Massachusetts CTE

Hospitality & Tourism Occupational : Culinary Arts (520901) (2014)

Culinary Arts Safety Knowledge and Skills 2.A

1 **Demonstrate proper food safety and sanitation.** 2.A.01

1 Identify the Hazard Analysis Critical Control Point (HACCP) during all food handling processes as a method for minimizing the risk of food borne illness. 2.A.01.01

2 Identify microorganisms related to food spoilage and illnesses; and describe their requirements and methods for growth. 2.A.01.02

3 Describe symptoms common to food borne illnesses and how illness can be prevented. 2.A.01.03

4 Conduct a sanitation self-inspection and recommend modifications for compliance with current industry and OSHA standards. 2.A.01.04

5 Outline compliance requirements of sanitation and health inspections. 2.A.01.05

6 Show exemplary appearance and hygiene. 2.A.01.06

7 Describe cross contamination and use of acceptable procedures when preparing and storing potentially hazardous foods. 2.A.01.07

8 List the reasons for and recognize signs of food spoilage and contamination. 2.A.01.08

9 Outline the requirements for receiving and storage of raw and prepared foods. 2.A.01.09

10 Identify risks associated with high risk populations. 2.A.01.10

11 Recognize what foods are most likely to become unsafe. 2.A.01.11

12 List the major foodborne illnesses and describe their characteristics. 2.A.01.12

13 Demonstrate how to prevent time temperature abuse throughout the flow of food. 2.A.01.13

14 Demonstrate the usage of thermometers in receiving, storing, preparing, cooking reheating foods, how to calibrate a thermometer and logging temperatures according to current industry and OSHA standards. 2.A.01.14

15 Demonstrate how to prevent contamination of food, hot holding foods, cold holding foods, self service areas and serving customers. 2.A.01.15

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6 Identify common food allergens in food service and describe ways to produce allergen safe food for customers with food allergies. 2.A.01.16

2 **Identify chemicals and uses in food service.** 2.A.02

1 Describe types of cleaners and sanitizers and their use. 2.A.02.01

2 Develop cleaning and sanitizing schedule and procedures for equipment and facilities. 2.A.02.02

3 Identify the location of S.D.S. binder. Identify all chemicals used in the facility, and using S.D.S sheets, list their potential hazards and emergency procedures in case of mishandling. 2.A.02.03

Fundamentals of Food Service 2.B

1 **Apply the fundamentals of food service.** 2.B.01

1 Demonstrate hand tool and equipment operation, emphasizing technique. 2.B.01.01

2 Define terminology used in food service. 2.B.01.02

3 Discuss the application of labor saving products. 2.B.01.03

4 Explain and demonstrate liquid and dry measures. 2.B.01.04

5 Explain mise en place. 2.B.01.05

6 Read, analyze and follow a standard recipe. 2.B.01.06

7 Identify ingredients used for cooking and baking. 2.B.01.07

8 Demonstrate knife skills according to current industry and OSHA standards. 2.B.01.08

2 **Apply the fundamentals of menu planning, ordering, receiving and storage.** 2.B.02

1 Plan a menu. 2.B.02.01

2 Order food products. 2.B.02.02

3 Cost out given recipe. 2.B.02.03

Fundamentals of Dining Room Operations 2.C

1 **Demonstrate dining room operations.** 2.C.01

1 Set up tables for service. 2.C.01.01

2 Set up various dining room stations for service (e.g., beverages, condiments, bread, salads, etc.). 2.C.01.02

3 Arrange and maintain buffet table. 2.C.01.03

4 Conduct a pre-meal meeting. 2.C.01.0

5 Prepare and maintain restaurant and work stations for dining room service. 2.C.01.05

6 Identify the sequence/steps of service, including banquet and catering. 2.C.01.06

7 Identify and perform all methods of service. 2.C.01.07

Set up and break down a hot and cold buffet. 2.C.01.08

Prepare tray service. 2.C.01.09

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10 Perform the duties of a cashier. 2.C.01.10

11 Perform the duties of an expediter. 2.C.01.11

12 Perform duties of a dining room supervisor. 2.C.01.12

13 Perform host or hostess duties. 2.C.01.13

14 Explain methods used to accommodate customers. 2.C.01.14

15 Manage dining room floor plans. 2.C.01.15

16 Demonstrate a function set up using a banquet event order. 2.C.01.16

17 Compare the differences between a` la carte and banquet food service. 2.C.01.17

Fundamentals of Utility Services 2.D

1 **Demonstrate utility services** 2.D.01

1 Perform dishwashing services. 2.D.01.01

2 Clean and sanitize pots and pans. 2.D.01.02

3 Clean and sanitize kitchen work areas. 2.D.01.03

4 Clean and sanitize stationary equipment. 2.D.01.04

Fundamentals of Basic Nutrition 2.E

1 **Explain basic nutrition** 2.E.01

1 List the food groups in the current USDA Food Guide My Plate and the recommended daily servings from each. 2.E.01.01

2 Define calories (Kcals), Macro/Micro Nutrients and common food sources. 2.E.01.02

3 Describe a balanced diet and the methods for weight loss while maintaining a balanced diet. 2.E.01.03

4 Define RDA guidelines. 2.E.01.04

5 Summarize information provided on food labels. 2.E.01.05

6 Identify common food allergies and determine substitutions. 2.E.01.06

7 Identify recommended portions of food groups in a balanced diet. 2.E.01.07

8 Identify and prepare foods to meet special dietary needs. 2.E.01.08

Fundamentals of Cooking Methods 2.F

1 **Describe and demonstrate cooking methods.** 2.F.01

1 Identify cooking methods. 2.F.01.01

2 Demonstrate baking/roasting. 2.F.01.02

3 Demonstrate braising. 2.F.01.03

4 Demonstrate broiling. 2.F.01.04

5 Demonstrate deep-frying. 2.F.01.05

6 Demonstrate grilling. 2.F.01.06

7 Demonstrate griddling. 2.F.01.07

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8 Demonstrate pan-frying. 2.F.01.08

9 Demonstrate poaching. 2.F.01.09

10 Demonstrate sautéing. 2.F.01.10

11 Demonstrate steaming. 2.F.01.11

12 Demonstrate stewing 2.F.01.12

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2 Prepare grains, legumes, and starches 2.F.02

1 Identify, prepare and cook grains. 2.F.02.01

02. Identify, prepare and cook legumes. 2.F.02.02

03. Identify, prepare and cook rice. 2.F.02.03

4 Identify, prepare and cook pasta. 2.F.02.04

5 Identify, prepare and cook potatoes. 2.F.02.05

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3 Prepare stocks and sauces 2.F.03

1 Identify and prepare brown, white, fish, and vegetable stock. 2.F.03.01

2 Identify and prepare 5 mother sauces. 2.F.03.02

3 Identify and prepare intermediate and small sauces. 2.F.03.03

4 Identify and prepare non-roux-based sauces. 2.F.03.04

5 Identify and use thickening agents. 2.F.03.05

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4 Prepare soups. 2.F.04

1 Identify and prepare thick soups 2.F.04.01

2 Identify and prepare clear soups. 2.F.04.02

3 Identify and prepare specialty soups. 2.F.04.03

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5 Prepare various types of meat. 2.F.0

1 Identify various cuts and types of meat. 2.F.05.01

2 Cut and prepare meats for various cooking methods. 2.F.05.02

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6 Prepare various types of seafood. 2.F.06

1 Identify various cuts and types of seafood. 2.F.06.01

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7 Prepare various types of poultry. 2.F.07

1 Identify various cuts and types of poultry. 2.F.07.01

2 Cut and prepare poultry for cooking methods. 2.F.07.02

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8 Prepare sandwiches 2.F.08

1 Identify types of sandwiches. 2.F.08.01

Prepare basic and specialty sandwiches. 2.F.08.02

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9 **Prepare breakfast meats, eggs, cereals and batter products.** 2.F.09

1 Identify and prepare breakfast meats. 2.F.09.01

2 Identify and prepare eggs. 2.F.09.02

3 Identify and prepare cereals. 2.F.09.03

4 Identify and prepare batter products. 2.F.09.04

10 **Apply the fundamentals of Garde Manger, hors d'oeuvres, and appetizers** 2.F.10

1 Identify tools and equipment used in garde manger. 2.F.10.01

2 Prepare fruit and vegetable dishes and garnishes. 2.F.10.02

3 Present food using various buffet techniques. 2.F.10.03

4 Prepare hot and cold appetizers and hors d'oeuvres. 2.F.10.04

5 Prepare various marinades, salads, and dressings. 2.F.10.05

11 **Apply the fundamentals of baking.** 2.F.11

1 Identify ingredients used for baking. 2.F.11.01

2 Describe properties and list function of ingredients. 2.F.11.02

3 Define baking terms. 2.F.11.03

4 Select equipment and utensils for specific baking applications. 2.F.11.04

5 Identify mixing methods used in baking. 2.F.11.05

6 Identify healthy alternatives and substitutions used in baking. 2.F.11.06

12 **Prepare baked goods.** 2.F.12

1 Identify various baked goods, including yeast-raised products, quick-breads, muffins, pies, pie dough products, cakes, cookies, and paté-a-choux. 2.F.12.01

2 Multiply and reduce a recipe for baked goods. 2.F.12.02

3 Prepare, bake, and finish lean dough products. 2.F.12.03

4 Prepare, bake, and finish rich dough products. 2.F.12.04

5 Prepare, bake, and finish rolled-in products. 2.F.12.05

6 Prepare, bake, and finish quick breads, biscuits, and muffins. 2.F.12.06

7 Prepare, bake, and finish pie dough and pie dough products. 2.F.12.07

8 Prepare, bake, and finish fat type cakes. 2.F.12.08

9 Prepare, bake, and finish egg foam cakes. 2.F.12.09

10 Prepare, bake, and finish cookies using different make-up methods. 2.F.12.10

11 Prepare, bake, and finish pâte-à-choux based desserts. 2.F.12.11

Prepare frostings and finish baked goods 2.F.13

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1 Identify and prepare various types of frostings and icings. 2.F.13.01

2 Prepare baked goods to be finished. 2.F.13.02

3 Frost cakes and pastries. 2.F.13.03

4 Make borders and floral designs for decorated cakes. 2.F.13.0

5 Inscribe a cake. 2.F.13.05

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14 Prepare desserts. 2.F.14

1 Identify non-baked desserts commonly created in a bakery. 2.F.14.01

2 Prepare and cook custards and fillings. 2.F.14.02

3 Prepare specialty desserts. 2.F.14.03

4 Prepare plated desserts. 2.F.14.04