

## Culinary Essentials Semester Overview

Semester 1	
Unit Title	Objectives/Standards
Unit 1: Food Safety & Sanitation	<ul style="list-style-type: none"> <li>● Identify characteristics of major food borne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention.</li> <li>● Use knowledge of systems for documenting, investigating, reporting, and preventing food borne illness</li> <li>● Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods, and between raw and ready-to-eat foods.</li> </ul>
Unit 2: Hazard Analysis Critical Control Points (HACCP)	<ul style="list-style-type: none"> <li>● Operate tools and equipment following safety procedures</li> <li>● Maintain tools and equipment following safety procedures</li> <li>● Demonstrate procedures for safe and secure storage of equipment</li> <li>● Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving, including hand tools and small ware.</li> </ul>
Unit 3: Knives & Smallwares	<ul style="list-style-type: none"> <li>● Operate tools and equipment following safety procedures</li> <li>● Maintain tools and equipment following safety procedures</li> <li>● Demonstrate procedures for safe and secure storage of equipment</li> <li>● Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving, including hand tools and small ware.</li> </ul>
Unit 4: Culinary Nutrition	<ul style="list-style-type: none"> <li>● Analyze nutritional data</li> <li>● Critique the selection of foods to promote a healthy lifestyle</li> <li>● Analyze nutritional needs of individuals</li> <li>● Analyze sources of food and nutrition</li> </ul>

	<p>information, including food labels, related to health and wellness</p> <ul style="list-style-type: none"> <li>• Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.</li> </ul>
Unit 5: Standardized Recipes	<ul style="list-style-type: none"> <li>• Record performance of menu items to analyze sales and determine menu revisions</li> <li>• Apply principles of measurement, portion control, conversions, food cost analysis and control, menu terminology, and menu pricing to menu planning</li> </ul>
Unit 6: Cooking Techniques	<ul style="list-style-type: none"> <li>• Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</li> <li>• Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods</li> </ul>
Unit 7: Seasonings & Flavorings	<ul style="list-style-type: none"> <li>• Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.</li> </ul>
Unit 8: Breakfast Cookery	<ul style="list-style-type: none"> <li>• Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</li> <li>• Demonstrate professional plating, garnishing, and food presentation techniques.</li> <li>• Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods</li> <li>• Prepare breakfast meats, eggs, cereals,</li> </ul>

	<p>and batter products using safe handling and professional preparation techniques</p>
<p>Unit 9: Garde Manger Basics</p>	<ul style="list-style-type: none"> <li>● Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</li> <li>● Demonstrate professional plating, garnishing, and food presentation techniques.</li> <li>● Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding a variety of foods.</li> <li>● Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.</li> <li>● Prepare various salads, dressings, marinades, and spices using safe handling and professional preparation techniques.</li> </ul>
<p>Unit 10: Sandwiches &amp; Appetizers</p>	<ul style="list-style-type: none"> <li>● Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</li> <li>● Demonstrate professional plating, garnishing, and food presentation techniques.</li> <li>● Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding a variety of foods.</li> <li>● Prepare sandwiches, canapes and appetizers using safe handling and professional preparation techniques.</li> </ul>
<p>Unit 11: Stocks, Sauces, &amp; Soups</p>	<ul style="list-style-type: none"> <li>● Demonstrate professional skill for a</li> </ul>

	<p>variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</p> <ul style="list-style-type: none"> <li>● Demonstrate professional plating, garnishing, and food presentation techniques.</li> <li>● Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods</li> <li>● Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques.</li> </ul>
Unit 12: Poultry	<ul style="list-style-type: none"> <li>● Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</li> <li>● Demonstrate professional plating, garnishing, and food presentation techniques.</li> <li>● Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding a variety of foods.</li> <li>● Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques.</li> </ul>
Unit 13: Meat	<ul style="list-style-type: none"> <li>● Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</li> <li>● Demonstrate professional plating, garnishing, and food presentation techniques.</li> <li>● Apply the fundamentals of time, temperature, and cooking methods to</li> </ul>

	<p>cooking, cooling, reheating, and holding a variety of foods.</p> <ul style="list-style-type: none"> <li>• Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques.</li> </ul>
Unit 14: Pasta & Grains	<ul style="list-style-type: none"> <li>• Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</li> <li>• Demonstrate professional plating, garnishing, and food presentation techniques.</li> <li>• Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding a variety of foods.</li> </ul>
Unit 15: Baking Techniques	<ul style="list-style-type: none"> <li>• Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</li> <li>• Demonstrate professional plating, garnishing, and food presentation techniques.</li> <li>• Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding a variety of foods.</li> <li>• Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.</li> </ul>
Unit 16: Yeast Breads	<ul style="list-style-type: none"> <li>• Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</li> <li>• Demonstrate professional plating, garnishing, and food presentation</li> </ul>

	<p>techniques.</p> <ul style="list-style-type: none"> <li>• Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding a variety of foods.</li> <li>• Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.</li> </ul>
Unit 17: Quick Breads	<ul style="list-style-type: none"> <li>• Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</li> <li>• Demonstrate professional plating, garnishing, and food presentation techniques.</li> <li>• Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding a variety of foods.</li> <li>• Prepare breads, baked goods and desserts using safe handling and professional preparation techniques</li> </ul>
Unit 18: Desserts	<ul style="list-style-type: none"> <li>• Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</li> <li>• Demonstrate professional plating, garnishing, and food presentation techniques.</li> <li>• Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding a variety of foods.</li> <li>• Prepare breads, baked goods and desserts using safe handling and professional preparation techniques</li> </ul>

★ Semester 1: 18 weeks, 87 student contact days

★ Semester 2: 20 weeks, 88 student contact days