

Culinary Arts 1 (8275)

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A Demonstrating Personal Qualities and Abilities CA1.1

- 1 Demonstrate creativity and innovation. CA1.1.1
 - 2 Demonstrate critical thinking and problem solving. CA1.1.2
 - 3 Demonstrate initiative and self-direction. CA1.1.3
 - 4 Demonstrate integrity. CA1.1.4
 - 5 Demonstrate work ethic. CA1.1.5
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B Demonstrating Interpersonal Skills CA1.2

- 6 Demonstrate conflict-resolution skills. CA1.2.6
 - 7 Demonstrate listening and speaking skills. CA1.2.7
 - 8 Demonstrate respect for diversity. CA1.2.8
 - 9 Demonstrate customer service skills. CA1.2.9
 - 10 Collaborate with team members. CA1.2.10
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C Demonstrating Professional Competencies CA1.3

- 11 Demonstrate big-picture thinking. CA1.3.11
- 12 Demonstrate career- and life-management skills. CA1.3.12
- 13 Demonstrate continuous learning and adaptability. CA1.3.13
- 14 Manage time and resources. CA1.3.14
- 15 Demonstrate information-literacy skills. CA1.3.15
- 16 Demonstrate an understanding of information security. CA1.3.16
- 17 Maintain working knowledge of current information-technology (IT) systems. CA1.3.17
- 18 Demonstrate proficiency with technologies, tools, and machines common to a specific occupation. CA1.3.18
- 19 Apply mathematical skills to job-specific tasks. CA1.3.19
- 20 Demonstrate professionalism. CA1.3.20
- 21 Demonstrate reading and writing skills. CA1.3.21
- 22 Demonstrate workplace safety. CA1.3.22

D Examining All Aspects of an Industry CA1.4

- 23 Examine aspects of planning within an industry/organization. CA1.4.23
- 24 Examine aspects of management within an industry/organization. CA1.4.24
- 25 Examine aspects of financial responsibility within an industry/organization. CA1.4.25
- 26 Examine technical and production skills required of workers within an industry/organization. CA1.4.26
- 27 Examine principles of technology that underlie an industry/organization. CA1.4.27
- 28 Examine labor issues related to an industry/organization. CA1.4.28
- 29 Examine community issues related to an industry/organization. CA1.4.29
- 30 Examine health, safety, and environmental issues related to an industry/organization. CA1.4.30

E Addressing Elements of Student Life CA1.5

- 31 Identify the purposes and goals of the student organization. CA1.5.31
- 32 Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult. CA1.5.32
- 33 Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects. CA1.5.33
- 34 Identify Internet safety issues and procedures for complying with acceptable use standards. CA1.5.34

F Exploring Work-Based Learning CA1.6

- 35 Identify the types of work-based learning (WBL) opportunities. CA1.6.35
- 36 Reflect on lessons learned during the WBL experience. CA1.6.36
- 37 Explore career opportunities related to the WBL experience. CA1.6.37
- 38 Participate in a WBL experience, when appropriate. CA1.6.38

G Balancing Work and Family CA1.7

- 39 Analyze the meaning of work and the meaning of family. CA1.7.39
- 40 Compare how families affect work life and how work life affects families. CA1.7.40
- 41 Identify management strategies for balancing work and family roles. CA1.7.41

H Exploring Culinary Arts CA1.8

- 42 Explore the history of culinary arts. CA1.8.42
- 43 Describe the role of food and foodways in the history of Virginia. CA1.8.43
- 44 Identify the duties and responsibilities of each member of the classical kitchen brigade. CA1.8.44
- 45 Investigate careers in the culinary arts and hospitality industries. CA1.8.45

I Understanding Kitchen Safety CA1.9

- 46 Implement kitchen safety procedures. CA1.9.46
- 47 Explain safety data sheets (SDS). CA1.9.47
- 48 Describe safety hazards in food service operations. CA1.9.48
- 49 Demonstrate the use of cleaners and sanitizers. CA1.9.49
- 50 Explain the classes of fires and the method of extinguishing each. CA1.9.50
- 51 Describe professional knife safety. CA1.9.51
- 52 List the regulatory agencies, laws, and regulations that govern safety in the food service environment. CA1.9.52

J Understanding Kitchen Sanitation CA1.10

- 53 Identify microorganisms related to food contamination. CA1.10.53
- 54 Identify food-borne illnesses, including their causes and symptoms. CA1.10.54
- 55 Explain factors that make foods potentially hazardous. CA1.10.55
- 56 Explain safe food handling, production, storage, and service procedures. CA1.10.56
- 57 Identify personal hygiene and health practices. CA1.10.57
- 58 Identify common food allergies. CA1.10.58
- 59 Complete a daily sanitation inspection. CA1.10.59
- 60 Follow a schedule and standard procedures for cleaning and sanitizing equipment and facilities. CA1.10.60
- 61 Identify industry-standard waste disposal and recycling procedures. CA1.10.61
- 62 Describe measures for pest control and eradication in the food service environment. CA1.10.62
- 63 List the agencies and regulations that govern sanitation in the food service environment. CA1.10.63

K Exploring the Purchasing and Receiving of Goods CA1.11

- 64 List the requirements for receiving and storing raw foods, prepared foods, and dry goods. CA1.11.64
- 65 Conduct an inventory of food and nonfood items. CA1.11.65
- 66 Explain the regulations for inspecting and grading foods. CA1.11.66
- 67 Outline the flow of food from grower to buyer. CA1.11.67
- 68 Explain formal and informal purchasing methods. CA1.11.68
- 69 Describe the purpose of a requisition. CA1.11.69
- 70 Describe market fluctuations and their effects on product cost. CA1.11.70
- 71 Explain the legal and ethical considerations of purchasing. CA1.11.71
- 72 Describe the importance of product specifications. CA1.11.72
- 73 Evaluate foods to determine conformity with specifications. CA1.11.73
- 74 Describe the steps in receiving and storing nonfood items. CA1.11.74

L Understanding Nutritional Principles CA1.12

- 75 Explain USDA nutritional guidelines. CA1.12.75
- 76 Explain concepts related to energy balance. CA1.12.76
- 77 Describe the nutritional components of food. CA1.12.77
- 78 Evaluate personal diets, using the recommended dietary allowances. CA1.12.78
- 79 Explain cooking and storage techniques that promote maximum retention of nutrients. CA1.12.79

M Applying Food-Preparation Techniques CA1.13

- 80 Identify hand tools and utensils used in food preparation. CA1.13.80
- 81 Demonstrate knife skills. CA1.13.81
- 82 Identify operation of kitchen equipment. CA1.13.82
- 83 Identify the uses of a variety of cookware. CA1.13.83
- 84 Describe the components of a standardized recipe. CA1.13.84
- 85 Follow a standardized recipe. CA1.13.85
- 86 Explain dry-heat cooking methods. CA1.13.86
- 87 Explain moist-heat cooking methods. CA1.13.87
- 88 Explain combination cooking methods. CA1.13.88
- 89 Demonstrate scaling and measuring techniques for weight. CA1.13.89
- 90 Demonstrate scaling and measuring techniques for volume. CA1.13.90
- 91 Apply time-management principles to planning, preparing, and serving food. CA1.13.91
- 92 Design a kitchen workstation to facilitate preparation of a menu item. CA1.13.92
- 93 Describe uses of herbs, spices, oils, vinegars, and condiments. CA1.13.93
- 94 Identify common red meat carcasses and their utilizations. CA1.13.94
- 95 Identify types of poultry and their utilizations. CA1.13.95
- 96 Identify types of fish and their utilizations. CA1.13.96
- 97 Identify types of shellfish and their utilizations. CA1.13.97
- 98 Explain the preparation methods and pairings for stocks, soups, and sauces. CA1.13.98
- 99 Identify fruits, vegetables, and farinaceous items. CA1.13.99
- 100 Identify a variety of breakfast meats. CA1.13.100
- 101 Identify a variety of egg products. CA1.13.101
- 102 Identify a variety of breakfast cereals. CA1.13.102
- 103 Identify breakfast batter products. CA1.13.103
- 104 Prepare a variety of breakfast meats. CA1.13.104
- 105 Prepare eggs using various methods. CA1.13.105
- 106 Prepare hot breakfast cereals. CA1.13.106
- 107 Prepare breakfast batter products. CA1.13.107

N Exploring Garde Manager Techniques CA1.14

- 108 Prepare cold salads. CA1.14.108
 - 109 Prepare cold dressings. CA1.14.109
 - 110 Prepare cold sandwiches. CA1.14.110
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O Exploring Baking Fundamentals CA1.15

- 111 Define baking terms. CA1.15.111
 - 112 Identify equipment and utensils used in baking. CA1.15.112
 - 113 Identify the ingredients used in baking and their functions. CA1.15.113
 - 114 Prepare quick breads CA1.15.114
 - 115 Prepare pies and tarts. CA1.15.115
 - 116 Prepare cookies. CA1.15.116
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P Serving in the Dining Room CA1.16

- 117 Describe the types of table service and table settings. CA1.16.117
 - 118 Communicate with diverse customers. CA1.16.118
 - 119 Demonstrate beverage service. CA1.16.119
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Q Using Business and Mathematics Skills CA1.17

- 120 Determine food costs. CA1.17.120
 - 121 Demonstrate recipe conversion. CA1.17.121
 - 122 Identify culinary units of measurement and measurement tools. CA1.17.122
 - 123 Prepare a handwritten guest check. CA1.17.123
 - 124 Identify types of dining establishments. CA1.17.124
 - 125 Demonstrate procedures for marketing to customers. CA1.17.125
 - 126 Describe the interrelationships and workflow between dining room and kitchen operations. CA1.17.126
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R Investigating the Food Service Industry CA1.18

- 127 Describe the scope of the food service industry within the hospitality industry. CA1.18.127
- 128 Identify professional food service organizations. CA1.18.128