



Scope and Sequence Curriculum Outline

Career Program: Culinary Arts I

DOE Code: 5440

Career Cluster: Hospitality and Human Services

Recommended Grade Levels: 11, 12

Prerequisites: None

High School Credits: 3 per semester (6 total per school year)

Additional Information: Counts as a Directed Elective or Elective for the General, Core 40, Academic Honors and Technical Honors diplomas

Program Description: A variety of opportunities and experiences are used to expose students to the areas of culinary arts and hospitality. Students gain experience in food safety and personal hygiene; sanitation and safety; regulations, procedures, and emergencies; food storage; basic culinary skills; culinary math; food preparation techniques; menu planning; food cost; use of tools and equipment; and serving. Students showcase their skills when preparing and serving food for events and functions throughout the school year and when operating the WCC restaurant. Intensive laboratory experiences with commercial applications are a required component of this program.

Alignment: Indiana Department of Education Academic Standards Course Framework; National Restaurant Association Educational Foundation Prostart Curriculum; Prostart I Certification; Ivy Tech Community College (dual credit agreement); ServSafe Safe Food Handler Certification; and *Foundations of Restaurant Management and Culinary Arts* (National Restaurant Association) textbook materials

Companion Documents: WCC Culinary Arts I Program Syllabus; WCC High School Pathway Plan; WCC Program Description Guide

Curriculum Content Summary:

- Introduction to the Hospitality Industry/Employability
- Food Safety and Personal Hygiene
- Sanitation and Safety
- Regulations, Procedures, and Emergencies
- Basic Culinary Skills
- Culinary Math
- Preparation Techniques and Applications

Content	Indiana DOE Standards	Knowledge & Skills <i>(Based on ProStart)</i>	Example Activities	Time Frame	Evaluation / Certification
<p>DOMAIN Introduction to the Hospitality Industry/Employability</p> <p>Core Standard I Students will establish a base knowledge of the hospitality industry related to a chosen career field</p>	<p>CAH-1.1 Describe the concept of hospitality and the philosophy of the hospitality industry</p> <p>CAH-1.2 Trace the growth and development of the hospitality and tourism industry</p> <p>CAH-1.3 Describe the contributions and various cuisines of leading culinarians</p> <p>CAH-1.4 Identify and evaluate professional organizations within the hospitality field</p> <p>CAH-1.5 Outline the organization, structure, and functional areas in various hospitality operations</p> <p>CAH-1.6 Examine trends, including technological trends, in the hospitality industry as they relate to career opportunities and the future of the industry</p> <p>CAH-1.7 Describe the principle characteristics of service in terms of both guest experience and operation's performance</p> <p>CAH-1.8 Explore the factors contributing to the growth of the travel and tourism industry and its economic impact</p>	<ul style="list-style-type: none"> • Define professionalism, and explain what it means to culinary professionals • Identify the two segments of the restaurant and foodservice industry, and give examples of businesses in each of them • Categorize the types of businesses that make up the travel and tourism industry • Outline the growth of the hospitality industry throughout the history of the world, emphasizing growth in the United States • List chefs who have made significant culinary contributions, and note their major accomplishments • List entrepreneurs who have influenced foodservice in the United States • Identify foodservice opportunities provided by the travel and tourism industry • Identify career opportunities offered by the travel and tourism industry • Identify the two major categories of jobs in the restaurant and foodservice industry • Name reasons why people travel • Describe the differences between leisure and business travelers • Identify national organizations that rate commercial lodging and foodservice establishments, and list factors used in making their rating judgments • List and describe the characteristic types of lodging operations • List and describe activities associated with front-desk operations • Able to take directions and is motivated to accomplish the task at hand • Dresses appropriately and uses language and manners suitable for the workplace • Demonstrates honesty, integrity, and reliability • Works well with all customers and coworkers • Communicates effectively with customers and coworkers • Reads and interprets workplace documents • Analyzes and resolves problems that arise • Organizes and implements a productive plan of work 	<ul style="list-style-type: none"> • Research project and presentation – Famous Chef or Entrepreneur • Plan a trip itinerary • Food Network videos • Escoffier demonstration/lab • SkillsUSA membership • Skill competitions • NTHS • Student ambassadors • Guest speakers • Field trips 	<p>1 week</p> <p>Reinforced all year through Restaurant and Catering events</p>	<ul style="list-style-type: none"> • Chapter 1 test • Classroom work • Weekly participation/lab work • Essential Skills Evaluation • Work Ethic Certification • Technical Skills Evaluation

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<p>DOMAIN Food Safety and Personal Hygiene</p> <p>Core Standard 2 Students will apply concepts of food safety and personal hygiene to ensure quality food Service</p>	<p>CAH-2.1 Apply the critical control points during all food handling processes as a method for minimizing the risk of food borne illness (HACCP system)</p> <p>CAH-2.2 Identify microorganisms that are related to food spoilage and food borne illnesses and describe their requirements and methods for growth</p> <p>CAH-2.3 Identify symptoms and prevention methods of foodborne illness</p> <p>CAH-2.4 Demonstrate good personal hygiene and health habits</p> <p>CAH-2.5 Use acceptable procedures when preparing potentially hazardous foods to include time/temperature principles</p> <p>CAH-2.6 Recognize signs and causes of food spoilage</p> <p>CAH-2.7 Outline the requirements for proper receiving and storage of both raw and prepared foods</p>	<ul style="list-style-type: none"> • Define what a foodborne-illness outbreak is, and list the costs associated with each one • Recognize risks associated with high-risk populations • Identify factors that affect the growth of pathogens (FAT TOM) • Identify characteristics of TCS food and list examples • Identify methods for preventing biological contamination • List guidelines for storing chemicals safely • Recognize the need for food defense systems • Identify the most common allergens and methods for preventing allergic reactions • Identify government agencies that regulate the restaurant and foodservice industry • List personal behaviors that can contaminate food • List the steps to proper handwashing, and identify when hands should be washed • Identify proper personal cleanliness practices and appropriate work attire • Identify ways to handle ready-to-eat food safely • Identify when foodhandlers should be prevented from working around food or from working in the operation • Identify ways to prevent cross-contamination • Identify ways to prevent time-temperature abuse • List different temperature-measuring devices and their uses • Identify characteristics of an approved food source • Identify criteria for accepting or rejecting food during receiving • Outline proper procedures for storing food • Identify the minimum internal temperature requirements for cooking various TCS food • Outline proper procedures for holding, cooling, and reheating TCS food • Identify ways to handle food ready for service • Outline proper procedures for preparing and serving food for off-site service • List the HACCP principles and explain their importance to food safety 	<ul style="list-style-type: none"> • ServSafe Food Handler online certification program 	<p>2 weeks</p> <p>Reinforced all year through Restaurant and Catering events</p>	<ul style="list-style-type: none"> • ServSafe Food Handler certification test • Chapter 2 test • Classroom work • Prostart I Certification • Weekly participation/lab work • Dual credit

Content	Indiana DOE Standards	Knowledge & Skills <i>(Based on ProStart)</i>	Example Activities	Time Frame	Evaluation / Certification
<p>DOMAIN Sanitation and Safety</p> <p>Core Standard 3 Students will evaluate design features and requirements for safe and sanitary facilities to establish compliance with local and federal regulatory agencies</p>	<p>CAH-3.1 Recognize sanitary and safety design and construction features of equipment and facilities for food production and hospitality (i.e., NSF, UL, OSHA, ADA)</p> <p>CAH-3.2 Describe current types of cleaners and sanitizers and demonstrate their proper use</p> <p>CAH-3.3 Review Material Safety Data Sheets (MSDS), explain their requirements in handling hazardous materials, and discuss right-to-know laws</p> <p>CAH-3.4 Implement schedules and procedures for cleaning and sanitizing equipment and Facilities</p> <p>CAH-3.5 Demonstrate proper methods of waste disposal and recycling</p> <p>CAH-3.6 Recognize appropriate measures for insect, rodent, and pest control eradication</p> <p>CAH-3.7 Conduct a sanitation self-inspection and identify modifications necessary for compliance with standards</p>	<ul style="list-style-type: none"> • Explain the difference between cleaning and sanitizing • Outline proper procedures for cleaning and sanitizing tools and equipment • Identify factors that affect the effectiveness of sanitizers • List the elements of a master cleaning schedule • Identify organizations that certify that equipment meets sanitation standards • Outline proper procedures for managing pests 	<ul style="list-style-type: none"> • ServSafe Food Handler online certification program 	<p>2 weeks</p> <p>Reinforced all year through Restaurant and Catering events</p>	<ul style="list-style-type: none"> • ServSafe Food Handler certification test • Chapter 3 test • Classroom work • Prostart I Certification • Weekly participation/lab work • Dual credit

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<p>DOMAIN Regulations, Procedures and Emergencies</p> <p>Core Standard 4 Students will implement appropriate emergency procedures to promote safety in the food service and hospitality workplace</p>	<p>CAH-4.1 List common causes of accidents and injuries in the foodservice and hospitality industry and outline a safety management program</p> <p>CAH-4.2 Demonstrate appropriate emergency policies for injuries in kitchens, dining rooms, and other hospitality areas</p> <p>CAH-4.3 Describe appropriate types and uses of fire extinguishers in foodservice and hospitality areas</p> <p>CAH-4.4 Review laws and rules of the regulatory agencies governing sanitation and safety in foodservice operation</p> <p>CAH-4.5 Identify and explain how blood-borne pathogens can spread, and how this can be Prevented</p> <p>CAH-4.6 Execute basic first-aid techniques and CPR</p>	<ul style="list-style-type: none"> • State who is legally responsible for providing a safe environment and ensuring safe practices • Define the role of Occupational Safety and Health Administration regulations • State the Hazard Communication Standard requirements for employers • List the requirements for storing hazardous chemicals in an operation • Explain the importance of general safety audits and safety training • Explain the importance of completing accident reports • Describe the purpose of an emergency plan • List ways to use protective clothing and equipment to prevent injuries • Identify electrical hazards that contribute to accidental fires • Classify different types of fires and fire extinguishers • Identify the cleaning frequency for equipment as a way to prevent fires • Outline the actions to take in the event of a fire at a restaurant or foodservice operation • Identify procedures for preventing slips, trips, and fall in a foodservice operation • Outline the procedure for cleaning up spills on floors • Demonstrate how to use ladders safely • Demonstrate proper lifting and carrying procedures to avoid injury • Demonstrate correct and safe use of knives • Outline basic first aid concepts and procedures • Recognize the importance of locking doors 	<ul style="list-style-type: none"> • CPR and first aid certification 	<p>2 weeks</p> <p>Reinforced all year through Restaurant and Catering events</p>	<ul style="list-style-type: none"> • CPR and first aid certification tests • Classroom work • Weekly participation/lab work • Dual credit

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<p>DOMAIN Basic Culinary Skills</p> <p>Core Standard 5 Students will apply and adapt basic culinary skills as needed to successfully utilize standardized recipes</p>	<p>CAH-5.1 Demonstrate knife skills, use of hand tools, and equipment operation, emphasizing proper safety and sanitation</p> <p>CAH-5.2 Demonstrate how to read and follow a standard recipe</p> <p>CAH-5.3 Identify and use industry standard equipment and utensils</p> <p>CAH-5.4 Demonstrate a variety of cooking methods including roasting and baking, broiling, smoking, grilling, griddling, sautéing, frying, deep-frying, poaching and steaming</p> <p>CAH-5.5 Demonstrate combined methods of cooking including braising and stewing</p> <p>CAH-5.6 Utilize weights and measures to demonstrate proper scaling and measurement techniques</p> <p>CAH-5.7 Discuss the characteristics, functions and food sources of the major nutrients</p>	<ul style="list-style-type: none"> • List the stations and positions in the kitchen brigade and the dining brigade • Identify the components and functions of a standardized recipe • Demonstrate measuring and portioning using the appropriate small wares and utensils • Identify the equipment needed for receiving and storing food and supplies • Identify the equipment needed for pre-preparation • List the different types of knives used in the foodservice kitchen and give examples of their uses • Identify basic types of pots and pans and their common uses • List the different types of preparation equipment used in the foodservice kitchen and give examples of their uses • Identify the kitchen equipment needed for holding and serving food and beverages • Apply effective mise en place through practice • Explain how to care for knives properly • Demonstrate the proper use of knives • Explain the difference between seasoning and flavoring • Describe and demonstrate basic pre-preparation techniques • List and explain how the three types of cooking work • Describe dry-heat cooking methods and list the foods to which they are suited • Describe moist-heat cooking methods and list the foods to which they are suited • Describe combination-heat cooking methods and list the foods to which they are suited • Identify ways to determine if a food is done cooking • List guidelines for plating or storing food that has finished cooking • Describe a healthy diet • Use the Dietary Guidelines for Americans and MyPyramid to plan meals • Interpret information on a nutrition label • Define obesity and explain how it can be prevented 	<ul style="list-style-type: none"> • Measurement lab • Weekly labs • Knife skills practical exam • Restaurant • Catering events (see below) 	<p>9 weeks to introduce</p> <p>Reinforced all year through Restaurant and Catering events</p>	<ul style="list-style-type: none"> • Chapters 4-6 tests • Classroom work • Knife skills practical exam • Prostart I Certification • Weekly participation/lab work • Dual credit

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<p>DOMAIN Culinary Math</p> <p>Core Standard 6 Students will apply concepts of culinary math principles to maximize efficiency and profitability in the workplace</p>	<p>CAH-6.1 Calculate food, beverage and cost percentages</p> <p>CAH-6.2 Demonstrate processes of recipe yield adjustment using recipe conversion factors</p> <p>CAH-6.3 Demonstrate processes of recipe costing</p> <p>CAH-6.4 Determine selling price of menu items</p>	<ul style="list-style-type: none"> • Perform basic math calculations using numbers or fractions • Identify the components and functions of a standardized recipe • Convert recipes to yield smaller and larger quantities based on operational needs • Explain the difference between customary and metric measurement units, and convert units between the two systems • Demonstrate measuring and portioning using the appropriate small wares and utensils • Given a problem, calculate as purchased (AP) and edible portion (EP) amounts • Calculate the total cost and portion costs of a standardized recipe 	<ul style="list-style-type: none"> • Cost out recipe lab • Weekly labs • Restaurant • Catering events (see below) 	<p>3 weeks to introduce</p> <p>Reinforced all year through Restaurant and Catering events</p>	<ul style="list-style-type: none"> • Chapter 5 test • Classroom work • Prostart I Certification • Weekly participation/lab work • Dual credit

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<p>DOMAIN Preparation Techniques and Applications</p> <p>Core Standard 7 Students will select the appropriate products and techniques to demonstrate mastery in basic food preparation</p>	<p>CAH-7.1 Identify and use herbs, spices, oils, and vinegars</p> <p>CAH-7.2 Identify and prepare meats, seafood, and poultry</p> <p>CAH-7.3 Identify and prepare stocks, soups, and sauces</p> <p>CAH-7.4 Identify and prepare fruits, vegetable, starches, and farinaceous items</p> <p>CAH-7.5 Identify and prepare various salads, dressings, and marinades</p> <p>CAH-7.6 Identify and prepare hot and cold sandwiches</p> <p>CAH-7.7 Identify and prepare canapés and cold and hot hors d'oeuvres</p> <p>CAH-7.8 Identify and prepare breakfast meats, eggs, cereals, and battered products</p> <p>CAH-7.9 Demonstrate food plating and presentation techniques</p> <p>CAH-7.10 Discuss the applicability of convenience, value added, further processed or par-cooked food items</p> <p>CAH-7.11 Demonstrate basic garnishes</p>	<ul style="list-style-type: none"> • Identify the four essential parts of stock and the proper ingredients for each • List and explain the various types of stock and their ingredients • Demonstrate three methods for preparing bones for stock • Prepare the ingredients for and cook several kinds of stocks • Explain how and why to degrease stock • List the ways to cool stock properly • Identify the grand sauces and describe other sauces made from them • List the proper ingredients for sauces • Prepare several kinds of sauces • Match sauces to appropriate food • Identify the two basic kinds of soups and give examples of each • Explain the preparation of the basic ingredients for broth, consommé, purée, clear, and cream soups • Prepare several kinds of soups • Identify and describe different types of fruit • List and explain the USDA quality grades for produce • List factors that affect produce purchasing decisions • Identify procedures for storing fruit • Explain how to prevent enzymatic browning of fruit • Match and cook fruit to appropriate methods • Identify and describe different types of vegetables • Describe hydroponic farming • Identify procedures for storing vegetables • Match and cook vegetables to appropriate methods • List ways to hold vegetables that maintain their quality • Identify and describe different types of potatoes • Outline methods to select, receive, and store potatoes • Using a variety of recipes and cooking methods, prepare potatoes • Identify and describe different types of grains and legumes 	<ul style="list-style-type: none"> • Breakfast food lab • Stock lab • Weekly labs • Restaurant • Catering events • Events include: <ul style="list-style-type: none"> ○ Counselor Mtgs ○ Principals Mtgs ○ Superintendent Mtgs ○ Advisory Board Mtgs ○ General Advisory Board Mtgs ○ Golden Gabriels Lunch ○ Tri Kappa Lunch ○ WCC Open House ○ FCSC Hall of Fame Dinner ○ FCSC Retirement Dinner ○ Fundraising Events ○ NTHS Ceremony ○ Awards Ceremony 	<p>17 weeks to introduce</p> <p>Reinforced all year through Restaurant and Catering events</p>	<ul style="list-style-type: none"> • Chapters 1, 4, 6, & 9-10 tests • Classroom work • Recipe practical exam • Prostart I Certification • Weekly participation/lab work • Dual credit

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		<ul style="list-style-type: none"> • Using a variety of recipes and cooking methods, prepare grains and legumes • Outline methods to select, receive, and store grains • Identify and describe different types of pasta • Using a variety of recipes and cooking methods, prepare pasta • Describe and prepare dumplings • List the characteristics of milk and identify ways to keep it safe • Identify the different forms of cream and their fat contents • Differentiate between butter and butter substitutes and recognize the characteristics of each • Identify the different types of cheese and give examples of each • List the characteristics of eggs and identify ways to keep them safe • Prepare and serve eggs using a variety of cooking methods • Prepare pancakes, crepes, waffles, and French toast • Prepare ham, hash, grits, cold cereals, oatmeal, and sausage • Prepare coffee, tea, and cocoa • Give examples of different types of sandwiches, including simple hot, openfaced, hors d'oeuvres, grilled, deep-fried, and simple cold • Explain the roles of the three components of a sandwich: bread, spread, and filling • Prepare common sandwich spreads and fillings • List the necessary tools and equipment to make sandwiches at a sandwich station • Demonstrate preparation of several types of sandwiches • Identify and describe the various ingredients used to make salads • List the four parts of a salad and explain the role of each • Identify various types of salad and explain how to prepare them • Explain the roles of salads on the menu • Design attractive salads • Identify proper procedures for cleaning salad greens 			

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		<ul style="list-style-type: none"> • Identify proper procedures for storing salads • Differentiate among various oils and vinegars • Prepare vinaigrettes and other emulsions • Match dressings to salad ingredients • Give examples of ingredients used to make dips • Prepare several dips • Give examples of garnishes • Describe and prepare ingredients commonly used as garnishes • Garnish various items, including plates, desserts, and soups • Outline the federal grading systems for meat • Describe the various kinds of meat • Identify the proper purchasing and storing procedures for meat • List factors that affect purchasing decisions for meat • Outline basic techniques for cooking meat • Match various cooking methods with different forms of meat • Outline the federal grading systems for poultry • Describe the various kinds of poultry • Identify the proper purchasing and storing procedures for poultry • List factors that affect purchasing decisions for poultry • Outline basic techniques for cooking poultry • Match various cooking methods with different forms of poultry • Outline the federal grading systems for seafood • Describe the various kinds of seafood • Identify the proper purchasing and storing procedures for seafood • List factors that affect purchasing decisions for seafood • Outline basic techniques for cooking seafood • Match various cooking methods with different forms of seafood • Identify and describe different types of charcuterie • Explain garde manger and how it relates to charcuterie 			