Culinary Arts I Course Competencies

Demonstrating Workplace Readiness Skills: Personal Qualities and People Skills
1. Demonstrate positive work ethic.
2. Demonstrate integrity.
3. Demonstrate teamwork skills.
4. Demonstrate self-representation skills.
5. Demonstrate diversity awareness.
6. Demonstrate conflict-resolution skills.
7. Demonstrate creativity and resourcefulness.

Demonstrating Workplace Readiness Skills: Professional Knowledge and Skills
8. Demonstrate effective speaking and listening skills.
9. Demonstrate effective reading and writing skills.
10. Demonstrate critical-thinking and problem-solving skills.
11. Demonstrate healthy behaviors and safety skills.
12. Demonstrate an understanding of workplace organizations, systems, and climates.
13. Demonstrate lifelong-learning skills.
14. Demonstrate job-acquisition and advancement skills.
15. Demonstrate time-, task-, and resource-management skills.
16. Demonstrate job-specific mathematics skills.
17. Demonstrate customer-service skills.

Demonstrating Workplace Readiness Skills: Technology Knowledge and Skills
18. Demonstrate proficiency with technologies common to a specific occupation.
19. Demonstrate information technology skills.
20. Demonstrate an understanding of Internet use and security issues.
21. Demonstrate telecommunications skills.

Examining All Aspects of an Industry
22. Examine aspects of planning within an industry/organization.
23. Examine aspects of management within an industry/organization.
24. Examine aspects of financial responsibility within an industry/organization.
25. Examine technical and production skills required of workers within an industry/organization.
26. Examine principles of technology that underlie an industry/organization.
27. Examine labor issues related to an industry/organization.
28. Examine community issues related to an industry/organization.
29. Examine health, safety, and environmental issues related to an industry/organization.

Addressing Elements of Student Life
30. Identify the purposes and goals of the student organization.
31. Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult.
32. Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects.
33. Identify Internet safety issues and procedures for complying with acceptable use standards.

Balancing Work and Family
34. Analyze the meaning of work and the meaning of family.
35. Compare how families affect work life and how work life affects families.
36. Identify management strategies for balancing work and family roles.

Examining Safety and Sanitation
37. Identify the Hazard Analysis Critical Control Point (HACCP) during all food-handling processes as a method for minimizing the risk of foodborne illness.
38. Identify microorganisms related to food spoilage and foodborne illnesses.
39. Describe symptoms common to foodborne illnesses and how illness can be prevented.
40. Explain good personal hygiene/health practices.
41. Demonstrate safe food production, storage, and service procedures.
42. Identify potentially hazardous foods.
43. Identify common food allergens.
44. Demonstrate the safe use of cleaners and sanitizers.
45. Explain Material Safety Data Sheets (MSDS) and their requirements.
46. Conduct a sanitation inspection, identifying modifications necessary for compliance with standards.
47. Outline schedule and procedures for cleaning and sanitizing equipment and facilities.
48. Identify industry-standard waste-disposal and recycling methods.
49. Describe measures for insect, rodent, and pest control and eradication.
50. Identify physical hazards to the health and safety of employees.
51. Identify facility hazards in the work environment.
52. Outline emergency procedures for kitchen and dining room injuries.
53. Identify the classes of fires and the method for extinguishing each.

Applying Nutritional Principles
54. Identify governmental nutritional guidelines.
55. Evaluate diets, using the recommended dietary allowances.
56. Identify the principles of cooking and storage techniques for maximum retention of nutrients.

Applying Food-Preparation Techniques
57. Demonstrate basic knife skills.
58. Demonstrate basic hand tool(s) and utensil operation.
59. Demonstrate basic equipment operation.
60. Demonstrate basic uses of pots and pans.
61. Read and follow a recipe.
62. Prepare food from standardized recipes for menu production.
63. Analyze dry heat cooking methods: roasting, baking, broiling, grilling, griddling, sautéing, pan frying, and deep frying.
64. Analyze moist heat cooking methods: poaching, steaming, and boiling.
65. Analyze combination cooking methods: braising and stewing.
66. Demonstrate scaling and measurement techniques, using weight.
67. Demonstrate scaling and measurement techniques, using volume.
68. Identify herbs, spices, oils, and vinegars.
69. Identify and fabricate meats.
70. Identify and fabricate poultry.
71. Identify and fabricate fish.
72. Identify and fabricate shellfish.
73. Identify similarities and differences between stocks, soups, and sauces and their preparations.
74. Identify fruits, vegetables, and farinaceous items and their preparations.
75. Identify breakfast meats.
76. Identify different egg products.
77. Identify hot breakfast cereals.
78. Identify batter products.
79. Prepare breakfast meats.
80. Prepare eggs in a variety of ways.
81. Prepare hot breakfast cereals.
82. Prepare batter products.
83. Demonstrate food-presentation techniques.

Preparing Garde Manger
84. Prepare cold food: salad.
85. Prepare cold foods: dressings and marinades.
86. Prepare cold foods: dips and relishes.
87. Prepare cold food: sandwiches.
88. Prepare cold foods: canapés and hors d'oeuvres.
89. Demonstrate cold food presentation techniques.
90. Produce edible decorative pieces.

Learning Baking Fundamentals
91. Define baking terms.
92. Identify equipment and utensils used in baking.
93. Identify ingredients used in baking and their functions.
94. Prepare yeast products.
95. Prepare quick breads.
96. Prepare pies and tarts.
97. Prepare cookies.
98. Demonstrate dessert and baked goods presentation techniques.

Serving in the Dining Room
99. Demonstrate the general rules of table settings and service.
100. Demonstrate communication with diverse groups.
101. Identify types of dining service techniques.
102. Perform an on-site catered function.
103. Identify types of dining establishments.
104. Demonstrate procedures for marketing to customers.
105. Prepare and serve beverages.
106. Explain interrelationships and workflow between dining room and kitchen operations.

Using Business and Math Skills
107. Demonstrate recipe and formula conversions.
108. Demonstrate preparation of a guest check.
109. Perform calculations, using current technology.

Purchasing and Receiving Goods
110. List the requirements for proper receiving and storage of raw and prepared foods as well as non-food items.
111. List the formal and informal purchasing methods.
112. Describe the purpose of requisitions.
113. Describe market fluctuation and the effect on product cost.
114. Explain the legal and ethical considerations of purchasing.
115. Describe the importance of product specifications.
116. Explain current regulations for inspecting and grading of foods.
117. Evaluate received foods to determine conformity with user specifications and agreed-upon price.
118. Describe steps of receiving and storing food.
119. Describe the steps of receiving and storing cleaning supplies and chemicals.
120. Inventory food and non-food items.

Introducing the Hospitality Industry
121. Describe the scope of the hospitality industry.
122. Trace the growth and development of the hospitality industry.
123. Identify professional hospitality organizations.
124. Identify career opportunities.
125. Read industry trade periodicals.

Using Workplace Skills
126. Complete the mock job interview process, including preparation and follow-up.
127. Describe employee orientation.
128. Identify various training methods.
129. Identify types and methods of employee evaluation.
130. Identify techniques to resolve conflict and negotiate differences.
131. Identify federal and state employment laws.