

Imperial Valley Regional Occupational Program
 687 State Street, El Centro, CA 92243
 (760) 482-2600 • Fax (760) 482-2751 • Website: www.ivrop.org • Email: info@ivrop.org
Course Title: Culinary Arts Instructor: Amanda Hill Hours: 360

Major Units of Instruction Hospitality, Tourism, and Recreation Sector – Food Service and Hospitality Pathway (B) and Food Science, Dietetics, Nutrition (A)	Key Assignments/ Common Assessments	Standards (Anchor / Pathway)	Academic / Common Core Standards
1. Essential Employability / Career Preparation Skills <ul style="list-style-type: none"> a. Understand how personal skill development affects employability (positive attitude, honesty, self-confidence, time management) 8.0 b. Understand the importance of good academic skills, critical thinking, and problem solving in the workplace. 5.0 c. Understand occupational safety issues and observe all safety rules. 6.0 d. Understand career awareness, paths and strategies for obtaining employment 3.0 e. Understand and prepare for employment by creating a personal portfolio, developing a resume, practice with job interviews, job applications. 3.0 f. Learn effective communication and telephone skills with other workers, the management and customers. 2.0 g. Understand principles of effective interpersonal skills (group dynamics, conflict resolution, and negotiations). Greeting customers and customer service 9.0 h. Understand and adapt to changing technology in the foodservice industry 10.0 i. Overview of culinary occupations, education/training, and advancement opportunities. 3.0 	Unit: The Foodservice Professional Assignments: Foodservice Career Options Resume Job Application Interview Skills Foodservice Management Scenarios Assessment: Employability Portfolio Hospitality Career Research Project and Presentation	2.0 Comm. 2.0 Comm. 2.1 2.2 2.3 2.4 2.5 2.6 3.0 Career Plan 3.1 3.3 3.4 3.6 3.9 B1.0 B1.1 B1.2 B1.3 B1.4	LS 9-10, 11-12.6 SLS 11 – 12.2
2. SAFETY AND SANITATION (A3.1, A3.2, A3.3) <ul style="list-style-type: none"> a. Performs area cleaning responsibilities 6.1 b. Properly operates, cleans, and stores equipment and utensils 6.2 c. Demonstrates care and storage of cutlery and cutting boards 6.2 d. Understands procedure for sanitizing dishes with three compartment sink. e. Knows location and use of fire equipment B2.1 f. Exhibits personal cleanliness; appropriate grooming and attire for food service employees. B3.2 g. Knowledge of causes of food borne illness or outbreaks. B3.4 h. Knowledge of Danger Zone temperatures for food safety 	Unit: Safety and Sanitation Assignments: Emergency Procedures Safe Working Conditions Foodborne Illnesses Assessment: CA Food Handler Certification Unit: HACCP Applications Assignments: Personal Hygiene Food Danger Zone The Flow of Food Assessment: CA Food Handler	B2.0 B2.1 B2.2 B2.3 B2.4 B6.2	

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<ul style="list-style-type: none"> i. Knowledge of safe cooking, holding and reheating temperatures. j. Aware of causes of direct and indirect food contamination <i>B3.4</i> k. Familiar with Department of Environmental Health Department regulations and rules according to the California Retail Food Code (Cal Code and Serve Safe). <i>B2.2</i> l. Aware of procedures for reporting food borne illness. <i>B2.3</i> m. Understands critical control points for food handling safety <i>B3.5</i> 			
<p>3.CULINARY NUTRITION</p> <ul style="list-style-type: none"> a. Conserving nutrients in preparation b. Utilization of nutritional guidelines to practice recipe development, healthy plate compositions and purchasing for good health c. My Plate, food groups and serving sizes d. Vitamins and Minerals e. Sugar Shockers 	<p>Unit: Culinary Nutrition Assignments: Sugar Shockers www.choosemyplate.gov Scavenger Hunt Healthy menu creation Projects: Vitamins and Minerals Research Assessments: Chapter Assessment</p>	<p>B10.0 B10.1 B10.2 B10.3</p>	
<p>4. FOOD SERVICE MATH <i>1.1, B11.4, B11.5</i></p> <ul style="list-style-type: none"> a. Understands units of measure – cups, qt., gal. teaspoons, tablespoons pounds/ounces, fluid ounces b. Able to convert units of measure c. Can do recipe conversions, double, triple, half, etc. d. Can demonstrate use of scales e. Able to compute cost of goods, markup, margin of profit 	<p>Unit: Cost Control Techniques Assignments: Calculate Food Costs Manage Food Cost Factors Assessment: Chapter Assessment</p>	<p>MATH B1.0 B4.0 B10.0 B11.0 B11.1 B11.6</p>	<p>S-IC 1, 3 S-MD 5a,b,c</p>
<p>5. FOOD PREPARATION THEORY <i>B6.0 all apply, B7.1, B10.0, B10.1</i></p> <ul style="list-style-type: none"> a. Study Methodology of Reading a Recipe b. Study of Breakfast Foods c. Study of How Cooking Alters Food d. Study of Cooking Pasta and Grains e. Study of Chemistry of Quick and Yeast Breads f. Study of Fruits, Vegetables and Legumes g. Principles of Baking 	<p>Unit: Cooking Techniques Assignments: Dry Cooking Techniques Moist Cooking Techniques Assessments: Chapter Assessment Cooking Practical</p> <p>Unit: Breakfast Cookery Assignments: Egg Cookery</p>		

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<ul style="list-style-type: none"> h. Study the Correct Use of a Gas or Charcoal Grill i. Beverage Preparation – hot and cold for service 	<p>Short Order Cooking Assessment: Breakfast Catering</p> <p>Unit: Fruits, Vegetables and Legumes Assignment: Fruit Research Paper Project: Vegetable Demonstration Project Assessment: Chapter Assessment</p> <p>Unit: Pastas and Grains Assignment: Pasta History Research Pasta Recipe Production Assessment: Chapter Assessment</p>		
<p>6.0 STOCK, SOUPS AND SAUCES</p> <ul style="list-style-type: none"> a. Prepare a variety of stocks using correct: <ul style="list-style-type: none"> a. Ingredients b. Ratios c. Preparation techniques b. Identify liquid and thickening agents for all leading sauces. c. Describe mother and modern sauces and their uses. d. Classify soups by categories: national, clear, and cream. e. Describe the appropriate uses of mother sauce making in today's food service industry. 	<p>Unit: Stocks, Soups, and Sauces Assignments: Stocks, Soups and Sauces Regional/ International Soups Assessment: Kafe 56 Soup Buffet Chapter Assessment</p>	<p>B6.0 B6.4 B6.3</p>	
<p>7.0 GARDE-MANGER/COLD KITCHEN/SALADS</p> <ul style="list-style-type: none"> a. Define and describe various types of appetizers and hors d'oeuvres b. and their presentation. c. Identify and discuss safety and utilization of tools associated with d. Garde Manger. e. Prepare a variety of hot hors d'oeuvres and cold canapés f. Demonstrate precision cutting techniques to prepare plate 	<p>Unit: Garde Manger Basics Assignments: Appetizers and Hors D'oeuvres Garnishes Assessments: Chapter Assessment Garnishes Assessment</p>	<p>B2.0 B6.4 B6.3</p>	<input type="checkbox"/>

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garnishes. g. Identify greens and vegetables. h. Prepare appetizer salads, main course salads, international salads i. and warm salads.			
8.0 MEAT, POULTRY, FISH PREPARATION AND IDENTIFICATION a. Explain various methods of fabricating meat and poultry b. Identify the tools specific to meat and poultry cutting and deboning c. Describe the process for cleaning and deboning various fish d. Select proper cooking methods for various cuts of meat	Unit: Meat Cookery Assignments: Beef fabrication and identification Beef Cookery Assessment: Chapter Assessment Beef Cookery Assessment Unit: Poultry Cookery Assignments: Poultry Classification and Fabrication Poultry Basics Poultry Recipe Production Assessment: Poultry Fabrication Unit: Fish and Shellfish Assignments: Fish and Shellfish Identification	B3.0 B6.4 B6.3	
9. COMMERCIAL BAKING B7.0 All apply a. Discuss and understand baking terminology b. Identify and demonstrate mixing and baking procedures: c. Quick breads d. Yeast breads and rolls e. Pate au choux – éclairs and cream puffs f. Pie pastry and fillings and meringue g. Cheesecakes h. Cakes and cake decorating i. Candy making	Unit: Baking Techniques Assignments: Baker's Percentage Bakeshop Ingredients Assessment: Baking Practical Written Assessment IVROP Showcase Unit: Quick Breads Assignments: Making Biscuits Making Muffins	B7.0 B7.1 B7.2 B7.3 B7.4 B7.5	

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<ul style="list-style-type: none"> j. Cookies for fun and profit k. International baked goods l. Understand the differences in mixing techniques m. Prepare, package, promote and sell baked products 	Assessment: Baking Practical Assessment Unit: Desserts Assignments: Cookies, Pies, Cakes and Specialty Desserts Assessment: Chapter Assessment		
10. RESTAURANT SERVICE <i>B1.0, B8.0, B9.0 all apply</i> (Waiter/Waitress) <ul style="list-style-type: none"> a. Must be able to set a cover b. Greet a guest c. Explain the items on the menu in depth d. Make helpful suggestions e. Take an order using the prescribed method taught for keeping orders straight f. Give menu orders to kitchen staff g. Check the orders filled by the kitchen against specifics voiced by the customer h. Carry tray of food carefully from the kitchen to the dining room i. Serve the dishes according to proper etiquette j. Clear table before dessert k. Clear table after diner leaves l. Sets and buses tables with various configurations: buffet, fine dining, banquet, informal cookouts. m. Sets up and breaks down after use n. Replenishes supplies and food as necessary on buffet tables or individual service o. Fill various jobs of leadership n the running of a restaurant 	Unit: Customer Service Assignments: Service Basics Serving Customers Assessment: Kafe 56 Execution Chapter Assessment Unit: The Dining Experience Assignments: Dining Today The Dining Room Experience Assessments: Chapter Assessment Projects: Restaurant Creation 2 nd Semester Restaurant Business Plan	B8.0 B8.1 B8.2 B8.3 B8.4 B8.5 B9.0 B9.1 B9.2 B9.4	
Total			

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Cross-Cutting Anchor Standards and Related Common Core Standards - Detailed version for each Industry Sector available at link on IVROP web page.

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| <ol style="list-style-type: none"> 1. Academics (Analyze and apply appropriate academic standards for industry sector). 2. Communications (Acquire and accurately use sector terminology and protocols at the career and college readiness level for communicating effectively...) 3. Career Planning and Management (Integrate multiple sources of career information from diverse formats to make informed career decisions...) 4. Technology (Use existing and emerging technology to investigate, research, and produce products and services...) 5. Problem Solving and Critical Thinking (Conduct short and sustained research to create alternative solutions to solve a problem using critical & creative thinking...) 6. Health and Safety (Demonstrate health and safety procedures, regulations, and personal health practices and determine the meaning of symbols, key terms...) 7. Responsibility and Flexibility (Initiate/participate in a range of collaborations demonstrating behaviors that reflect personal and professional responsibility & flexibility) 8. Ethics and Legal Responsibilities (Practice professional, ethical, and legal behavior, responding thoughtfully...) 9. Leadership and Teamwork (Work with peers to promote divergent and creative perspectives, leadership, group dynamics...) 10. Technical knowledge and Skills (Apply essential technical knowledge and skills...) 11. Demonstration and Application (Demonstrate and apply the Knowledge and skills contained in the Industry anchor and pathway standards in classroom, laboratory, and workplace settings and through CTSO's career and technical student organizations). | <p><i>See Matrix for Pathway</i>
 <i>LS 9-10, 11-12.6</i>
 <i>SLS 11-12.2</i>
 <i>WS 11-12.6</i>
 <i>WS 11-12.7</i>
 <i>RSTS 9-10, 11-12.4</i>
 <i>SLS9-10, 11-12.1</i>
 <i>SLS 11-12.1d</i>
 <i>SLS 11-12.b1</i>
 <i>WS 11-12.6</i></p> |
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