

# Learning Standards for the Culinary Program of Study

Mt. Hood CTE Consortium

(The following list was created/edited by teachers at the secondary and post-secondary level in conjunction with local industry partners. These learning standards represent the common core that all teachers in the region will be responsible for teaching during the entire high school program of study.)

## **A INTRODUCTION TO THE HOSPITALITY INDUSTRY**

- A 01 Explain the history of culinary arts and the food industry
- A 02 Explain the career hierarchy
- A 03 Distinguish between different levels of skills and expertise
- A 04 Distinguish between different levels of industry
- A 05 Explain the complexity of opening a restaurant
- A 06 Explain the purpose of uniforms
- A 07 Express knowledge about new trends and the future of the food industry
- A 08 Describe what is expected of food industry employees
- A 09 Explain why cooking skills must be mastered before managerial skills
- A 10 Describe and demonstrate professional ethics
- A 11 Explain cost control measures
- A 12 Demonstrate use of computers and software related to the food industry
- A 13 Identify equipment commonly used in the Hospitality/Culinary Arts industry
- A 14 Demonstrate a commitment for the food industry
- A 15 Demonstrate needed organizational skills
- A 16 Demonstrate effective people/communication skills
- A 17 Demonstrate accomplishment of general education skills (i.e., basic math, reading, and writing)

## **B WEIGHTS AND MEASURES**

- B 01 Students will compute number of servings based on average serving size
- B 02 Students will perform calculations and conversions using fractions, decimals, and percentages
- B 03 Students will perform basic weight and volume conversions including wet and dry
- B 04 Weigh and measure accurately
- B 05 Students will perform basic mathematical operations pertaining to the food service industry (addition, subtraction, multiplication, division)

## **C SANITATION**

- C 01 Obtain a food handler's card
- C 02 Explain how and why different temperatures are used for sanitation
- C 03 Clean utensils and smaller equipment
- C 04 Clean standing equipment
- C 05 Demonstrate proper hand-washing techniques at appropriate times
- C 06 Demonstrate proper sanitation using the 3 Bay Sink Compartment
- C 07 Demonstrate proper floor care, including sweeping and mopping

- C 08 Demonstrate proper storage and handling of food
- C 09 Demonstrate proper storage of waste
- C 10 Describe the dangers of cross-contamination

**D SAFETY**

- D 01 Explain common food allergies
- D 02 Explain first aid procedures
- D 03 Explain the need for emergency policies
- D 04 Describe the appropriate emergency policies for kitchen and dining room injuries (i.e., fire, prevention and control)
- D 05 Demonstrate proper lifting techniques (i.e., prevention of back strain, etc.)
- D 06 Demonstrate burn prevention techniques
- D 07 Demonstrate cut prevention techniques
- D 08 Demonstrate knife usage and safety (i.e., which knife to use, how to carry, and how to lay down)
- D 09 Demonstrate proper knife sharpening techniques
- D 10 Demonstrate proper use of can fuel
- D 11 Describe the purpose and use of Material Safety Data Sheets

**E PURCHASING AND RECEIVING**

- E 01 Explain First In and First Out (FIFO) storage principles
- E 02 Explain the purchasing process
- E 03 Perform an accurate inventory of food and nonfood items
- E 04 Explain proper receiving techniques
- E 05 Describe the relationship between cost and inventory management
- E 06 Explain methods of receiving inspection of purchased goods

**F PRODUCT IDENTIFICATION**

- F 01 Identify cuts and/or grades of beef
- F 02 Identify cuts and/or grades of pork
- F 03 Identify cuts and/or grades of veal
- F 04 Identify types of poultry
- F 05 Identify types of seafood
- F 06 Identify types of starches
- F 07 Identify types of grains
- F 08 Identify types of fruits
- F 09 Identify types of vegetables
- F 10 Identify types of salad greens
- F 11 Identify types of herbs and spices
- F 12 Identify types of dairy

**G FOOD PREPARATION**

- G 01 Read and follow a recipe
- G 02 Demonstrate moist cooking (i.e., steaming, boiling, poaching)
- G 03 Demonstrate dry cooking (i.e., grilling)
- G 04 Cook with fat (i.e., frying, sautéing)

- G 05 Cook stocks, soups, and sauces
- G 06 Cut meat (i.e., butchering)
- G 07 Prepare salads and dressings
- G 08 Prepare marinades
- G 09 Prepare canapé and sandwiches
- G 10 Prepare hors d'oeuvres
- G 11 Prepare grains
- G 12 Prepare breads
- G 13 Prepare vegetables
- G 14 Prepare eggs
- G 15 Demonstrate food cleaning
- G 16 Demonstrate knife skills (i.e., chopping, slicing, dicing)
- G 17 Prepare pastries
- G 18 Demonstrate bakery skills
- G 19 Demonstrate rolling, kneading, and piping