

## Imperial Valley ROP

## Course Competencies List

**0072108 - CULINARY ARTS I**

SY09-10 version

Rating Scale P		Default	Exclude on Certificates
0	Proficiency not addressed	✓	✓
1	Limited proficiency		
2	Proficient		

Print Ratings on Certificates: ✓

1	1. SAFETY AND SANITATION
2	a. Performs area cleaning responsibilities
3	b. Properly operates, cleans, and stores cooking equipment and utensils
4	c. Knowledge of the causes and differences between direct contamination
5	and cross-contamination
6	d. Knowledge of safe cooking, holding, and reheating temperatures
7	e. Knowledge of food borne illnesses, outbreaks and procedures for
8	reporting
9	f. Knowledge of the "Danger Zone" with time and temperature of potential
10	g. Understands HACCP and can identify critical control points
11	h. Exhibits personal cleanliness, appropriate grooming and attire
12	i. Knowledge of location and use of fire equipment
13	2. FOOD SERVICE MATH
14	a. Understands units of measure including cups, quarts, gallons, teaspoons
15	b. Able to perform recipe conversions - can double, triple and halve a
16	recipe
17	c. Able to use digital scales
18	d. Able to compute cost of goods, mark-up and margin of profit to achieve
19	pricing
20	3. FOOD SERVICE
21	a. Demonstrates experience with front of the house and back of the house
22	operations
23	b. Demonstrates experience in all phases of the restaurant business,
24	leadership and teamwork
25	c. Demonstrates problem solving skills for various menus, guests, and job
26	planning for specific situations
27	d. Demonstrates FIFO
28	e. Demonstrates plating techniques for garnishing and portion control
29	d. Demonstrates mise en place when preparing for baking, beverage
30	production and all cooking within a commercial kitchen
31	4. FOOD PREPARATION THEORY
32	a. Understands methodology of reading a recipe
33	b. Understands cooking breakfast foods
34	c. Understands how cooking alters foods: dry, moist and combination method
35	d. Understands theory of cooking stocks, sauces and soups
36	e. Understands theory of all garde manger responsibilities
37	f. Understands how to handle salads and dressings
38	g. Understands chemical changes in quick and yeast breads and carbonation
39	h. Understands cooking of poultry
40	i. Understands of cooking with pastas and grains
41	j. Understands handling various fruits and vegetables
42	k. Understands principles of culinary nutrition and RDA standards

**Imperial Valley ROP**

**Course Competencies List**

**0072108 - CULINARY ARTS I****SY09-10 version**

43	l. Understands cuts of beef, pork and lamb, identifies and knows proper
44	methods of cooking, terms
45	m. Understands the theory of microwave cooking
46	n. Understands the theory of gas and charcoal barbecue cooking
47	<b>5. FOOD PREPARATION PRACTICAL LABS</b>
48	a. Demonstrates preparation of a variety of hot and cold beverages
49	b. Learn knife skills and can identify some basic cuts
50	c. Demonstrates method of portioning and plating desserts
51	d. Demonstrates preparation of fruits, vegetables, salads, and salad
52	dressing
53	e. Demonstrates garnishing of plates for service
54	f. Can prepare sandwiches from each of 5 classifications
55	g. Demonstrates the use of a thermometer and keeps food at safe
56	temperatures awaiting service
57	h. Demonstrates making sauces and gravy
58	i. Has handled meats using dry, moist and combination methods appropriate
59	j. Able to create vegetarian menus - vegan, lacto-vegetarian,
60	ovo-vegetarian, Lacto-ovo etc.
61	k. Experience with using gas and charcoal grill
62	l. Experience with microwave cooking
63	m. Experience with waffle maker
64	n. Experience with coffee maker
65	o. Experience with electric mixer
66	p. Experience with electric blender
67	<b>6. COOK, SHORT ORDER</b>
68	a. Demonstrates ability to prepare short plates to order
69	b. Caters one meal in breakfast cooking
70	c. Caters one meal in sandwich making
71	<b>7. COMMERCIAL BAKING</b>
72	a. Discusses and understands baking terminology
73	b. Identifies and demonstrates mixing and baking procedures
74	c. Has had experience making quick breads
75	d. Has had experience making yeast breads and rolls
76	e. Has had experience making pate au choux
77	f. Has had experience making pie pastry, fillings, and meringues
78	g. Has had experience with making cheesecake
79	h. Has had fundamentals of cake decorating
80	i. Has had experience with candy making and understand soft ball, hard
81	ball, etc.
82	j. Has had experience cookie method of mixing, muffin method and biscuit
83	method
84	k. Produces items for retail sale
85	l. Has had experience in presentation, packaging, serving, and display
86	<b>8. REGIONAL CUISINE - USA - Has created meals typical of various regions in</b>
87	United States:
88	a. Tex-Mex
89	b. Cajun and Creole
90	c. Southern Cooking

**Imperial Valley ROP**

**Course Competencies List**

**0072108 - CULINARY ARTS I**

SY09-10 version

91	d. Amish Cooking
92	e. New England Cooking
93	9. INTERNATIONAL CUISINE - MEXICO
94	a. Participates in special project to discover cooking techniques of old
95	Mexico
96	b. Understands food choices from standpoint of nutrition, ingredients and
97	custom.
98	c. Caters one meal in K-afe 56 with Mexican cuisine
99	10. INTERNATIONAL CUISINE - SPAIN
100	a. Discovers ingredients typical in Spanish cooking, tapas, paella etc
101	b. Understands food choices from standpoint of nutrition, ingredients and
102	custom
103	c. Caters one meal in K-afe 56 with Spanish cuisine
104	
105	11. INTERNATIONAL CUISINE - FRANCE
106	a. Discovers ingredients typical in French cooking, sauces, crepes, herbs
107	b. Understands food choices from standpoint of nutrition, ingredients and
108	custom
109	c. Caters one meal in K-afe 56 with French cuisine
110	12. INTERNATIONAL CUISINE - ITALY
111	a. Demonstrates how to decipher an Italian menu – culture, customs,
112	courses
113	b. Learns to cook pasta to al dente
114	c. Understands food choices from standpoint of nutrition, ingredients and
115	custom
116	d. Caters one meal in K-afe 56 with Italian cuisine
117	13. INTERNATIONAL CUISINE - GREECE
118	a. Has experience using ingredients typical in Greek cooking, grains,
119	lamb, mint
120	b. Understands food choices from standpoint of nutrition, ingredients and
121	custom
122	c. Caters one meal in K-afe 56 with Greek cuisine
123	14. INTERNATIONAL CUISINE - CHINA
124	a. Has experience using a wok for stir-frying, rice cooking, customs and
125	heritage
126	b. Understands food choices from standpoint of nutrition, ingredients and
127	custom
128	c. Caters one meal in K-afe 56 with Chinese cuisine
129	15. RESTAURANT SERVICE (Waiter/Waitress)
130	a. Demonstrates how to set a cover
131	b. Demonstrates how to greet and seat a guest
132	c. Explains the items on the menu in depth
133	d. Makes helpful suggestions
134	e. Takes an order using the prescribed method taught for keeping orders
135	straight
136	f. Checks the orders filled by the kitchen against specifics voiced by th
137	customer
138	g. Serves the dishes according to proper etiquette

**Imperial Valley ROP**

**Course Competencies List**

**0072108 - CULINARY ARTS I**

SY09-10 version

139	h. Clears table before dessert
140	i. Clears table after diner leaves
141	j. Demonstrates ability to set-up for various configurations: buffet
142	service, quick serve, fine dining, formal teas, informal picnic, etc
143	k. Demonstrates ability to set up and break down after use
144	16. CASHIER - K-afe 56
145	a. Has filled this position
146	b. Has handled all phases of money transactions including making change
147	c. Has counted money at end of shift
148	d. Has filled out deposit slip at end of shift
149	17. HOST/HOSTESS - K-afe 56
150	a. Has served in this position
151	b. Has arranged advance seating chart for reservations
152	c. Set up station at door to greet guests
153	d. Has had guests sign guest book
154	e. Has seated guests according to chart
155	18. FRONT OF THE HOUSE MANAGER - K-afe 56
156	a. Has served in this position
157	b. Has been in charge of setting up dining table plan
158	c. Oversees all guests needs in dining room
159	d. Demonstrates ability to be in charge of wait staff, cashier, host, an
160	busing
161	19. BACK OF THE HOUSE MANAGER - K-afe 56
162	a. Has served in this position
163	b. Helps with list of food needed
164	c. Coordinates timing for menu
165	d. Coordinates portion control and serving
166	e. Keeps order in kitchen
167	f. Coordinates ware washing and kitchen clean up
168	g. Assists all kitchen managers with their part of the menu
169	20. FACILITIES MANAGER
170	a. Has served in this position
171	b. Coordinates all activities of the facility
172	c. Assists staff with problem-solving, organization, etc.
173	d. Demonstrates leadership qualities in assisting with all catering and
174	restaurant activities
175	21. SPECIAL PROJECT - LEAVING HOME
176	a. Demonstrates critical thinking and planning about budget
177	b. Demonstrates planning equipment needed to set up housekeeping
178	c. Demonstrates critical thinking about providing your own nutrition
179	22. ESSENTIAL EMPLOYABILITY SKILLS/CAREER PREPARATION STANDARDS
180	a. Understands how personal skill development affects employability
181	(positive attitude, honesty, self-confidence, time management)
182	b. Understands the importance of good academic skills, critical thinking,
183	and problem-solving in the workplace
184	c. Understands occupational safety issues and observes all safety rules
185	d. Understands career awareness, paths and strategies for obtaining
186	employment

## Imperial Valley ROP

## Course Competencies List

**0072108 - CULINARY ARTS I****SY09-10 version**

---

187	e. Understands and prepares for employment by creating a personal
188	portfolio developing a resume, practice with job interviews, job
189	applications
190	f. Learns effective communication and telephone skills with other workers
191	the management and customers
192	g. Understands principles of effective interpersonal skills (group
193	dynamics, conflict resolution, and negotiations). Greeting customers
194	and customer service
195	h. Understands and adapts to changing technology in the food service
196	industry
197	i. Has an overview of culinary occupations, education/training, and
198	advancement opportunities