

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

Course Title: Culinary Arts 1

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-Manager 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., Students will be taking a career readiness credential test at the end of the year.

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 Schools

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

Date of Approval by Advisory Committee: November 8, 2018

Textbook: *Introduction to Culinary Arts, 2nd Edition, Culinary Arts Institute of America*

Course Outline:

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, Work Flow, 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

Unit 4: Baking

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

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- 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:

Diablo Valley College: Students that earn a C- or better in Culinary Arts 1 and pass the college course final exam(s) with an 80% or higher can earn college units at Diablo Valley College for CULN 105: Introduction to the Kitchen (0.5 units) and CULN 153:

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Safety and Sanitation (2.0 units). *(This agreement is current for American High School, Bridgepoint High School, Conley-Caraballo High School, John F. Kennedy High School, Newark Memorial High School, and Washington High School.)*

Mission College: Students that earn a B- or better in Culinary Arts 1 can earn college units at Mission College for FDR 051: Basic Food Preparation (5.0 units). Students must attend and pass a course at Mission College after high school before these articulated credits will be applied. *(This agreement is current for all MVROP Culinary Arts programs.)*

B. UC/CSU a-g Status: This course counts as a UC/CSU Area “g” College Preparatory Elective at John F. Kennedy High School. This course does not currently count as a UC/CSU a-g course at the other Mission Valley ROP culinary programs.

C. Instructional Strategies:

- Lecture
- Group Discussion
- Projects
- Reading Assignments
- Oral Questioning
- Multi-Media
- Hands-on Practice
- Demonstration
- Team Learning
- Labs
- Simulations

D. Instructional Materials:

This course uses the text, student workbook and the final exam from Culinary Institute of America, *Introduction to Culinary Arts* (2nd edition). Students are encouraged to search out other materials related to the subjects being discussed in class including books, television programming, videos, professional organizations, and other culinary professionals. Each lesson will consist of student objectives, reading assignments, chapter exercises, and labs.

E. Course Competencies for MVROP Certificate:

- Food History and Culture
- Introduction to Hospitality/Careers in the Industry
- Safety and Sanitation
- Knife Skills
- Culinary Terminology
- Weights and Measurements
- Smallware Identification
- Basic Cooking Techniques
- Basic Pastry Skills and Baking Science

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- Breakfast Cookery
- Soups, Stocks, and Sauces
- Meat and Poultry ID and Fabrication
- Purchasing
- Product Identification and Storage
- Herbs and Spices
- Nutrition
- Food Costing
- Plate Presentation
- Front of the House-Customer Service
- Green Practices
- Employability (communication, interpersonal skills, resume writing, interview skills)