

**MISSION VALLEY REGIONAL OCCUPATIONAL PROGRAM
CULINARY ARTS 1 COURSE OUTLINE**

Course Title:

Culinary Arts 1

CTE Career Sector and Pathway:

Hospitality, Tourism, and Recreation (HOS), Food Service and Hospitality (Pathway 201)

CALPADS Number: 8020

California Basic Educational Data Systems Title: Food and Hospitality Services

Course Description:

This competency-based course is geared towards preparing students for entry positions in the restaurant baking and food services industry. Included in the course is a requirement for students to obtain the *California State Food Handler* certification. Training will cover basic culinary, knife skills, fundamentals of cooking which include basic cooking techniques, knife skills, meat classification by animal type, grilling, soups, appetizers and Hors d'oeuvres, Garde-Manger skills, pantry skills, soups, and plate presentation. Integrated throughout the course are career preparation standards which include basic academic skills, communication, interpersonal skills, problem-solving, workplace safety, technology, and employment literacy.

All students are required to take and pass the California Food Handler's exam (or equivalent).

Total Hours: *(CC and CVE courses are not currently offered)*

- 90 hours at Conley-Caraballo High School
- 180 hours at American, Irvington, James Logan, John F. Kennedy, Newark Memorial High, and Washington High Schools
- 360 hours at Bridgepoint and Conley-Caraballo High School

Prerequisites: MVROP classes are open to all high school students with priority placement to Seniors and Juniors. Good reading and math skills are recommended.

Textbook(s): *Introduction to Culinary Arts, 2nd Edition, Culinary Arts Institute of America*
On Cooking: A Textbook of Culinary Fundamentals, Labensky/Martel/Hause, 6th Edition, Pearson, 2019

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Upon successful completion of this course, students will be able to demonstrate the following skills necessary for entry-level employment.

Unit	School Learning Outcomes	Hours
Integrated Throughout the course	<p><u>Workplace Basic Skills & Behaviors</u> (Necessary skills for any occupation – MVROP SLO #1) Learner Outcomes:</p> <ul style="list-style-type: none"> A. Apply skills learned in class. B. Analyze information and make decisions. C. Communicate verbally and in writing. D. Work independently and as a team member in a diverse workplace. E. Work reliably, responsibly, and ethically. 	Integrated Throughout the course
Integrated throughout the course	<p><u>Career Technical Skills</u> (Occupational competencies – MVROP SLO #2) Learner Outcomes</p> <ul style="list-style-type: none"> A. Use appropriate technology. B. Understand and practice occupational safety standards. C. Demonstrate an awareness of how a business or industry functions. D. Work on customer service skills. 	Integrated throughout the course
<i>MANDATORY FOR ALL ROP COURSES</i>	<p><u>Job Employment Skills</u> (Occupational competencies – MVROP SLO #3) Learner Outcomes:</p> <ul style="list-style-type: none"> A. Develop a plan to achieve career goals. <ul style="list-style-type: none"> <i>a. Create a Career Portfolio</i> <ul style="list-style-type: none"> i. Cover letter ii. Application iii. Resume iv. Thank you letter B. Use effective job search strategies. C. Demonstrate an awareness of the importance of lifelong learning. 	

Content Area Skills

(Occupational competencies – [MVROP SLO #2](#))

***Conley Caraballo 90 hour class will address the primary content area of each unit, however, due to time constraints not all individual topics will be covered.

Unit 1: Kitchen Basics

- Food Safety: Sanitation basics, Food Receiving and Storage, Hygiene, Temperature and Time Management, HACCP, Pest Control
- Kitchen Safety: Lifting, Fire Safety Management, First Aid, Heimlich, Allergic Reaction, Reporting and Recording, Workflow, Accidents and Injuries.
- Foodservice Equipment: Small wares, Three Compartment Sink, Stoves, Burns, Cut Gloves, Electrical Small Equipment, Holding and Service Equipment.
- Knives and Knife Skills: Knife Identification, Knife Sharpening and Storage, Basic Cuts, Knife Safety

Unit 2: Culinary Basics

- Using Standardized Recipes, Standard Volume Measurements, Standard Weight Measurements, Volume/Weight differential Order of Ingredients, Recipe, Conversion
- Seasonings and Flavorings: Sensory Perception, Herbs, Spices, and Aromatics; Condiments, Nuts, and Seeds; Taste Theory
- Mise en Place: Prep List, Station Set Up, Prep Recipes
- Working in The Kitchen: Behind, Awareness, Courtesy, Safety Priority, 86, NO PHONES
- Food Presentation: Composed Food, Garnish, Center of the Plate, Negative Space

Unit 3: Culinary Applications

- Breakfast Foods: Eggs, Dairy, Coffee and Coffee Drinks, Breakfast Foods
- Garde Manger: Dressings and Dips, Salads Composed and Mixed, Cheese, Cold Food Display
- Sandwiches, Appetizers and Starters: Hot and Cold Sandwiches, Hot and Cold Hors d'Oeuvres, Portion size, Amuse Buche
- Fruit and Vegetable: Seasonality, Storage, Fresh, Frozen, Dried; Identification, Locality, Heirloom Varieties, Sourcing
- Grains: Rice, Corn, Oats, Barley preparation methods and Storage
- Legumes: Beans, Lentils, Pea preparation methods and Storage.
- Pasta: Fresh, Dried, Cooking Methods, Storage
- Stocks: Technique, Time, seasoning, Storage
- Sauces: Butter Sauce, Reductions, Vegetable Sauces, Broth based, Thickened, Composed (salsas, chutneys, etc)
- Soups: Puree', Clear, Composed. Osmosis
- Animal Proteins: Receiving, storage
- Chicken: Butchering, processing, usage
- Fish: Fabrication (Round and Whole)

Unit 4: Baking

- Yeast, Pizza, fermentation, proofing.
- Mixing Methods:

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- Pastry Knife- Butter based, Alcohol mixed, 123 Dough, Blind Baking, Pie Dough
- Creaming Method: Cookies, Pound Cake
- Biscuit Method: Biscuits, Scones
- Quick Bread Method: Muffins, Quick Breads
- Batters: Crepes, Cakes, Cupcakes
- Chocolate: Melting, Storage, Unique handling rules
- Custards: Flan, Creme Brulee, Quiche
- Dessert Sauces: Crème Anglaise, Coulis, Chocolate
- Leavening agents: Biological, Chemical, Physical

Unit 5: Nutrition

- Nutrition Labels
- Sugar: Insulin resistance, Daily tolerance, Ingredient composition
- Fats: Saturated, Unsaturated, dietary effect
- Gov't Standards and Policy, Corporate influence
- Food Sourcing: Organic, GMO's, International
- Food Allergies: Nuts, Gluten, Lactose, Substitutions, Precautions
- Portion Control: Daily Nutritional Requirements
- Diets of Choice: Vegetarian, Pescetarian, Ovo-Lacto, Vegan, Carb-free, Fat-free

Unit 6: Career Training

- Job Research Skills: On-line, Networking, Information interviews, Job Shadowing
- Portfolio: Resume', Cover Letter, I-9, W-2, Credentials, Letters of Recommendation
- Interview Skills: Proper Dress, Grooming Manners, Preparation, List of Questions, Portfolio, Eye Contact, Practice Interviews
- Soft Skills: Punctuality, Communication both Written and Verbal, Respect, Commitment, Reliability On-task focus.
- SmartPhone Etiquette.
- Workplace Law: Harassment, Bullying, Protected Categories

Unit 7: Ephemera

- Current Trends: Weekly News Items, Changes in Law, Changes in Policy
- Media Awareness: Web site resources, TV shows, Online presence
- Culinary Trends: Food Fads, Slow Food, Farm-to-Table, Loco-vore, Regional Food, Street Foods, International Foods, Technological Advances
- Culinary Competitions: Alameda County Fair, Contra Costa Cake and Sugar Show
- Field Trips: Local Employers, Producers and Schools.
- Guest Speakers: Industry, HR, Front of House, Back of House, Health Department, Former Students, Employers.
- The Famous and Important: Julia Child, Alice Waters, Escoffier, Gordon Ramsay

Unit 8: Front of the House

- Appearance, Warmth, Welcome
- Service tools, Utensils, Equipment
- Serving the Meal
- Handling Complaints and Problems
- Income, tipping, tipping-out

Unit 9: Business

- Menu Pricing
- Operational Costs Fixed
- Operational Costs Flexible (Food Cost)
- Inventory, Purchasing
- Menu Structure
- Operational Structure; History, Battalion Structure, Bistro Structure

Additional Items:

A. Articulation Agreements: This course is articulated with Mission College's FDR 051: Basic Food Preparation (5.0 units). Students must pass the course with a B- or better to earn the college credit.

B. UC/CSU a-g Status: This course counts as a UC/CSU Area "g" College Preparatory

C. Instructional Strategies:

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|-----------------------|---------------------|
| · Lecture | · Hands-on Practice |
| · Group Discussion | · Demonstration |
| · Projects | · Team Learning |
| · Reading Assignments | · Labs |
| · Oral Questioning | · Simulations |
| · Multimedia | |

D. Instructional Materials:

Introduction to Culinary Arts, 2nd Edition, Culinary Arts Institute of America
On Cooking: A Textbook of Culinary Fundamentals, Labensky/Martel/Hause, 6th Edition, Pearson, 2019

E. Course Competencies for MVROP Certificate (varies by instructor):

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|---|---|
| ● Food History and Culture | ● Meat and Poultry ID and Fabrication |
| ● Introduction to Hospitality/Careers in the Industry | ● Purchasing |
| ● Safety and Sanitation | ● Product Identification and Storage |
| ● Knife Skills | ● Herbs and Spices |
| ● Culinary Terminology | ● Nutrition |
| ● Weights and Measurements | ● Food Costing |
| ● Smallware Identification | ● Plate Presentation |
| ● Basic Cooking Techniques | ● Front of the House-Customer Service |
| ● Basic Pastry Skills and Baking Science | ● Green Practices |
| ● Breakfast Cookery | ● Employability (communication, interpersonal skills, resume writing, interview skills) |
| ● Soups, Stocks, and Sauces | |