

CULINARY 1

Ketchikan School District

Pre-requisite Courses(s): Pre-Culinary and/or Instructor Approval

High School Credit: 1.0 (.5 per semester) **Postsecondary credit =** yes, if attending UAA

Pathway: Human Services **Career Cluster Area:** Hospitality and Tourism

Source of Occupational Skills Standards: National Restaurants Association

Eligibility for Nationally Recognized Skill Certificates(s)/State License? Yes; ServSafe Certification Certificate from Retail Bakers Association; Certificate from National Restaurants Association

Tech Prep: yes

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

Course Description:

This course introduces students to careers in the food service and teaches them the basic skills and knowledge needed for success in the food service industry. Culinary Arts 1 is a ProStart curriculum developed by the National Restaurant Association as a part of the school-to career approach to learning. Class size is limited to 12 and requires an application process.

Content Headings/Topics:

| | | |
|--|-----------------------------|------------------------|
| Introduction to the Hospitality Industry | Career Opportunities | Knife Skills |
| Kitchen Safety and Sanitation ServSafe Certification | Recipe and Measuring Skills | Food Service Equipment |
| Food Preparation | Cooking Methods | Nutrition |
| Service Skills | Customer Relations | |
| Job Shadowing and Paid Internships | Culinary lunch Preparation | |

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 student will understand and apply sanitation, safety and first aid procedures throughout the course | PCA 100, 101 | R: 4.6 | none | A | A,D,E | 8,9 | Written Performance |
| 2. The students will learn and perform various service duties. | PCA 102 103,108 109 | A 2.4.1 W: A,B | none | A | A,D,E | 1,3,4,7,9 | Performance |
| 3. The student will learn and utilize large commercial grade equipment. | PCA 109 | A 2.4.1 | none | A | none | 1,3,4,8,9 | Written Performance |
| 4. The student will learn and demonstrate the use of small commercial grade tools and equipment. | PCA 109 | A 2.4.1 | none | A | none | 1,3,4,8,9 | Written Performance |
| 5. The students will learn and perform bakery and pastry duties. | PCA 102 103, 108 109 | R: 4.6 A 2.4.3 | none | A | A,D,E | 1.3.4.5.7 8,9 | Performance |
| 6. The students will prepare hot foods. | PCA 102-105, 108,109 | | none | A | A,D,E | 1,3,4,8,9 | Performance |
| 7. The student will participate in Job Shadowing and/or paid internships | None | | none | A | | 1,3,4,6, 8,9 | Written Evaluation |

1-Planning 2- Management 3-Finance 4- Tech/Prod. Skills 5- Princ. Of Tech 6- Labor Issues 7- community 8- Health, Safety, Envir. 9- Personal Work Habits

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

Clark, Marily; Mchaffery, John; St. John, Michael; and Weihmann, Jan Hart. You’re Hired! Book Two Getting the Right Job. Chicago: Contemporary Books, Inc. 1992

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