

PRE-CULINARY

Ketchikan School District

(Date when course last reviewed/updated__2007

Pre-requisite Courses(s): none

High School Credit:.5 Postsecondary credit = no

Pathway: Human Services Career Cluster Area: Hospitality and Tourism

Source of Occupational Skills Standards: National Restaurant Association

Eligibility for Nationally Recognized Skill Certificates(s)/State License? Yes; ServSafe Sanitation Certificate

Tech Prep: yes

Is this course brokered through another institution or agency? University of Alaska Anchorage

Course Description:

Pre-culinary introduces students to the culinary part of the hospitality field. It exposes them to the basic skills and knowledge necessary to pursue the culinary field. It will also introduce the students to the ProStart curriculum developed by the National Restaurant Association as a part of the school-to career approach to learning. Class size is limited to 15 and requires an application process.

Content Headings/Topics:

Introduction to the Hospitality Industry
Basic Knife Skills
Cooking Methods
Job Shadowing

Career Opportunities
Recipe and Measuring Skills
Nutrition
Culinary lunch participation

Kitchen Safety and Sanitation
Basic Food Preparation
Basic Service Skills

Performance Standards

	Specific Occupational skills	Ak Reading Writing Math,Science Performance Standards	Ak Content Standards Technology	Ak Employability Standards	Ak Cultural	All Aspects of Industry Standards ***	Assessment
1. The students will understand and apply sanitation, safety and first aid procedures throughout the course.	PCA 100 101	R4.6	none	A	A,D,E	8,9	Written & Performance
2. The student will learn and utilize commercial grade equipment.	PCA 109		none	A	none	1,3,4,5, 7,8,9	Written & Performance
3. The student will learn the use of small commercial equipment and tools.	PCA 109	A 2.4.1	none	A	none	1,3,4,5 7,8,9	Written & Performance
4. The student will learn basic bakery duties.	PCA 102 103, 108 109	R 4.6 A 2.4.3	none	A	C,D,E,F	1,3,4,7 8,9	Performance
5. The student will learn to prepare basic breakfast foods.	PCA 102 105,108 109		none	A	A,D,E	1,3,4,7 8,9	Performance
6. The student will learn to prepare basic salads, sandwiches and use of spices.	PCA 103 106, 108		none	A	A,D,E	1,3,4,7 8,9	Performance
7. The student will participate in the Culinary Lunch Program	PCA 103 106, 108		None	A		1,3,4,8,9	Performance

Recommended Resources: (websites, textbooks, essential equipment, reference materials, supplies)

Pro Start, National Restaurant Association: Becoming a Restaurant and Foodservice Professional, Second Edition, National Restaurant Association Educational Foundation, 2005. ISBN: 1-58280-117-7

ServSafe, National Restaurant Association: Essentials, Second Edition National Restaurant Association Educational Foundation, 2002. ISBN: 1-58280-072-3

Foundation Education, The National Restaurant Association: Applied Food Service Sanitation, 3rd Edition, New York, John Wiley & Son, 1985 ; ISBN 0-471-63671-1

Gisslen, Wayne, Professional Cooking, New York John Wiley & Sons Inc., 1983

Gisslen, Wayne, Instructor’s Manual for Professional Cooking, New York John Wiley & Sons, Inc. ISBN 0-471-89521—0

Resources:

- Northern Sales Wholesale
- Food Services of America
- Guest Chefs from local restaurants.
- Various cooking equipment, utensils
- Paper and plastic goods
- Foods for preparations