

# 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

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### 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

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### 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
- 21 Demonstrate reading and writing skills. ICA.3.21
- 22 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

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**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

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**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

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**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

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**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

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