

CULINARY ESSENTIALS
Career Cluster: Hospitality & Tourism
Pathway: Restaurants and Food/Beverage Services



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Rm. 102/106

National Standards:

Food Production and Services
Content Standards 8.1, 8.2, 8.5, 8.7

Upon the completion of this course, the student will be able to:

The culinary world (Chapters 1, 5)

- Explain the various career opportunities available in the culinary world.
- Distinguish between the different levels of management in the culinary world.
- Demonstrate the desirable traits of a food service employee.

Food safety and sanitation (Chapters 6, 7, 8)

- Demonstrate an understanding of working in sanitary conditions.
- Distinguish between direct contamination and cross contamination.
- Identify the different hazards found in commercial kitchens.
- Identify potentially hazardous foods.
- Apply safe food preparation practices.
- Describe the temperature danger zone.
- Describe the flow of food.
- Apply HACCP procedures.

The professional kitchen (Chapters 9, 10)

- Identify work stations.
- Identify food preparation equipment.
- Identify cooking equipment.
- Describe the function of a steam table and a bain marie.

Mise en Place (Chapter 9)

- Explain the role of mise en place.
- Demonstrate mise en place.

Knife skills (Chapter 10)

- Identify the parts of a knife.
- Select appropriate knives for specific tasks.
- Demonstrate proper handling of a knife.
- Perform basic cutting techniques.

Garde-manger basics and food presentation (Chapter 18)

- Define the role of a garde-manger.
- Identify the types of food prepared in a garde-manger work station.
- Demonstrate proper use of tools used by a garde-manger.
- Prepare decorative garnishes.
- Prepare hors d'oeuvres platters.
- Demonstrate proper food presentation.

Herbs and spices (Chapter 16)

- Distinguish between an herb, spice, and a blend.
- Explain how to properly handle and store herbs, spices, and blends.
- Explain when to add seasonings and flavorings to foods.

Stocks and sauces (Chapter 20)

- Describe the characteristics of the basic types of stocks.
- Explain how to prepare stocks.
- Demonstrate how to prepare a stock.
- Describe the different types of sauces.
- Explain the various uses for sauces.
- Prepare a variety of sauces.
- Explain how to properly store stocks and sauces.

Dining today (Chapter 4)

- Identify the role and duties of each member of the service staff.
- Describe the different types of dining environments.
- Explain the characteristics of the various types of meal service.
- Demonstrate different styles of meal service.
- Demonstrate proper service skills.

Breakfast cookery (Chapter 17)

- Identify basic breakfast foods.
- Demonstrate how to prepare various breakfast foods.

Cooking techniques (Chapter 15)

- Contrast different cooking methods.
- Plan and prepare a meal that involves the various cooking techniques.
- Demonstrate dry cooking techniques.
- Demonstrate moist cooking techniques.
- Demonstrate combination cooking techniques.

Soups, sandwiches, and salads (Chapters 18, 19, 21)

- Identify the various categories of soups.
- Demonstrate how to prepare various soups, using commercial bases or stock.
- Present soups attractively garnished.
- Store soups safely for future use.
- Describe different types of sandwiches, spreads, and cheeses.
- List the tools needed at a sandwich preparation workstation.
- Prepare sandwiches efficiently.
- Identify the four main parts of a salad.
- Define the different types of salads.
- Prepare salads according to the principles of arrangement.
- Prepare salad dressings.

Desserts (Chapters 27, 30)

- Explain the functions of the ingredients used in baked goods.
- Identify different equipment and tools used when preparing baked goods.
- Identify characteristics and types of cookies.
- Prepare and store cookies properly.
- Describe the five types of cakes and their mixing methods.
- Demonstrate cake decorating techniques.
- Prepare specialty desserts.

Culinary nutrition and meal planning (Chapters 11, 12)

- Define the six categories of nutrients.
- Identify nutritious meals and the preparation methods used to prepare them.
- Describe the types and uses of food additives.
- Describe how age, activity level, lifestyle, and health influences dietary needs.
- Apply knowledge of special dietary needs to menu planning.
- List ways to reduce the amount of fat, cholesterol, and sodium in recipes.
- Prepare, cook, and store food to retain nutrients.
- Summarize the factors that influence a menu.
- Describe basic menu planning principles.
- Plan and prepare interesting menus that offer good nutrition and variety.

Required Materials

- Spiral bound lab manual (Replacement cost \$5.00)
- \$10.00 lab fee to be paid within the first two weeks of class
- Text book (Culinary Essentials, 2006 ed.)
- A writing utensil

How Your Grade Will Be Calculated

- ▶ Class assignments
- ▶ Participation in labs/ restaurant simulations
- ▶ Assessments
- ▶ Final
- ▶ Extra credit: You may cook two labs at home and fill out the extra credit sheets for up to 20 points in extra credit.

Your overall grade will be calculated taking 40% of your 1st quarter grade, 40% of your 2nd quarter, and your final will be worth 20% of your overall grade for this class.

Student Expectations

Due to the nature of this course, I expect you to treat everyone the way you want to be treated. Since the majority of the time during this semester will be spent discussing the topics mentioned above, it is vital that we create a warm and welcoming classroom environment where everyone's ideas are important. The basic rule that I have for all family and consumer education classes is to display respect. **RESPECT FOR YOURSELF, RESPECT FOR OTHERS, AND RESPECT FOR PROPERTY ARE A MUST!** If you are absent from school, keep in mind that you are expected to contact the teacher and get your missing work. If you are gone the day that an assignment, test, project, etc. is due, that particular item is due the same day you return. Refer to the student handbook.

In addition...

- ✓ When the bell rings you need to be in the classroom, **not in the doorway!!!**
- ✓ Tardiness will not be tolerated and the policy regarding tardiness will be enforced. If you have an unexcused tardy on the day of the lab you will have the option of serving a 25 minute lunch detention (and participating in the lab) or sitting out and receiving a zero for the lab.
- ✓ The tables and counter tops in this classroom are for classwork and labs, not backpacks, feet, etc. **BACKPACKS NEED TO BE PLACED IN THE CUBBIES WHEN YOU ENTER THE CLASSROOM!**
- ✓ Bathroom passes will not be issued the last ten minutes of class unless it is an EMERGENCY. In addition, trips to the bathroom during labs and tests will not be allowed unless absolutely necessary.
- ✓ Pop, candy, and food are not allowed in the classroom unless I tell you otherwise.

Missing Work Policy

You will lose 10% of the points your assignment is worth for each day that it is late. You will not be able to turn in an assignment once it is no longer worth anything. Exceptions may be made for special circumstances. Each student will receive one "free lab" per quarter. You will be excused once in the event that you are absent on a lab day. If you should miss more than one lab you will have to make that lab up at home, on your own time. Attached you will find a lab make up sheet that must be filled out in order to receive credit for your missing lab. Labs must be made up within a week of the absence.

Completion Points

Many of the assignments that we do in here will be graded based on completion points. When I grade assignments based on completion points I will be looking to make sure the assignment is completed thoroughly. I will also be looking to make sure that the answers are accurate. The amount an assignment is worth will depend on the length of the assignment. Please note that once we go through an assignment that is graded based on completion points and you do not have your assignment with you when it is due, you will only be allowed to turn it in 1 day late for half credit.

Grading Scale

A+	100%	A	92.5%	A-	89.5%
B+	87.5%	B	82.5%	B-	79.5%
C+	77.5%	C	72.5%	C-	69.5%
D+	67.5%	D	62.5%	D-	59.5%