Virginia CTE

Introduction to Culinary Arts (8250)

Introduction to Culinary Arts (8250) ICA

A Demonstrating Personal Qualities and Abilities ICA.1

1 Demonstrate creativity and innovation. ICA.1.1

2 Demonstrate critical thinking and problem solving. ICA.1.2

3 Demonstrate initiative and self-direction. ICA.1.3

4 Demonstrate integrity. ICA.1.4

5 Demonstrate work ethic. ICA.1.5

B Demonstrating Interpersonal Skills ICA.2

6 Demonstrate conflict-resolution skills. ICA.2.6

7 Demonstrate listening and speaking skills. ICA.2.7

8 Demonstrate respect for diversity. ICA.2.8

9 Demonstrate customer service skills. ICA.2.9

10 Collaborate with team members. ICA.2.10

C Demonstrating Professional Competencies ICA.3

11 Demonstrate big-picture thinking. ICA.3.11

12 Demonstrate career- and life-management skills. ICA.3.12

13 Demonstrate continuous learning and adaptability. ICA.3.13

14 Manage time and resources. ICA.3.14

15 Demonstrate information-literacy skills. ICA.3.15

16 Demonstrate an understanding of information security. ICA.3.16

17 Maintain working knowledge of current information-technology (IT) systems. ICA.3.17

18 Demonstrate proficiency with technologies, tools, and machines common to a specific occupation. ICA.3.18

19 Apply mathematical skills to job-specific tasks. ICA.3.19

20 Demonstrate professionalism. ICA.3.20

.1 Demonstrate reading and writing skills. ICA.3.21

.2 Demonstrate workplace safety. ICA.3.22

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D Examining All Aspects of an Industry ICA.4

23 Examine aspects of planning within an industry/organization. ICA.4.23

24 Examine aspects of management within an industry/organization. ICA.4.24

25 Examine aspects of financial responsibility within an industry/organization. ICA.4.25

26 Examine technical and production skills required of workers within an industry/organization. ICA.4.26

27 Examine principles of technology that underlie an industry/organization. ICA.4.27

28 Examine labor issues related to an industry/organization. ICA.4.28

29 Examine community issues related to an industry/organization. ICA.4.29

30 Examine health, safety, and environmental issues related to an industry/organization. ICA.4.30

E Addressing Elements of Student Life ICA.5

31 Identify the purposes and goals of the student organization. ICA.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. ICA.5.32

33 Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects. ICA.5.33

34 Identify Internet safety issues and procedures for complying with acceptable use standards. ICA.5.34

F Exploring Work-Based Learning ICA.6

35 Identify the types of work-based learning (WBL) opportunities. ICA.6.35

36 Reflect on lessons learned during the WBL experience. ICA.6.36

37 Explore career opportunities related to the WBL experience. ICA.6.37

38 Participate in a WBL experience, when appropriate. ICA.6.38

G Balancing Work and Family ICA.7

39 Analyze the meaning of work and the meaning of family. ICA.7.39

40 Compare how families affect work life and how work life affects families. ICA.7.40

41 Identify management strategies for balancing work and family roles. ICA.7.41

H Exploring Culinary Arts ICA.8

42 Describe the origins and development of culinary arts. ICA.8.42

43 Identify career options, occupational venues, and entrepreneurial opportunities in culinary arts professions and food-related industries. ICA.8.43

44 Describe the duties of selected positions in the culinary arts professions and food-related industries. ICA.8.44

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45 Identify specialized markets and entrepreneurial opportunities in culinary arts professions and food-related industries. ICA.8.45

I Investigating Kitchen Safety ICA.9

46 Identify physical hazards in the kitchen and procedures for avoiding them. ICA.9.46

47 Identify chemical hazards in the kitchen. ICA.9.47

48 Implement kitchen safety procedures. ICA.9.48

J Investigating Food Safety and Sanitation Measures ICA.10

49 Describe the latest advancements in food safety. ICA.10.49

50 Explain food-borne illnesses. ICA.10.50

51 Identify federal, state, and local food safety requirements. ICA.10.51

52 Demonstrate the principles and procedures of safe food handling. ICA.10.52

K Exploring the Foundations of Culinary Preparations ICA.11

53 Identify the components of a standardized recipe. ICA.11.53

54 Select hand tools and utensils for food preparation tasks. ICA.11.54

55 Identify kitchen equipment for use in food preparation. ICA.11.55

56 Demonstrate mise en place. ICA.11.56

57 Describe time-management principles in food service. ICA.11.57

58 Explain concepts of taste and flavor. ICA.11.58

L Demonstrating Basic Culinary Skills ICA.12

59 Demonstrate basic knife skills. ICA.12.59

60 Identify cooking methods in food preparation. ICA.12.60

61 Describe food-science principles in food preparation. ICA.12.61

62 Prepare stocks, soups, and sauces. ICA.12.62

63 Demonstrate techniques for scaling and measuring volume and weight. ICA.12.63

64 Demonstrate recipe conversion, using conversion factors (CFs) and formulas. ICA.12.64

65 Demonstrate basic baking and pastry techniques. ICA.12.65

66 Describe a kitchen workstation. ICA.12.66

M Demonstrate suture removal. ICA.13

67 Explain the types of dining service. ICA.13.67

68 Describe influences on the development of various cuisines. ICA.13.68

69 Summarize trends in current cuisines. ICA.13.69

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N Exploring Menu Development ICA.14

70 Describe the sources and functions of nutrients. ICA.14.70

71 Evaluate a food label. ICA.14.71

72 Evaluate a recipe for nutritional values and preparation process. ICA.14.72

73 Design menus to meet culinary trends. ICA.14.73

74 Identify special dietary needs and preferences of various consumer groups. ICA.14.74

75 Modify a recipe to meet the special dietary needs or preferences of a selected consumer group. ICA.14.75

76 Explain food-resource management. ICA.14.76

O Introducing the Economics of Food ICA.15

77 Describe how to determine food costs. ICA.15.77

78 Identify the cost components of food production. ICA.15.78

79 Evaluate environmental factors relating to food costs. ICA.15.79