

Introduction to Culinary Semester Overview

Semester 1	
Units	Objectives
Unit 1: 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.
Unit 2: 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.
Unit 3: Nutrients	<ul style="list-style-type: none"> ● Evaluate nutrition principles, food plans, preparation techniques, and specialized dietary plans ● Apply basic concepts of nutrition and nutritional therapy in a variety of settings ● Evaluate the nutritional needs of individuals and families in relation to health and wellness across the lifespan
Unit 4: Grains	<ul style="list-style-type: none"> ● Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans ● Apply principles of food production to maximize nutrient retention in foods

	<ul style="list-style-type: none"> ● Critique the selection of foods to promote a healthy lifestyle
Unit 5: Breads	<ul style="list-style-type: none"> ● Demonstrate food safety and sanitation procedures ● Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment ● Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs
Unit 6: Fruits & Vegetables	<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
Unit 7: Dairy Products	<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
Unit 8: Eggs	<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 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