

Basic Food Preparation

Hospitality & Tourism Cluster: Restaurant & Food & Beverage Services

Course Syllabus-Saraland High

Mrs. Munday- 2022-2023

****Saraland High School will abide by any/all state and local health agencies' directives.****

COURSE DESCRIPTION: This course introduces students to basic food production, management, and service activities in both the back- and front-of-the-house. Emphasis is placed on sanitation, safety, and basic food preparation. Skills in mathematics, science, and communication are reinforced in this course. The required school-based laboratory for the Hospitality and Tourism cluster is a commercial food service kitchen with a food serving and dining area. School-based laboratory experiences are essential for students to develop skills in the hospitality and tourism industry.

PREREQUISITE: Orientation to Hospitality

PROGRAM/INSTRUCTIONAL DELIVERY PLAN: This cluster prepares high school students for the management, marketing and operations of restaurants and other food services, lodging, attractions, recreation events and travel related services using real work, hands-on knowledge, and skills in commercial and professional lab settings. This program begins with the fundamentals and principles of the art of cooking, management and production skills, and techniques. The courses offered involve a commercial laboratory-based instructional setting. Students are expected to meet all course goals and demonstrate understanding of the underlying concepts. Instructional methods include lecture, videos, demonstrations, skills labs, projects, guest speakers, and business and industry tours or field trip. Students are expected to take part in class discussions, work in small and large groups, and submit all homework assignments and projects by the due date.

COURSE GOAL:

- Demonstrate a high level of professionalism by applying an understanding of foodservice principles and theories.
- Prepare a variety of foods, both savory and sweet using techniques as instructed and critically evaluate the finished products.
- Apply safe and sanitary work habits in a food service environment while properly using appropriate tools and equipment.
- Comprehend concepts related to the culinary arts profession.
- Demonstrate knowledge of knife skills and commercial food preparation equipment.
- Apply acceptable principles and processes to prepare a variety of foods.
- Demonstrate foundational knowledge of food preparation techniques.

ASSESSMENT PROCEDURES: Students will be assessed by their performance on projects, reports, presentations, paper-pencil tests, and lab assignments.

SAFETY TESTS: There is ONE formal test in the class that MUST be passed with 100% to receive credit. Students may take the test up to two (2) times without penalty. After that, the student will receive the highest grade received during their attempts. However, the student will NOT be allowed to participate in activities in which their safety could be a concern.

GRADING SCALE: Standard Based Assessments (Tests/Projects/Labs) – 60%
Formative Assessments (projects, quizzes, participation, etc.)- 40%

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CTSO: Career and technical student organizations (**FCCLA**) are integral, cocurricular components of each and technical education course. These organizations serve as a means to enhance classroom instruction helping students develop leadership abilities, expand workplace-readiness skills, and broaden opportunities for personal and professional growth.

EMBEDDED LITERACY/ NUMERACY: Entrepreneurship STAR Event FCCLA: Students will develop a plan for a new small business. Participants must prepare a portfolio containing a written business plan. The portfolio should contain business description, facility, supplies and equipment, organization chart, personnel management, funding sources, budget, laws, regulations, and codes, marketing plan.

STUDENT INDUSTRY CREDENTIAL: n/a

DUAL ENROLLMENT:



3 college credit hours

COURSE FEE:



There is a required **\$25.00** course fee which covers labs. Students who do not pay the course fee will not be able to participate in labs nor will they receive their schedule the following school year until the fee has been paid. Please take care of this as soon as possible.

SUPPLY LIST: 3 prong folder, pens and pencils, cell phone, laptop

COURSE OUTLINE:

Foundational Standards:

1. Incorporate safety procedures in handling, operating, and maintaining tools and machinery; handling materials; utilizing personal protective equipment; maintaining a safe work area; and handling hazardous materials and forces.
2. Demonstrate effective workplace and employability skills, including communication, awareness of diversity, positive work ethic, problem-solving, time management, and teamwork.
3. Explore the range of careers available in the field and investigate their educational requirements and demonstrate job-seeking skills including resume-writing and interviewing.
4. Advocate and practice safe, legal, responsible, and ethical use of information and technology tools specific to the industry pathway.
5. Participate in a Career and Technical Student Organization (CTSO) to increase knowledge and skills and to enhance leadership and teamwork.
6. Investigate various applicable professional organizations within the hospitality and tourism industry.

CULINARY ARTS I CONTENT STANDARDS:

Tools and Equipment

1. Outline compliance requirements for sanitation and health standards, including professional appearance and hygiene, use of protective gloves and clothing, correct food handling techniques, and correct use of knives and kitchen equipment.
2. Describe and demonstrate the correct use and maintenance of different types of knives and small equipment, including correct holding and cutting motions for classical knife cuts.
3. Describe equipment and procedures used for packing and transporting food, utensils, and equipment for catering, with emphasis on safety and sanitation.

Foundational Cooking Methods

4. Identify and describe practices, concepts, and equipment related to food preparation and service, using industry terminology.

Examples: terminology regarding food safety and sanitation, food preparation, and service

5. Demonstrate and explain professional cooking techniques for a variety of foods, including dry, moist, and combination heat cooking methods. Examples: sweet and savory foods, stocks, sauces, soups, salads, vegetables, starches, proteins, baked goods
6. Evaluate the taste, texture, aroma, and appearance of student-prepared foods.

Foodservice Management and Operations

7. Demonstrate planning and organizational skills in a professional foodservice setting.

Examples: mise en place, compiling a shopping list, tasks, costing, portion control, supervision, sanitizing

8. Demonstrate professional food presentation techniques, including plating, portion sizing, garnishing, and packaging.
9. Construct a standardized recipe, including correct formatting, measurements, terminology, As Purchased/Edible Portion (AP/EP) yields, costing and portioning, and nutritional information.
10. Design and set up venues for special occasions and events.
11. Investigate and compare current economic and environmental sustainability factors that impact the foodservice industry.

Examples: current food trends, availability and cost of seasonal foods, regional foods, farm to table

12. Compare and contrast the cost, efficiency, flavor, and appearance of convenience foods and scratch cooking in professional settings.

Examples: cost and labor feasibility of preparing beef stock from scratch vs. purchasing a prepared product

13. Describe procedures used by kitchen professionals to accommodate special diets, food allergies, and intolerances.
14. Create a business plan for a specific type of foodservice establishment.

Examples: restaurant, food stand, cafeteria, mobile food unit, bakery

- a. Develop a menu appropriate for the selected type of food service establishment.
- b. Develop standardized recipes and costing for the food service establishment's menu.
- c. List and justify the necessary equipment and facilities for the food service establishment.
- d. Determine staffing needs and job titles for the food service establishment.
- e. Develop a brand package including name, logo, and aesthetics for the food service establishment.