

Colorado CTE Course – Scope and Sequence

Course Name	ProStart Youth Apprenticeship		Course Details	240 45-minute periods or 120 90-minute periods (2 year course)	
			Course = 1 Carnegie Unit Credit		
Course Description	<p>This program combines work-based, on-the-job training with relevant technical education in the classroom. Students who participate in this program have the opportunity to earn industry credentials and the possibility of college credit. They also start on a career path that continues after high school graduation – whether that is a continuation of their apprenticeship along with college, college only, apprenticeship only, or other full-time employment. Students also leave the program with employability skills – like leadership, accountability, teamwork and responsibility – that they can take with them to positions in all industries. FCCLA is also an integral part of this course.</p>				
Note:	<p>This is a suggested scope and sequence for the course content. The content will work with any textbook or instructional resource. If locally adapted, make sure all essential knowledge and skills are covered.</p> <p>The outcomes/measurements listed in this scope & sequence are based on those found in the Professional Cooking textbook, 9th edition, Wiley publisher as well as the Restaurant Concepts, Management, and Operations, 8th edition, Wiley publisher.</p> <p>The “CUA” course listed in addition can be found in more detail on the ProStart Youth Apprenticeship CCNS Outcomes List and may assist in articulation agreements with universities for college credit.</p>				
SCED Identification #	Schedule calculation based on 60 calendar days of a 90-day semester. Scope and sequence allows for additional time for in-house caterings, running the school-based enterprise, guest speakers, field trips, remediation, or other content topics.				
All courses taught in an approved CTE program must include Essential Skills embedded into the course content. The Essential Skills Framework for this course can be found at https://www.cde.state.co.us/standardsandinstruction/essentialskills					
Instructional Unit Topic	Suggested Length of Instruction	CTE or Academic Standard Alignment	Competency / Performance Indicator	Outcome / Measurement	CTSO Integration
Ch.1 The Foodservice Industry	5 hours (2-2.5 hour classes)	8.1 Analyze career paths within the food production and food services industries.	8.1.1 Explain the roles, duties, and functions of individuals engaged in food production and services careers. 8.1.2 Analyze opportunities for employment and entrepreneurial endeavors. 8.1.3 Summarize education and training requirements and opportunities for career	1.1. Describe the major events in the history of cooking and food service, from prehistoric times to the present. 1.2. Name the principal career positions in modern food service and bakery operations. Food Service Concepts & Management Skills(CUA 105)	FCCLA: Career Exploration

<p>Ch.2 Safety & Sanitation</p>	<p>10 hours (4-2.5 hour classes)</p>	<p>8.2 Demonstrate food safety and sanitation procedures.</p>	<p>paths in food production and services. 8.1.4 Analyze the correlation between food production and services occupations and local, state, national, and global economies. 8.1.5 Create an employment portfolio to communicate food production and services knowledge and skills. 8.1.6 Analyze the role of professional organizations in food production and services</p> <p>8.2.1 Identify characteristics of major foodborne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention. 8.2.2 Employ food service management safety/sanitation program procedures, including CPR and first aid. 8.2.3 Use knowledge of systems for documenting, investigating, reporting, and preventing foodborne illness. 8.2.4 Use the Hazard Analysis Critical Control Point (HACCP) and crisis management principles and procedures during food handling processes to minimize the risks of foodborne illness.</p>	<p>2.1. Describe the major food hazards. 2.2. Describe steps to prevent food poisoning and food-borne diseases in the following areas: personal hygiene, food handling and storage techniques, cleaning and sanitizing techniques, and pest control. 2.3. Describe safe workplace habits that prevent injuries and fires.</p> <p><i>Safety & Sanitation (CUA 101) Certification: ServSafe Manager</i></p>	
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<p>Ch.3 Tools & Equipment</p>	<p>5 hours (2- 2.5 hour classes)</p>	<p>8.3 Demonstrate industry standards in selecting, using,</p>	<p>8.2.5 Practice standard personal hygiene and wellness procedures. 8.2.6 Demonstrate proper purchasing, receiving, storage, and handling of both raw and prepared foods. 8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups. 8.2.8 Analyze current types of cleaning and sanitizing materials for proper use. 8.2.9 Use the Occupational Safety and Health Administration (OSHA) Right to Know Law and Materials Safety Data Sheets (MSDS) and explain their requirements in safe handling and storage of hazardous materials. 8.2.10 Demonstrate safe and environmentally responsible waste disposal and recycling methods. 8.2.11 Demonstrate ability to maintain necessary records to document time and temperature control, HACCP, employee health, maintenance of equipment, and other elements of food preparation, storage, and presentation.</p>	<p>3.1 Identify the principal pieces of cooking equipment in food</p>	
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<p>Ch.4 Menu, Recipes, and Cost Management</p>	<p>2.5 hour (1-2.5 hour class)</p>	<p>and maintaining food production and food service equipment.</p> <p>8.4 Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.</p>	<p>8.3.1 Operate tools and equipment following safety procedures and OSHA requirements.</p> <p>8.3.2 Maintain tools and equipment following safety procedures and OSHA requirements.</p> <p>8.3.3 Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils to meet industry standards and OSHA requirements.</p> <p>8.3.4 Analyze equipment purchases based on long-term business needs, specific regulations, and codes related to foods.</p> <p>8.3.5 Demonstrate procedures for safe and secure storage of equipment and tools.</p> <p>8.3.6 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving.</p> <p>8.4.1 Use computer based menu systems to develop and modify menus.</p> <p>8.4.2 Apply menu-planning principles to develop and modify menus.</p> <p>8.4.3 Analyze food, equipment, and supplies needed for menu production.</p> <p>8.4.4 Develop a variety of menu layouts, themes, and design styles.</p>	<p>service, and indicate their uses.</p> <p>3.2 Identify the principal pieces of processing, holding, and storage equipment in food service, and indicate their uses.</p> <p>3.3 Identify the principal pots, pans, and containers in food service, and indicate their uses.</p> <p>3.4 Identify the principal measuring devices, hand tools, and small equipment in food service, and indicate their uses.</p> <p>Introduction to Food Production Principles (CUA 121)</p> <p>4.1. Describe the principal types of menus, their organization, and construction.</p> <p>4.2. Describe the structure and functions of food service recipes, including standardized and instructional recipes.</p> <p>4.3. Measure ingredients and portions in U.S. and metric units.</p> <p>4.4. Perform basic kitchen math, including converting recipes and calculating food cost.</p> <p>Menu Planning (CUA 157)</p>	
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<p>Ch.5 Nutrition</p>	<p>2.5 hours (1-2.5 hour class)</p>	<p>8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.</p>	<p>8.4.5 Prepare requisitions for food, equipment, and supplies to meet production requirements. 8.4.6 Record performance of menu items to analyze sales and determine menu revisions. 8.4.7 Apply principles of measurement, portion control, conversions, food cost analysis and control, menu terminology, and menu pricing to menu planning. 8.5.14 Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.</p>	<p>5.1. List and describe the six categories of nutrients, explain their functions in the body, and name some food sources of each. 5.2. List and describe guidelines for maintaining a healthful diet and for planning menus that contribute to a healthful diet. Nutrition for the Hospitality Professional (CUA 156)</p>	
<p>Ch.6 Basic Principles of Cooking and Food Science</p>	<p>5 hours (2- 2.5 hour classes)</p>	<p>8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.</p>	<p>8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment. 8.5.2 Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies. 8.5.3 Demonstrate knowledge of portion</p>	<p>6.1. Describe what happens to the major components of foods when they are heated or cooked. 6.2. Describe the ways in which heat is transferred to foods during cooking and the ways in which this heat transfer can be controlled to produce desired results. 6.3. Describe each basic cooking method used in the commercial kitchen. 6.4. Explain the composition of temporary and permanent emulsions. 6.5. Describe the ways to build flavor profiles in foods through the selection and use</p>	<p>Gourmet Sweet or Gourmet Savory</p>

			<p>control and proper scaling and measurement techniques</p> <p>8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods.</p> <p>8.5.5 Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques.</p> <p>8.5.6 Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques.</p> <p>8.5.7 Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.</p> <p>8.5.8 Prepare various salads, dressings, marinades, and spices using safe handling and professional preparation techniques.</p> <p>8.5.9 Prepare sandwiches, canapes and appetizers using safe handling and professional preparation techniques.</p> <p>8.5.10 Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.</p>	<p>of primary flavors as well as seasoning and flavoring ingredients.</p> <p><i>Introduction to Food Production Principles (CUA 121)</i> <i>Application of Food Production Principles(CUA 134)</i></p>	
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<p>Ch.7 Mise en Place</p>	<p>2.5 hours (1-2.5 hour class)</p>		<p>8.5.11 Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques.</p> <p>8.5.12 Demonstrate professional plating, garnishing, and food presentation techniques.</p> <p>8.5.13 Integrate sustainability in food production and services including menu planning; acquisition, preparation, and serving of food; storage; and recycling and waste management.</p> <p>8.5.14 Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.</p>	<p>7.1. Describe the general steps used in planning mise en place.</p> <p>7.2. Describe major cutting techniques required in food production, using properly maintained and sharpened knives.</p> <p>7.3. Describe other major steps in general mise en place, including basic precooking and marinating procedures and preparations for frying.</p> <p><i>Introduction to Food Production Principles (CUA 121)</i> <i>Application of Food Production Principles(CUA 134)</i></p>	
<p>Ch.8 Stocks</p>	<p>2.5 hours (1-2.5 hour class)</p>	<p>8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety</p>		<p>8.1. Prepare the basic ingredients for stocks.</p>	

<p>Ch. 9 Sauces</p> <p>Ch.10 Soups</p>	<p>5 hours (2-2.5 hour classes)</p> <p>5 hours (2-2.5 hour classes)</p>	<p>of food products that meet customer needs.</p> <p>8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.</p>	<p>8.5.6 Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques.</p> <p>8.5.2 Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching,</p>	<p>8.2. Prepare basic stock and stock products, including white beef or veal stock, chicken stock, brown stock, fish fumet, vegetable stock, and glazes. Introduction to Stocks, Soups, and Sauces (CUA 122)</p> <p>9.1. Explain the structure of sauces, including the production and use of roux and other thickening agents and finishing procedures. 9.2. Describe the composition of the five leading sauces— béchamel, velouté, brown or espagnole, tomato, and hollandaise—and the small sauces made from them. 9.3. Describe how to produce the major sauces used in food service. Introduction to Stocks, Soups, and Sauces (CUA 122)</p> <p>10.1. Describe the structure and service of the major categories of soup. 10.2. Describe how to make broths, consommés, and other clear soups. 10.3. Describe how to make thickened soups, including cream soups, purée soups, bisques, and chowders. Introduction to Stocks, Soups, and Sauces (CUA 122)</p>	
<p>Ch. 11 Understanding Vegetables</p>	<p>5 hours (2-2.5 hour classes)</p>	<p>8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.</p>	<p>8.5.2 Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching,</p>	<p>11.1. Describe the factors that influence texture, flavor, color, and nutritional changes when vegetables are cooked.. 11.2. Describe how to cook vegetables to their proper doneness and judge the</p>	<p>Gourmet Savory</p>

<p>Ch. 12 Cooking Vegetables</p>	<p>5 hours (2- 2.5 hour classes)</p>		<p>steaming, and baking using professional equipment and current technologies. 8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods. 8.5.7 Prepare various fruits, vegetables, starches, legumes, dairy products, fats, & oils using safe handling and professional preparation techniques.</p>	<p>quality of cooked vegetables. 11.3. Perform pre-preparation tasks for fresh vegetables, including proper storage. 11.4. Determine the quality of frozen, canned, and dried vegetables. Vegetable Preparation and Breakfast Cookery (CUA 124) Introduction to Garde Manger (CUA 123)</p> <p>12.1. Cook vegetables by boiling and steaming. 12.2. Cook vegetables by sautéing and pan-frying 12.3. Cook vegetables by braising. 12.4. Cook vegetables by baking. 12.5. Cook vegetables by broiling. 12.6. Cook vegetables by deep-frying. Vegetable Preparation and Breakfast Cookery (CUA 124)</p>	
<p>Ch. 13 Potatoes</p>	<p>5 hours (2- 2.5 hour classes)</p>			<p>12.1. Cook vegetables by boiling and steaming. 12.2. Cook vegetables by sautéing and pan-frying 12.3. Cook vegetables by braising. 12.4. Cook vegetables by baking. 12.5. Cook vegetables by broiling. 12.6. Cook vegetables by deep-frying. Vegetable Preparation and Breakfast Cookery (CUA 124)</p> <p>13.1. Identify the types of potatoes and their quality factors. 13.2. Cook potatoes by boiling and steaming, baking, sautéing, pan-frying, and deep-frying. Vegetable Preparation and Breakfast Cookery (CUA 124) Starches, Pastas, Casseroles, and Grain Products (CUA 131)</p>	
<p>Ch. 14 Legumes, Grains, Pasta, and Other Starches</p>	<p>5 hours (2- 2.5 hour classes)</p>			<p>13.1. Identify the types of potatoes and their quality factors. 13.2. Cook potatoes by boiling and steaming, baking, sautéing, pan-frying, and deep-frying. Vegetable Preparation and Breakfast Cookery (CUA 124) Starches, Pastas, Casseroles, and Grain Products (CUA 131)</p> <p>14.1. Identify the major types of dried legumes and the methods for cooking them properly. 14.2. Identify the major types of rice and other grains and</p>	

				<p>the methods for cooking them properly.</p> <p>14.3. Prepare fresh and commercial pasta products and dumplings.</p> <p>Starches, Pastas, Casseroles, and Grain Products (CUA 131)</p>	
<p>Ch.15 Cooking Methods for Meat, Poultry, and Fish</p>	<p>5 hours (2- 2.5 hour classes)</p>	<p>8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.</p>	<p>8.5.2 Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</p> <p>8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods.</p> <p>8.5.5 Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques.</p> <p>8.5.11 Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques.</p> <p>8.5.12 Demonstrate professional plating, garnishing, and food presentation techniques.</p> <p>8.5.13 Integrate sustainability in food production and services including menu planning; acquisition, preparation, and serving of food; storage; and recycling and waste management.</p>	<p>15.1. Explain the procedure for roasting and baking meats, poultry, and seafood, and evaluate foods cooked by this method.</p> <p>15.2. Explain the procedure for barbecuing meats, poultry, and seafood, and evaluate foods cooked by this method.</p> <p>15.3. Explain the procedure for grilling and broiling meats, poultry, and seafood, and evaluate foods cooked by this method.</p> <p>15.4. Explain the procedure for sautéing meats, poultry, and seafood, and evaluate foods cooked by this method.</p> <p>15.5. Explain the procedure for pan-frying meats, poultry, and seafood, and evaluate foods cooked by this method.</p> <p>15.6. Explain the procedure for deep-frying meats, poultry, and seafood, & evaluate foods cooked by this method.</p> <p>15.7. Explain the procedure for simmering and submersion-poaching meats, poultry, and seafood, & evaluate foods cooked by this method.</p> <p>15.8. Explain the procedure for shallow-poaching meats, poultry, and seafood, and evaluate foods cooked by this method.</p>	<p>Gourmet Savory</p>

<p>Ch.16 Understanding Meats and Game</p>	<p>5 hours (2- 2.5 hour classes)</p>		<p>8.5.14 Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.</p>	<p>15.9. Explain the procedure for steaming meats, poultry, and seafood, and evaluate foods cooked by this method.</p> <p>15.10. Explain the procedure for braising meats, poultry, and seafood, and evaluate foods cooked by this method.</p> <p>15.11. Explain basic sous vide procedures, as they are applied to meats, poultry, and seafood.</p> <p>Center of the Plate: Meat (CUA 132) Center of the Plate: Poultry, Fish, Seafood (CUA 133)</p> <p>16.1. Describe the composition and structure of meat.</p> <p>16.2. Explain how to use the federal inspection and grading system and an understanding of the aging process to determine the quality of meats.</p> <p>16.3. Identify the primal cuts of beef, lamb, veal, and pork, and the major fabricated cuts derived from each.</p> <p>16.4. Select, fabricate, and store meats properly.</p> <p>16.5. Select appropriate cooking methods for the most important meat cuts, and determine doneness for each method.</p> <p>16.6. Identify the characteristics of variety meats and popular game and specialty meats.</p> <p>Center of the Plate: Meat (CUA 132)</p>	
<p>Ch.17 Cooking Meats & Game</p>	<p>7.5 hours (3-2.5 hour classes)</p>			<p>17.1. Cook meats by roasting, baking and barbecuing.</p>	

<p>Ch.18 Understanding Poultry & Game Birds</p>	<p>5 hours (2- 2.5 hour classes)</p>			<p>17.2. Cook meats by broiling, grilling, and pan-broiling. 17.3. Cook meats by sautéing and pan-frying. 17.4. Cook meats by simmering, submersion poaching, steaming, and sous vide. 17.5. Cook meats by braising. Center of the Plate: Meat (CUA 132)</p>	
<p>Ch.19 Cooking Poultry and Game Birds</p>	<p>7.5 hours (3-2.5 hour classes)</p>			<p>18.1. Identify poultry products with respect to composition and structure, classification, and grade. 18.2. Explain how to handle poultry products correctly when storing, cutting, and cooking. Center of the Plate: Poultry, Fish, Seafood (CUA 133)</p>	
<p>Ch.20 Understanding Fish and Shellfish</p>	<p>5 hours (2- 2.5 hour classes)</p>			<p>19.1. Cook poultry by roasting and baking. 19.2. Cook poultry by broiling and grilling. 19.3. Cook poultry by sautéing, pan-frying, and deep-frying. 19.4. Cook poultry by simmering, submersion poaching, and steaming. 19.5. Cook poultry by braising. 19.6. Prepare dressings and stuffings. Center of the Plate: Poultry, Fish, Seafood (CUA 133)</p> <p>20.1. Identify a variety of fin fish and describe their available market forms and fabrication methods. 20.2. Describe how to identify and maintain quality in fresh and cooked fish. 20.3. Describe the characteristics and preparation methods of the</p>	

<p>Ch.21 Cooking Fish & Shellfish</p>	<p>7.5 hours (3-2.5 hour classes)</p>			<p>most common mollusks and cephalopods. 20.4. Describe the characteristics and preparation methods of the most common crustaceans. Center of the Plate: Poultry, Fish, Seafood (CUA 133)</p> <p>21.1. Cook fish and shellfish by baking. 21.2. Cook fish and shellfish by broiling and grilling. 21.3. Cook fish and shellfish by sautéing and pan-frying. 21.4. Cook fish and shellfish by deep-frying. 21.5. Cook fish and shellfish by submersion poaching, shallow poaching, and simmering. 21.6. Cook fish and shellfish by steaming, sous vide, and mixed cooking techniques. 21.7. Prepare dishes made of raw seafood. Center of the Plate: Poultry, Fish, Seafood (CUA 133)</p>	
<p>Ch.22 Salad Dressings and Salads</p>	<p>10 hours (4-2.5 hour classes)</p>	<p>8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.</p>	<p>8.5.8 Prepare various salads, dressings, marinades, and spices using safe handling and professional preparation techniques.</p>	<p>22.1. Prepare basic salad dressings, including vinaigrettes and emulsified dressings. 22.2. Identify basic salad ingredients and judge their quality. 22.3. Prepare and arrange the common types of salads to achieve maximum eye appeal. 22.4. Prepare green salads, vegetable salads, bound salads, fruit salads, composed salads, and gelatin salads. Introduction to Garde Manger (CUA 123)</p>	<p>Gourmet Savory</p>
<p>Ch.23 Sandwiches</p>	<p>5 hours (2- 2.5 hour classes)</p>		<p>8.5.9 Prepare sandwiches, canapes and appetizers using safe handling and</p>		

<p>Ch.24 Hors D'Oeuvres</p>	<p>2.5 hours (1-2.5 hour class)</p>		<p>professional preparation techniques.</p>	<p>23.1. Identify and describe the characteristics of the breads, spreads, and fillings used for most common sandwiches. 23.2. Describe how to prepare sandwiches in quantity and to order. Introduction to Garde Manger (CUA 123)</p> <p>24.1. Name and describe the two principal methods of serving hors d'oeuvres at a reception. 24.2. Prepare canapés. 24.3. Prepare hors d'oeuvre cocktails and relishes. 24.4. Prepare dips. 24.5. Prepare a variety of other hors d'oeuvres, including antipasti, bruschette, and tapas. 24.6. Name and describe the three types of sturgeon caviar, and name and describe three other kinds of caviar. Introduction to Garde Manger (CUA 123)</p>	
<p>Ch.25 Breakfast Preparation</p>	<p>10 hours (4-2.5 hour classes)</p>		<p>8.5.11 Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques.</p>	<p>25.1. Prepare the following egg items: hard-, medium-, and soft-cooked eggs; poached eggs; fried eggs; baked eggs; scrambled eggs; omelets, entrée soufflés; and savory custards. 25.2. Prepare breakfast breads (pancakes, waffles, French toast), hot cereals, and breakfast meats. Vegetable Preparation and Breakfast Cookery (CUA 124)</p>	

<p>Ch.26 Dairy and Beverages</p>	<p>2.5 hours (1-2.5 hour class)</p>	<p>8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.</p>	<p>8.5.7 Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.</p>	<p>26.1. Describe the characteristics and proper handling of major milk, cream, and butter products. 26.2. Describe the major types of cheese and their proper service and storage. 26.3. Prepare coffee and tea.</p>	
<p>Ch.27 Cooking for Vegetarian Diets</p>	<p>2.5 hours (1-2.5 hour class)</p>		<p>8.5.2 Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies. 8.5.14 Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.</p>	<p>27.1. Describe the main types of vegetarian diets including the foods allowed and prohibited in each, and the use of complementary proteins in these diets. 27.2. List seven guidelines for building vegetarian menus. Nutrition for the Hospitality Professional (CUA 156)</p>	
<p>Ch.28 Sausages and Cured Food</p>	<p>2.5 hours (1-2.5 hour class)</p>		<p>8.5.5 Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques.</p>	<p>28.1. Prepare simple dry-cured, brine-cured, and smoked foods. 28.2. Prepare fresh, cured, and smoked sausages.</p>	
<p>Ch.29 Pates, Terrines, and Other Cold Foods</p>	<p>2.5 hours (1-2.5 hour class)</p>			<p>29.1. Explain the principles of safe handling and presentation of cold dishes, including pâtés and terrines. 29.2. Prepare and use aspic jellies.</p>	

<p>Ch.30 Food Presentation</p>	<p>2.5 hours (1-2.5 hour class)</p>		<p>8.5.12 Demonstrate professional plating, garnishing, and food presentation techniques.</p>	<p>29.3. Prepare basic meat and poultry forcemeats as well as pâtés, terrines, and galantines using basic forcemeats. 29.4. Prepare terrines and other molds based on mousselines and on gelatin. 29.5. Handle raw foie gras, and prepare foie gras terrines, other liver terrines, and rillettes. 30.1. Serve food that is attractively arranged on the plate or platter, with proper balance of color, shape, and texture. 30.2. Plan and arrange attractive food platters for buffets. Catering & Banquets (CUA 116)</p>	
<p>Ch.31 Bakeshop Production: Basic Principles and Ingredients</p> <p>Ch.32 Yeast Products</p> <p>Ch.33 Quick Breads</p>	<p>5 hours (2- 2.5 hour classes)</p> <p>5 hours (2- 2.5 hour classes)</p> <p>5 hours (2- 2.5 hour classes)</p>	<p>8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.</p>	<p>8.5.10 Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.</p>	<p>31.1. Perform basic bakeshop math. 31.2. Explain the changes that take place in a dough or batter during mixing, baking, and storing. 31.3. Describe the major ingredients of baked goods and their functions and characteristics. Baking: Principles & Ingredients (CUA 141) Baking Applications (CUA 144) 32.1. Prepare basic lean and rich yeast doughs. 32.2. Prepare croissants and Danish doughs. 32.3. Using a variety of yeast doughs, make up basic loaf bread and roll products. Yeast Products & Quick Breads (CUA 142) 33.1. Prepare basic quick breads, including biscuits, muffins,</p>	<p>Competition: Cake Design</p> <p>Food Innovations</p> <p>Gourmet Sweet</p>

<p>Ch.34 Cakes and Icings</p>	<p>5 hours (2- 2.5 hour classes)</p>			<p>loaf breads, coffee cakes, and corn breads. Yeast Products & Quick Breads (CUA 142)</p>	
<p>Ch.35 Cookies</p>	<p>5 hours (2- 2.5 hour classes)</p>			<p>34.1. Demonstrate the five basic cake mixing methods. 34.2. Produce finished, baked cakes from properly mixed batters. 34.3. Prepare the six basic types of icings and use them to assemble simple cakes. Cakes,, Pies, Pastries & Cookies (CUA 143)</p>	
<p>Ch.36 Pies and Pastries</p>	<p>5 hours (2- 2.5 hour classes)</p>			<p>35.1. List the factors responsible for crispness, softness, chewiness, and spread in cookies. 35.2. Demonstrate the three basic cookie mixing methods. 35.3. Prepare the seven basic cookie types: dropped, bagged, rolled, molded, icebox, bar, and sheet. 35.4. Prepare pans for, bake, and cool cookies. Cakes,, Pies, Pastries & Cookies (CUA 143)</p>	
<p>Ch.37 Creams, Custards, Puddings, Frozen Desserts, and Sauces</p>	<p>5 hours (2- 2.5 hour classes)</p>			<p>36.1. Prepare basic pie doughs. 36.2. Assemble and bake pies. 36.3. Prepare fruit pie fillings, custard or soft pie fillings, cream pie fillings, and chiffon pie fillings. 36.4. Prepare puff pastry, éclair paste, meringues, and simple fruit desserts. Cakes,, Pies, Pastries & Cookies (CUA 143)</p>	
				<p>37.1. Prepare cooked sugar syrups and dessert sauces.</p>	

				<p>37.2. Prepare crème anglaise, pastry cream, and baked custard.</p> <p>37.3. Prepare starch-thickened puddings and baked puddings.</p> <p>37.4. Prepare bavarians, chiffons, mousses, and dessert soufflés.</p> <p>37.5. Assemble frozen desserts</p>	
<p>Restaurant Concepts, Management & Operations Textbook:</p> <p>Ch.1 Restaurants, Owners, Locations, & Concepts</p> <p>Ch.2 Restaurants & Their Owners</p> <p>Ch.3 Concept, Location, and Design</p>		<p>8.6 Demonstrate implementation of food service management and leadership functions.</p>	<p>8.6.1 Apply principles of purchasing, receiving, and storing in food service operations.</p> <p>8.6.2 Practice inventory procedures including first in/first out concept, date marking, and specific record keeping.</p> <p>8.6.3 Apply accounting procedures in planning and forecasting profit and loss.</p> <p>8.6.4 Examine the areas of risk management and legal liability within the food service industry.</p> <p>8.6.5 Apply human resource policies including rules, regulations, laws, hiring, compensation, overtime, discrimination, and harassment.</p> <p>8.6.6 Apply the procedures involved in staff planning, recruiting, interviewing, selecting, scheduling, performance reviewing, and terminating of employees.</p> <p>8.6.7 Conduct staff orientation, initial training and education, consistent reinforcement of</p>		

			<p>training principles, and on the job training/retraining.</p> <p>8.6.8 Implement marketing plans for food service operations.</p> <p>8.6.9 Design internal/external crisis management and disaster plans and response procedures.</p> <p>8.6.10 Apply principles of inventory management, labor cost and control techniques, production planning and control, sustainability, and facilities management to planning and front and back of the house operations.</p>		
<p>Ch.4 The Menu</p> <p>Ch.5 Restaurant Business & Marketing Plans</p> <p>Ch.6 Restaurant Leadership & Management</p>		<p>8.4 Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.</p>	<p>8.4.1 Use computer based menu systems to develop and modify menus.</p> <p>8.4.2 Apply menu-planning principles to develop and modify menus.</p> <p>8.4.3 Analyze food, equipment, and supplies needed for menu production.</p> <p>8.4.4 Develop a variety of menu layouts, themes, and design styles.</p> <p>8.4.5 Prepare requisitions for food, equipment, and supplies to meet production requirements.</p> <p>8.4.6</p>		

			<p>Record performance of menu items to analyze sales and determine menu revisions.</p> <p>8.4.7 Apply principles of measurement, portion control, conversions, food cost analysis and control, menu terminology, and menu pricing to menu planning.</p>		
<p>Ch.7 Planning & Equipping the Kitchen</p> <p>Ch.8 Food Purchasing</p> <p>Ch.9 Financing & Leasing</p>		<p>8.3 Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.</p>	<p>8.3.1 Operate tools and equipment following safety procedures and OSHA requirements.</p> <p>8.3.2 Maintain tools and equipment following safety procedures and OSHA requirements.</p> <p>8.3.3 Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils to meet industry standards and OSHA requirements.</p> <p>8.3.4 Analyze equipment purchases based on long-term business needs, specific regulations, and codes related to foods.</p> <p>8.3.5 Demonstrate procedures for safe and secure storage of equipment and tools.</p> <p>8.3.6 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving.</p>		
<p>Ch.10 Bar & Beverages</p>					

<p>Ch.11 Budgeting & Control</p> <p>Ch.12 Food Production & Sanitation</p>					
<p>Ch.13 Organization, Recruiting, & Staffing</p> <p>Ch.14 Training and Service</p>		<p>8.7 Demonstrate the concept of internal and external customer service.</p>	<p>8.7.1 Analyze the role of quality service as a strategic component of exceptional performance.</p> <p>8.7.2 Demonstrate quality service techniques and procedures that meet industry standards in the food service industry.</p> <p>8.7.3 Analyze the relationship between employee attitude and skills and customer satisfaction.</p> <p>8.7.4 Apply procedures for addressing and resolving complaints.</p> <p>8.7.5 Demonstrate sensitivity to diversity and special needs.</p>		