Mississippi CTE

# Culinary Arts I (2025)

## Unit 1: Orientation 1

1 **Identify house and program policies and procedures and compare/contrast them with industry policies and procedures. DOK1** 1.1

- a Discuss the school/district handbook and all safety procedures for classroom and building levels. 1.1.A
- b Preview local program and building/center policies and procedures, including dress code, attendance, acceptable use of technology (including personal devices in the school and workplace), academic requirements, discipline, lab rules and regulations, and transportation regulations. 1.1.B
- c Preview course objectives and the industry standards and discuss the importance of students knowing the content of the course and how it will be delivered. 1.1.C

2 **Examine opportunities provided by student organizations, including SkillsUSA and Family, Career, and Community Leaders of America (FCCLA). DOK2** 1.2

- a Discuss leadership and personal development in accordance with student organization guidelines and provide the opportunity for all students to participate in leadership roles and/or develop as students. 1.2.A
- b Work as a team to brainstorm ideas for a community service project according to student organization guidelines in which the knowledge and skills learned throughout the course can be used to improve the lives of others. 1.2.B
- c Explore career and technical student organizations (CTSO) competitive events. 1.2.C

3 **Apply college and career readiness skills. DOK4** 1.3

- a Exhibit excellent written and verbal communication skills. 1.3.A
- b Assess personal skills, abilities, aptitudes, strengths, and weaknesses as they relate to college and career exploration and development. 1.3.B

## Unit 2: Overview of the Foodservice and Hospitality Industry 2

1 **Identify career opportunities in the culinary and hospitality industry. DOK1** 2.1

- a Identify career opportunities in the culinary industry, including but not limited to communication writers, food stylists, marketers, research and development, food science, sales, dietitians, food production, food processing, accounting, entrepreneurs, trainers, and grocery store and deli managers. 2.1.A
- b Differentiate between commercial and noncommercial restaurant industries. 2.1.B

Skip to main content

**dentify the attributes and duties of a culinary professional. DOK1** 2.2

a List the attributes of a professional culinarian, including work ethic, knowledge, skill, flavor, aroma, taste, judgment, dedication, pride, respect, personal responsibility, and education. 2.2.A

b Identify the positions and responsibilities of the kitchen (back-of-the-house) and dining room (front-of-the-house) brigade systems. 2.2.B

c Discuss organizational goals and why they should be specific, measurable, achievable, relevant, and time-bound (SMART). 2.2.C

**3 Examine the importance of service, positive dining experience, service styles, and proper setup in the foodservice industry. DOK2** 2.3

a Identify the characteristics of good service, including first impressions and anticipating customers' special needs. 2.3.A

b Identify and discuss greeting, taking guests' orders, suggestive selling techniques, and conflict resolution with customer complaints. 2.3.B

c Demonstrate setting, serving, and clearing items properly for American table service. 2.3.C

**Unit 3: Food Safety Basics** 3

**1 Examine the importance of food safety. DOK2** 3.1

a Define foodborne illness and foodborne illness outbreak. 3.1.A

b Identify and define biological, chemical, and physical hazards that can contaminate food. 3.1.B

c Determine personal behaviors that can contaminate food. 3.1.C

1 Poor personal hygiene 3.1.C.1

2 Cross-contamination 3.1.C.2

3 Time-temperature abuse 3.1.C.3

4 Poor cleaning and sanitizing 3.1.C.4

**2 Describe the importance of good personal hygiene. DOK1** 3.2

a Demonstrate how, when, and where to properly wash hands. 3.2.A

b Identify other hand care guidelines such as nail care, wound care, glove usage, and allowed jewelry. 3.2.B

c Describe the appropriate work attire and personal grooming for the foodservice industry. 3.2.C

d List the reasons why an employee would be prevented from working with food or in food operations. 3.2.D

1 Fever, vomiting, diarrhea, jaundice, etc. 3.2.D.1

**3 Examine the importance of knowing the Big 6 Pathogens. DOK2** 3.3

Skip to main content

a Identify the Big 6 Pathogens as the most common foodborne illness. 3.3.A

1 Norovirus 3.3.A.1

2 Hepatitis A 3.3.A.2

3 Salmonella Typhi 3.3.A.3

4 Non-typhoidal Salmonella 3.3.A.4

5 E. coli 3.3.A.5

6 Shigella 3.3.A.6

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**4 Identify the proper methods for controlling time and temperature for food safety. DOK1** 3.4

a Identify foods that need time and temperature control for safety (TCS foods). 3.4.A

b Identify and discuss the temperature danger zone. 3.4.B

c Demonstrate the proper use and care of thermometers, including calibration. 3.4.C

d Outline the proper procedures for each stage of the Flow of Food. 3.4.D

1 Receiving, storing, thawing, prepping, cooking (minimal internal temperature), holding, cooling, reheating, and serving food, including the proper tools and equipment used to perform these tasks 3.4.D.1

e Identify populations at higher risk for foodborne illness. 3.4.E

1 Elderly people 3.4.E.1

2 Preschool-age children 3.4.E.2

3 People with compromised immune systems 3.4.E.3

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**5 Examine and apply the proper methods for preventing cross-contamination. DOK4** 3.5

a Discuss the prevention of cross-contamination when receiving, storing, prepping, and serving food, as well as in self-service areas. 3.5.A

b Identify and demonstrate the proper storage of utensils, equipment, chemicals, and cleaning supplies. 3.5.B

c Discuss the proper procedures for when cross-contamination occurs. 3.5.C

Skip to main content

d List the Big 9 common food allergens. 3.5.D

1 Peanuts 3.5.D.1

2 Tree nuts 3.5.D.2

3 Eggs 3.5.D.3

4 Dairy 3.5.D.4

5 Shellfish 3.5.D.5

6 Fish 3.5.D.6

7 Wheat 3.5.D.7

8 Soy 3.5.D.8

9 Sesame 3.5.D.9

e Discuss the proper procedures for preparing, cooking, and serving food to prevent cross-contact. 3.5.E

f Discuss the proper procedures for when cross-contact occurs. 3.5.F

**6 Apply proper cleaning and sanitizing techniques. DOK2** 3.6

a Differentiate between cleaning and sanitizing. 3.6.A

b Identify and demonstrate the proper procedures for cleaning and sanitizing surfaces, tools, and equipment, including washing, rinsing, sanitizing, and air-drying. 3.6.B

c Conduct the proper procedure to ensure the effectiveness of sanitizers. 3.6.C

d Discuss and demonstrate the proper setup, use, and maintenance of a three-compartment sink and dishwasher. 3.6.D

e Discuss the proper procedure for handling garbage. 3.6.E

f Identify signs of pest presence in the workplace, including droppings, nests, and damage to products, packaging, and the facility. 3.6.F

**Unit 4: Safety in the Workplace** 4

**1 Examine the importance of workplace safety to customers and employees. DOK2** 4.1

a Discuss the legal responsibility of the Occupational Safety and Health Administration (OSHA) and its importance in the safety and protection of employees. 4.1.A

b Describe the Hazard Communication Standard (HCS) requirements for employers. 4.1.B

c Identify and utilize safety data sheets (SDS). 4.1.C

d Evaluate procedures to implement emergency plans in the foodservice industry. 4.1.D

**pply safe work habits to prevent injuries. DOK3** 4.2

Demonstrate ways to use personal protective equipment (PPE) to prevent injuries. 4.2.A

Skip to main content

b Classify the types of fires (A, B, C, and K) and determine the proper extinguisher application. 4.2.B

c Demonstrate the procedures to extinguish a fire - pull, aim, squeeze, sweep (PASS). 4.2.C

d Describe hazards that contribute to injury due to slips, trips, or falls and the procedures for cleaning up spills. 4.2.D

e Explore the proper use of ladders, proper lifting and carrying procedures to avoid injury, and the correct and safe use of knives, including handling, walking, passing, washing, and storing. 4.2.E

3 **Demonstrate proper emergency techniques and procedures utilized in the foodservice industry.** 1.3

a Demonstrate basic first-aid procedures for choking, cuts, burns, sprains, strains, and allergic reactions. 1.3.A

b Describe the importance of high-quality cardiopulmonary resuscitation (CPR) and its impact on survival. 1.3.B

c Describe the techniques for relief of foreign-body airway obstruction for an adult, child, and infant. 1.3.C

**Unit 5: Utilizing Standardized Recipes and Culinary Math** 5

1 **Examine standardized recipes and why restaurants use them. DOK2** 5.1

a Identify the components of a standardized recipe. 5.1.A

1 Name/title 5.1.A.1

2 Yield 5.1.A.2

3 Ingredients (in order of use) 5.1.A.3

4 Portion size 5.1.A.4

5 Directions (including temperature and time) 5.1.A.5

b Explain why standardized recipes are used throughout the foodservice industry. 5.1.B

c Convert a recipe to a standardized recipe. 5.1.C

2 **Define and demonstrate mise en place.** 5.2

3 **Apply basic math concepts to food preparation skills. DOK2** 5.3

a Identify standard measuring abbreviations. 5.3.A

Skip to main content

b List the common equivalents of weights and measures, including the following: 5.3.B

1 3 tsp = 1 tbsp 5.3.B.1

2 16 tbsp = 1 c 5.3.B.2

3 8 oz = 1 c 5.3.B.3

4 16 oz = 1 lb 5.3.B.4

5 All gallon equivalents 5.3.B.5

c Differentiate between weight and volume. 5.3.C

d Demonstrate the proper use of the measuring devices for liquid, dry, and weighed ingredients, including measuring cups, measuring spoons, and scales. 5.3.D

e Convert a standardized recipe to smaller and greater quantities using conversion factors. Define the following terms: 5.3.E

1 Doubling 5.3.E.1

2 Tripling 5.3.E.2

3 Quadrupling 5.3.E.3

4 Half 5.3.E.4

5 Third 5.3.E.5

6 Fourth 5.3.E.6

f Explain terms such as yield, waste, as purchased (AP), edible portion (EP), recipe cost, food cost, portion cost, labor cost, and overhead. 5.3.F

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**Unit 6: Equipment** 6

1 **Demonstrate the use and maintenance of various knives used in the kitchen. DOK2** 6.1

a Identify the different parts of a knife, including the blade, cutting edge, spine, tip, heel bolster, tang, handle, rivets, scales, and butt. 6.1.A

b Discuss and demonstrate the particular purpose of the knives below. 6.1.B

1 Boning 6.1.B.1

2 Chef 6.1.B.2

3 Paring 6.1.B.3

4 Serrated 6.1.B.4

c Discuss the maintenance of knives, including sharpening and honing. 6.1.C

d Demonstrate basic knife cuts, including mince, dice, and julienne. 6.1.D

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2 **Identify the use and maintenance of various small equipment used in the kitchen. DOK1** 6.2

Skip to main content

a Identify and discuss using and maintaining hand tools and small equipment. 6.2.A

1 Cheesecloth 6.2.A.1

2 China cap 6.2.A.2

3 Colander 6.2.A.3

4 Ladle 6.2.A.4

5 Mandolin 6.2.A.5

6 Spatula (offset and rubber) 6.2.A.6

7 Sifter 6.2.A.7

8 Skimmer 6.2.A.8

9 Tongs 6.2.A.9

10 Wire whip 6.2.A.10

11 Zester 6.2.A.11

b Identify and discuss the use and maintenance of pots and pans. 6.2.B

1 Bain-marie 6.2.B.1

2 Cast iron 6.2.B.2

3 Chafing dishes 6.2.B.3

4 Double boiler 6.2.B.4

5 Hotel pan 6.2.B.5

6 Saucepan 6.2.B.6

7 Sauté pan 6.2.B.7

8 Sheet pan 6.2.B.8

9 Stockpot 6.2.B.9

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3 **Identify the use and maintenance of various large food preparation equipment used in the kitchen. DOK1** 6.3

a Identify and discuss the use and maintenance of powered food preparation equipment, including a stand and handheld mixer and attachments, a food processor, and a blender. 6.3.A

b Identify and discuss the use and maintenance of the large food preparation equipment used to cook food. 6.3.B

1 Conventional oven 6.3.B.1

2 Convection oven 6.3.B.2

3 Deep-fat fryer 6.3.B.3

4 Griddle 6.3.B.4

5 Grill 6.3.B.5

Skip to main content

6 Microwave oven 6.3.B.6

7 Range 6.3.B.7

c Demonstrate maintenance (deep cleaning) of at least one major piece of equipment. 6.3.C

## Unit 7: Techniques 7

**1 Define and provide examples of various food preparation techniques. DOK1** 7.1

a Define and give examples of dry-heat cooking methods. 7.1.A

1 Baking 7.1.A.1

2 Broiling 7.1.A.2

3 Deep-frying 7.1.A.3

4 Grilling 7.1.A.4

5 Pan-frying 7.1.A.5

6 Roasting 7.1.A.6

7 Sautéing 7.1.A.7

8 Stir-frying 7.1.A.8

b Define and give examples of moist-heat cooking methods. 7.1.B

1 Blanching 7.1.B.1

2 Boiling 7.1.B.2

3 Poaching 7.1.B.3

4 Simmering 7.1.B.4

5 Steaming 7.1.B.5

c Define and give examples of combination cooking methods, including braising and stewing. 7.1.C

d Demonstrate one cooking technique for each of the following: 7.1.D

1 Dry-heat 7.1.D.1

2 Moist-heat 7.1.D.2

3 Combination 7.1.D.3

**2 Define and provide examples of other cooking methods, including microwaving and sous vide. DOK1** 7.2

**3 Describe and demonstrate the storage and preparation of potatoes. DOK2** 7.3

a Discuss the methods to select, receive, and store potatoes. 7.3.A

b Identify, describe, and demonstrate the best cooking method for each of the following potatoes: 7.3.B

1 Russet (Idaho) potato 7.3.B.1

2 Chef potato 7.3.B.2

3 New potato 7.3.B.3

4 Sweet potato 7.3.B.4

Skip to main content

4 **Describe and demonstrate the storage and preparation of legumes and grains.** 7.4

- a Discuss the methods to select, receive, and store legumes and grains. 7.4.A
- b Demonstrate pilaf or risotto preparation. 7.4.B

5 **Describe and demonstrate the storage and preparation of pasta and dumplings.** 7.5

- a Discuss how to select, receive, and store pasta and dumplings. 7.5.A
- b Demonstrate the proper procedure for preparing a basic pasta (including the resting stage) and cooking it al dente. 7.5.B
- c Identify gnocchi, fettuccini, penne, orzo, fusilli, and spaetzle. 7.5.C

6 **Identify and prepare sauces. DOK2** 7.6

- a Identify the grand/mother sauces, including béchamel, espagnole, tomato, hollandaise, and velouté. 7.6.A
- b Describe common thickeners for sauces, including roux and slurry. 7.6.B
- c Define liaison and tempering as it relates to making a sauce. 7.6.C
- d Properly prepare a sauce of your choice. 7.6.D
- e Identify and describe compound butter, coulis, au jus, and chutney, properly preparing at least one of these. 7.6.E

**Unit 8: Bake Shop Basics** 8

1 **Describe bake shop basics. DOK1** 8.1

- a List the common categories of baking ingredients and examples of each. 8.1.A
  - 1 Strengtheners: flour and eggs 8.1.A.1
  - 2 Fats/shortenings: butter and oils 8.1.A.2
  - 3 Sweeteners: sugars, syrups 8.1.A.3
  - 4 Flavorings: extracts and spices 8.1.A.4
  - 5 Leaveners: baking powder (chemical), baking soda (chemical), yeast (organic), and steam (physical) 8.1.A.5
  - 6 Thickeners: cornstarch, flour, and eggs 8.1.A.6
  - 7 Liquids: water, milk, cream, eggs, honey, molasses, and butter 8.1.A.7
  - 8 Additives: food coloring 8.1.A.8
- b Differentiate between baking formulas and standardized recipes. 8.1.B

Skip to main content

c Identify other essential bakery terms: 8.1.C

1 Knead 8.1.C.1

2 Gluten 8.1.C.2

3 Proof 8.1.C.3

4 Rest 8.1.C.4

5 Bloom 8.1.C.5

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**2 Identify and prepare various quick breads and cookies. DOK2** 8.2

a Define and give examples of quick breads, including muffins, biscuits, cookies, and scones. 8.2.A

b Demonstrate the three mixing methods for preparing quick breads: creaming, biscuit, and muffin. 8.2.B

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**3 Describe cake decorating essentials. DOK1** 8.3

a Define and give examples of equipment: 8.3.A

1 Piping bag 8.3.A.1

2 Piping tips 8.3.A.2

3 Cake board 8.3.A.3

4 Turntable 8.3.A.4

5 Offset spatula 8.3.A.5

6 Bowl scraper 8.3.A.6

b Define different types of icings: 8.3.B

1 Buttercream 8.3.B.1

2 Royal icing 8.3.B.2

3 Ganache 8.3.B.3

4 Whipped cream 8.3.B.4