

Introduction to Culinary Semester Overview

Semester 1	
Units	Objectives
Safety and Sanitation	<ul style="list-style-type: none"> ● Identify characteristics of major food borne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention. ● Use knowledge of systems for documenting, investigating, reporting, and preventing food borne illness ● Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods, and between raw and ready-to-eat foods.
Kitchen Equipment and Measuring	<ul style="list-style-type: none"> ● Operate tools and equipment following safety procedures ● Maintain tools and equipment following safety procedures ● Demonstrate procedures for safe and secure storage of equipment ● Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving, including hand tools and small ware.
Nutrients	<ul style="list-style-type: none"> ● Evaluate nutrition principles, food plans, preparation techniques, and specialized dietary plans <ul style="list-style-type: none"> ○ Analyze nutritional data ○ Critique the selection of foods to promote a healthy lifestyle ● Apply basic concepts of nutrition and nutritional therapy in a variety of settings <ul style="list-style-type: none"> ○ Analyze nutritional needs of individuals ● Evaluate the nutritional needs of individuals and families in relation to health and wellness across the lifespan

	<ul style="list-style-type: none"> ○ Analyze sources of food and nutrition information, including food labels, related to health and wellness
<p>Breads</p>	<ul style="list-style-type: none"> ● Demonstrate food safety and sanitation procedures <ul style="list-style-type: none"> ○ Identify characteristics of major food borne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention ○ Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and between raw and ready-to-eat foods ● Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment <ul style="list-style-type: none"> ○ Operate tools and equipment following safety procedures ○ Maintain tools and equipment following safety procedures ○ Demonstrate procedures for safe and secure storage of equipment and tools ○ Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving, including hand tools and small ware ● Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs <ul style="list-style-type: none"> ○ Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods ○ Prepare breads, baked goods and desserts using safe handling and professional preparation techniques

<p>Fruits & Vegetables</p>	<ul style="list-style-type: none"> ● Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs <ul style="list-style-type: none"> ○ Demonstrate professional skills in safe handling of knives, tools, and equipment ○ Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods ○ Prepare various fruits, vegetables, starches and legumes using safe handling and professional preparation techniques
<p>Dairy Products</p>	<ul style="list-style-type: none"> ● Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs <ul style="list-style-type: none"> ○ Demonstrate professional skills in safe handling of knives, tools, and equipment ○ Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods ○ Prepare dairy products using safe handling and professional preparation techniques ● Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans <ul style="list-style-type: none"> ○ Apply principles of food production to maximize nutrient retention in foods ○ Critique the selection of foods to promote a healthy lifestyle
<p>Eggs</p>	<ul style="list-style-type: none"> ● Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet

customer needs

- Demonstrate professional skills in safe handling of knives, tools, and equipment
- Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods
- Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques

★ Semester 1: 18 weeks, 87 student contact days

★ Semester 2: 20 weeks, 88 student contact days