volume. FP2.3.Q
    r. List and describe standard procedures used for controlling production volume. FP2.3.R
    s. List and explain the various methods for menu pricing. FP2.3.S
    t. Explain the importance of standard labor costs to a business's success. FP2.3.T
    u. List factors that affect labor costs. FP2.3.U
    v. Describe the relationship between sales volume and labor costs. FP2.3.V
    w. Explain the difference between a master schedule and a crew schedule. FP2.3.W
    x. Describe the components and factors to consider when developing labor schedules. FP2.3.X
    y. List and describe purchasing, receiving, and storage procedures that help to preserve quality and control costs. FP2.3.Y
    z. List ways to evaluate a finished product for quality. FP2.3.Z
    aa. Describe the process for identifying quality problems in the kitchen. FP2.3.AA
    bb. Determine the dollar value of inventory. FP2.3.BB
    cc. List and explain the various methods of inventory pricing. FP2.3.CC

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4. Salads and Garnishing FP2.4
    a. Identify and describe the various ingredients used to make salads. FP2.4.A
    b. List the four parts of a salad and explain the role of each. FP2.4.B
    c. Identify various types of salad and explain how to prepare them. FP2.4.C
    d. Explain the roles of salads on the menu. FP2.4.D
    e. Design attractive salads. FP2.4.E
    f. Identify proper procedures for cleaning salad greens. FP2.4.F
    g. Identify proper procedures for storing salads. FP2.4.G
    h. Differentiate among various oils and vinegars. FP2.4.H
    i. Prepare vinaigrettes and other emulsions. FP2.4.I
    j. Match dressings to salad ingredients. FP2.4.J
    k. Give examples of ingredients used to make dips. FP2.4.K
    l. Prepare several dips. FP2.4.L
    m. Give examples of garnishes. FP2.4.M
    n. Describe and prepare ingredients commonly used as garnishes. FP2.4.N
    o. Garnish various items, including plates, desserts, and soups. FP2.4.O

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5. Purchasing and Inventory FP2.5
    a. Define the terms purchasing, selection, and procurement. FP2.5.A
    b. Outline the objectives of the purchasing function in a foodservice operation. FP2.5.B
    c. Explain the relationship between primary and intermediary sources and retailers. FP2.5.C
    d. Explain the differences between formal and informal buying and the formal bidding process. FP2.5.D
    e. List the types of goods and service that a foodservice operation might buy. FP2.5.E
    f. Describe the buyer's role in a foodservice operation and explain the importance of ethical behavior to a buyer. FP2.5.F
    g. List the factors that help to determine an operation's quality standards. FP2.5.G
    h. Identify ways to communicate quality standards and give examples of standards a foodservice operation might use. FP2.5.H
    i. Describe buyer considerations when conducting a make-or-buy analysis. FP2.5.I
    j. Outline the process for procuring products and services. FP2.5.J
    k. Identify production records used to calculate buying needs. FP2.5.K
    l. Write purchase orders for items to be purchased. FP2.5.L
    m. List ways to verify that supplier services meet an operation's needs. FP2.5.M
    n. List factors that affect food prices. FP2.5.N
    o. List proper procedures for receiving deliveries. FP2.5.O
    p. List proper procedures for storing food and supplies. FP2.5.P
    q. Describe perpetual inventory and physical inventory systems. FP2.5.Q
    r. Explain the difference between perishable and nonperishable food items. FP2.5.R

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6. Meat, Poultry, and Seafood FP2.6
    a. Outline the federal grading systems for meat. FP2.6.A
    b. Describe the various kinds of meat. FP2.6.B
    c. Identify the proper purchasing and storing procedures for meat. FP2.6.C
    d. List factors that affect purchasing decisions for meat. FP2.6.D
    e. Outline basic techniques for cooking meat. FP2.6.E
    f. Match various cooking methods with different forms of meat. FP2.6.F
    g. Outline the federal grading systems for poultry. FP2.6.G
    h. Describe the various kinds of poultry. FP2.6.H
    i. Identify the proper purchasing and storing procedures for poultry. FP2.6.I
    j. List factors that affect purchasing decisions for poultry. FP2.6.J
    k. Outline basic techniques for cooking poultry. FP2.6.K
    l. Match various cooking methods with different forms of poultry. FP2.6.L
    m. Outline the federal grading systems for seafood. FP2.6.M
    n. Describe the various kinds of seafood. FP2.6.N
    o. Identify the proper purchasing and storing procedures for seafood. FP2.6.O
    p. List factors that affect purchasing decisions for seafood. FP2.6.P
    q. Outline basic techniques for cooking seafood. FP2.6.Q
    r. Match various cooking methods with different forms of seafood. FP2.6.R
    s. Identify and describe different types of charcuterie. FP2.6.S
    t. Explain garde manger and how it relates to charcuterie. FP2.6.T
7. Marketing FP2.7
    a. List the benefits of public relations. FP2.7.A
    b. Identify opportunities for public relations. FP2.7.B
    c. Explain the importance of the menu to a foodservice operation. FP2.7.C
    d. Describe à la carte, table d'hôte, California, limited, du jour, and cycle menus. FP2.7.D
    e. Organize the information on a menu. FP2.7.E
    f. Explain principles of menu layout and design. FP2.7.F
    g. Identify ways to test new menu items. FP2.7.G
    h. Explain the purposes of a menu sales mix analysis. FP2.7.H
    i. Define profitability and target margin. FP2.7.I
    j. Classify menu items according to their popularity. FP2.7.J
    k. List and compare basic pricing methods. FP2.7.K

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8. Desserts and Baked Goods FP2.8
    a. Identify and use common ingredients in baking. FP2.8.A
    b. Calculate ingredient weights using baker's percentages. FP2.8.B
    c. Convert baking recipes to a new yield. FP2.8.C
    d. Differentiate between lean doughs, rich doughs, sponge doughs, and sourdoughs, and give examples. FP2.8.D
    e. Mix yeast dough using the straight-mix method. FP2.8.E
    f. Proof bake shop items. FP2.8.F
    g. Prepare yeast breads. FP2.8.G
    h. Prepare different types of quick breads and cake batters. FP2.8.H
    i. Identify the functions of icings and determine which are best suited for different baked goods. FP2.8.I
    j. Describe and prepare steamed puddings and dessert soufflés. FP2.8.J
    k. Prepare pie dough using the 3-2-1 method. FP2.8.K
    l. Describe the procedure for baking blind. FP2.8.L
    m. Describe roll-in dough, phyllo dough, and pâte à choux. FP2.8.M
    n. Prepare cookies using various makeup methods. FP2.8.N
    o. Explain how chocolate is made, including chocolate liquor, cocoa butter, and cocoa powder. FP2.8.O
    p. Demonstrate how to store chocolate properly. FP2.8.P
    q. Explain how chocolate is tempered. FP2.8.Q
    r. Explain how crème anglaise, pastry creams, and Bavarian creams are made, and how they are used in desserts. FP2.8.R
    s. List the characteristics of ice cream and give examples of other frozen desserts. FP2.8.S
    t. List the steps for preparing poached fruits and tortes. FP2.8.T
    u. List guidelines for plating and presenting desserts. FP2.8.U

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9. Sustainability in the Restaurant and Foodservice Industry FP2.9
    a. Define the terms sustainability and conservation. FP2.9.A
    b. Explain why water conservation is important. FP2.9.B
    c. List ways in which a restaurant or foodservice operation can improve the efficiency of its water usage. FP2.9.C
    d. Explain the differences between renewable and nonrenewable energy sources. FP2.9.D
    e. Explain why using energy efficiently is important. FP2.9.E
    f. List ways in which a restaurant or foodservice operation can improve the efficiency of its energy usage. FP2.9.F
    g. List ways in which a restaurant or foodservice operation can build or make structural improvements to its facility in a sustainable way. FP2.9.G
    h. Identify ways to reduce the total amount of waste in a restaurant or foodservice operation. FP2.9.H
    i. List items that a restaurant or foodservice operation can reuse. FP2.9.I
    j. List items that a restaurant or foodservice operation can recycle. FP2.9.J
    k. Define the term local sourcing. FP2.9.K
    l. Identify the steps a restaurant or foodservice operation should take to purchase and then promote the use of sustainable food products. FP2.9.L
    m. Identify the issues surrounding the global production of seafood, coffee, animals, and organic food. FP2.9.M

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10. Global Cuisine 1: The Americas FP2.10
    a. Identify the major influences, ingredients, flavors, and cooking techniques of Northeastern American cuisine. FP2.10.A
    b. Identify the major influences, ingredients, flavors, and cooking techniques of Midwestern American cuisine. FP2.10.B
    c. Identify the major influences, ingredients, flavors, and cooking techniques of Southern American cuisine. FP2.10.C
    d. Identify the major influences, ingredients, flavors, and cooking techniques of Southwestern American cuisine. FP2.10.D
    e. Identify the major influences, ingredients, flavors, and cooking techniques of Pacific Coast/Rim cuisine. FP2.10.E
    f. Identify the major influences, ingredients, flavors, and cooking techniques of Mexican cuisine. FP2.10.F
    g. Identify the major influences, ingredients, flavors, and cooking techniques of Central American cuisine. FP2.10.G
    h. Identify the major influences, ingredients, flavors, and cooking techniques of Caribbean cuisine. FP2.10.H
    i. Identify the major influences, ingredients, flavors, and cooking techniques of Brazilian cuisine. FP2.10.I
    j. Identify the major influences, ingredients, flavors, and cooking techniques of Bolivian cuisine. FP2.10.J
11. Global Cuisine 2: Europe, the Mediterranean, the Middle East, and Asia FP2.11
    a. Identify the major influences, ingredients, flavors, and cooking techniques of French cuisine. FP2.11.A
    b. Identify the major influences, ingredients, flavors, and cooking techniques of Italian cuisine. FP2.11.B
    c. Identify the major influences, ingredients, flavors, and cooking techniques of Spanish cuisine. FP2.11.C
    d. Identify the major influences, ingredients, flavors, and cooking techniques of Moroccan cuisine. FP2.11.D