

# 2023 Culinary Arts

## Program Standards

### CONTENT STANDARD 1.0: PROFESSIONAL ORGANIZATIONS AND LEADERSHIP

Performance Standard 1.1: Student Leadership in Career Technical Student Organizations (CTSO) and Professional Associations

- 1.1.1 Explore the role of professional organizations and/or associations in the culinary arts industry.
- 1.1.2 Define the value, role, and opportunities provided through career technical student organizations.
- 1.1.3 Engage in career exploration and leadership development.

### CONTENT STANDARD 2.0: CAREER PATHWAYS AND INDUSTRY PROFESSIONAL STANDARDS

Performance Standard 2.1: Professional Foodservice Industry, History, Traditions, and Current Trends

- 2.1.1 Describe the history of the foodservice industry.
- 2.1.2 Identify global trends in the foodservice industry (e.g., sustainability, local sourcing, limiting waste, gas/electric usage, purchasing disposables, social networking/marketing, farm-to-table).
- 2.1.3 Compare types of international and regional cuisines.

Performance Standard 2.2: Career Paths and Opportunities in Foodservice Industries

- 2.2.1 Identify the major positions in a professional kitchen (e.g., chef, sous chef, chef de cuisine, pastry chef, line cooks, production staff, steward department, catering/banquet) and non-commercial positions (e.g., retail, food science, nutrition, food development/entrepreneurial outlets, food stylist).
- 2.2.2 Write an education and career plan.
- 2.2.3 Describe certification options and professional organizations available to the industry (e.g., postsecondary technical certifications, Culinary Institute of America, American Culinary Federation, food manager protection certifications).
- 2.2.4 Identify components of a business plan.

Performance Standard 2.3: Professional and Ethical Workplace Behaviors in the Foodservice Industry

- 2.3.1 Describe the standards for professional attire in the foodservice industry.
- 2.3.2 Identify ethical issues in the industry (e.g., personal illness/safety, substance use/abuse).
- 2.3.3 Demonstrate helpful, courteous, and attentive customer service skills.
- 2.3.4 Collaborate with team members.

### CONTENT STANDARD 3.0: SANITATION AND SAFETY

Performance Standard 3.1: Risk Management, Workplace Safety, and Food Safety

- 3.1.1 Identify the primary foodborne illnesses, symptoms, and their causes.
- 3.1.2 Describe the need for emergency plans and safety training.
- 3.1.3 List the steps in reporting an accident or injury incident (i.e., OSHA requirements).
- 3.1.4 Describe basic first aid practices and when they are needed.
- 3.1.5 List the procedures for storing hazardous chemicals in a food service operation.
- 3.1.6 Identify fire hazards and fire safety response.

### Performance Standard 3.2: Safe Food Handling Principles

- 3.2.1 Demonstrate personal hygiene practices and health procedures and report symptoms of illness.
- 3.2.2 Demonstrate awareness of the FDA Model Food Code (most current edition) and local health department regulations.
- 3.2.3 Describe the function of HACCP (Hazard Analysis Critical Control Point).
- 3.2.4 Identify how food becomes unsafe (e.g., allergens, cross-contamination, receiving/rejecting food, time and temperature control).
- 3.2.5 Demonstrate storage procedures for various foods and supplies (e.g., dry, refrigerated, frozen, chemicals, paper goods).
- 3.2.6 Apply inventory control related to FIFO (i.e., first in, first out) and par levels.

## CONTENT STANDARD 4.0: FOOD SERVICE SKILLS, EQUIPMENT, AND PRODUCTION

### Performance Standard 4.1: Food Service Tools and Equipment

- 4.1.1 Identify tools and equipment in a food service workplace.
- 4.1.2 Match tools and equipment to their intended use.
- 4.1.3 Perform a safety check before and maintenance after using tools and equipment.

### Performance Standard 4.2: Knife Skills

- 4.2.1 Demonstrate how to handle, sharpen, and maintain knives.
- 4.2.2 Select the correct type of knife for its function.
- 4.2.3 Demonstrate basic knife cuts.

### Performance Standard 4.3: Workplace *Mise en Place*

- 4.3.1 Execute *mise en place* for front-of-house and back-of-house.
- 4.3.2 Create preparation (i.e., prep) lists and timelines.
- 4.3.3 Determine weights and measures for scaling (e.g., weight vs. volume, wet vs. dry).
- 4.3.4 Identify measuring instruments.
- 4.3.5 Demonstrate measuring techniques.
- 4.3.6 Read and follow a standardized recipe.
- 4.3.7 Alter yields, based on a standardized recipe.

### Performance Standard 4.4: Presentation Techniques

- 4.4.1 Create garnishes for specific food items (e.g., soups, entrées, desserts, beverages, appetizers).
- 4.4.2 Demonstrate plating techniques (e.g., dine-ware selection, plating principles).

## CONTENT STANDARD 5.0: MENU PLANNING PRINCIPLES

### Performance Standard 5.1: Nutrition Principles and Specialized Dietary Plans

- 5.1.1 Incorporate basic nutrition knowledge into menu planning.
- 5.1.2 Propose changes in a menu or recipe to fit various dietary needs (e.g., gluten-free, dairy-free, avoiding the eight allergens).
- 5.1.3 Apply Dietary Guidelines for Americans and MyPlate to plan meals.

### Performance Standard 5.2: Menu Writing Principles

- 5.2.1 Identify a variety of menu formats.
- 5.2.2 Describe factors (e.g., ingredient costs) that affect menu pricing.
- 5.2.3 Calculate menu pricing (e.g., food costs).
- 5.2.4 Plan a menu for a given scenario.
- 5.2.5 Describe inventory value as it relates to cost control.

## CONTENT STANDARD 6.0: BAKERY

### Performance Standard 6.1: Baked Goods

- 6.1.1 Identify baking ingredients and their functions.
- 6.1.2 Prepare various baked goods (e.g., yeast breads, quick breads, pastries).
- 6.1.3 Prepare cookies and cakes.
- 6.1.4 Prepare frozen desserts.
- 6.1.5 Identify environmental conditions affecting recipes (e.g., altitude, humidity, heat).

6.1.6 Calculate ingredient weights using baker's percentages.

### **CONTENT STANDARD 7.0: GARDE MANGER**

#### Performance Standard 7.1: Duties of the *Garde Manger*

- 7.1.1 Describe types of salads (e.g., pasta, protein, vegetable, fruit) and uses (e.g., dessert, starter, entrée, side).
- 7.1.2 Prepare creamy and vinaigrette dressings and dips.
- 7.1.3 Prepare salads.
- 7.1.4 Prepare sandwiches and side items.
- 7.1.5 Prepare appetizers and hors d'oeuvres (e.g., crudités, charcuterie, canapés).

### **CONTENT STANDARD 8.0: INGREDIENTS AND FOOD PRODUCTION**

#### Performance Standard 8.1: Spices, Oils and Vinegar, Fresh and Dried Herbs

- 8.1.1 Identify spices and their uses.
- 8.1.2 Identify fresh and dried herbs and their uses.
- 8.1.3 Identify oils and their uses.
- 8.1.4 Identify vinegars and their uses.

#### Performance Standard 8.2: Fruits and Vegetables

- 8.2.1 Identify fruits for intended uses.
- 8.2.2 Identify vegetables for intended uses.
- 8.2.3 Prepare uncooked fruits and vegetables.
- 8.2.4 Demonstrate cooking methods for fruits and vegetables.

#### Performance Standard 8.3: Pastas (i.e., Starches), Grains, and Legumes

- 8.3.1 Identify pasta, grains, and legumes.
- 8.3.2 Demonstrate a variety of cooking methods for pasta, grains, and legumes.

#### Performance Standard 8.4: Dairy Products and Eggs

- 8.4.1 Identify uses of dairy products in cooking (e.g., cheese, cream, milk).
- 8.4.2 Prepare dairy products.
- 8.4.3 Describe the functions of eggs (e.g., emulsifier, binder, coating).
- 8.4.4 Prepare eggs (e.g., scrambled, omelets, poached).

#### Performance Standard 8.5: Proteins

- 8.5.1 Identify proteins for the center of the plate (e.g., beef, chicken, seafood, pork).
- 8.5.2 Fabricate a chicken.
- 8.5.3 Prepare beef, poultry, pork, or seafood.

### **CONTENT STANDARD 9.0: STOCKS/SAUCES/SOUPS**

#### Performance Standard 9.1: Preparation of Stocks

- 9.1.1 Identify the components of stock.
- 9.1.2 Prepare stock.

#### Performance Standard 9.2: Preparation of Sauces

- 9.2.1 Identify the five mother sauces.
- 9.2.2 Prepare mother sauces and derivative small sauces.
- 9.2.3 Prepare nouvelle and ethnic sauces.
- 9.2.4 Demonstrate the use of thickening agents.

#### Performance Standard 9.3: Preparation of Soups

- 9.3.1 Identify the basic types of soup (e.g., broth, cream).
- 9.3.2 Prepare a broth and a cream soup.

### **CONTENT STANDARD 10.0: COOKING METHODS**

#### Performance Standard 10.1: Dry Heat, Moist Heat, and Combination Cooking Methods

- 10.1.1 Demonstrate methods of dry heat cooking with and without fat.
- 10.1.2 Demonstrate methods of moist heat cooking.
- 10.1.3 Demonstrate methods of combination cooking.
- 10.1.4 Describe *sous vide*.

## CONTENT STANDARD 11.0: FRONT-OF-THE-HOUSE PROCEDURES

### Performance Standard 11.1: Service Styles

- 11.1.1 Display a variety of table settings (e.g., lunch, fine dining, breakfast).
- 11.1.2 Perform a variety of service styles (e.g., American plated, French, Russian).
- 11.1.3 Perform table service (i.e., introduce, greet, seat, present menu) with customers.

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