



Culinary Essentials

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STANDARDS	PAGE REFERENCES
Culinary and Related Foods Technology I	
1. Identify career and leadership opportunities in the foodservice industry.	
<p>a. List examples of career opportunities in the foodservice industry to include communication writers, food stylist, marketers, research and development, food science, sales, dietitians, food production and food processing, accounting, entrepreneur, trainers, and grocery store and deli managers.</p>	<p>Student Edition: 16-21, 22-26, 27-30, 31-35 <i>Lab-Based Activity 37</i> <i>Mini Lab 21</i></p>
<p>b. Using the Internet, examine the occupational outlook and salaries for foodservice careers according to current and future trends.</p>	<p>Student Edition: <i>Career Pathways</i> 110-111, 198-199, 334-335, 600-601, 696-697 <i>Mini Lab</i> 26, 30, 137</p>
<p>c. State the difference between school and workplace environments.</p>	<p>Student Edition: 24-26, 91-99, 118-119</p>
<p>d. Identify leadership opportunities available from student youth and industry organizations.</p>	<p>Student Edition: 19, 45-46, 63, 115-118, 123-124, 133-134 <i>Career Pathways</i> 110-111 <i>Mini Lab</i> 30, 35</p>
2. Describe the importance of service to the foodservice industry.	
<p>a. List the elements of excellent service to include anticipating the customer's needs.</p>	<p>Student Edition: 67-71, 72-82 <i>Lab-Based Activity</i> 89</p>

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b. List the elements of excellent service from the standpoint of the customer.	Student Edition: 67-71 <i>Lab-Based Activity 89</i> <i>Mini Lab 71, 82</i>
c. Discuss the importance of positive attitudes and work ethics.	Student Edition: 43-45, 62, 69-70
d. List the qualities of successful foodservice employees.	Student Edition: 39-47, 57-58, 62-63, 67-71 <i>Lab-Based Activity 89</i> <i>Mini Lab 47, 71, 82</i>
e. Develop a list of workplace guidelines to include attendance, teamwork, promptness, positive attitude, dependability, asking questions, fairness and honesty.	Student Edition: 39, 43-45, 57-58, 62, 69-71
3. Outline a plan for an effective job search.	
a. Write a cover letter.	Student Edition: 52-53 <i>Mini Lab 56</i>
b. Identify a network of people who can provide information about job opportunities. (networking skills)	Student Edition: 48-50 <i>Workplace Know-How 64</i>
c. Write an effective one-page resume.	Student Edition: 52 <i>Lab-Based Activity 65</i> <i>Mini Lab 56</i>
d. Complete a college and job application form.	Student Edition: 51-52
e. Describe how to develop a portfolio.	Student Edition: Resumes are discussed on page 52 and developed in <i>Lab-Based Activity 65</i> and <i>Mini Lab 56</i> .
f. List the steps of an effective job interview.	Student Edition: 53-56 <i>Lab-Based Activity 65</i>
g. Outline the steps to resign from a job.	Student Edition: 63

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4. Develop the skills necessary to provide professional customer service.	
a. State the importance of customer service.	Student Edition: 67-71, 72-82 <i>Mini Lab 82</i>
b. List the reasons and the ways to make a positive first impression.	Student Edition: 72 <i>Lab-Based Activity 89</i>
c. Describe a variety of customers that may have special needs.	Student Edition: 68
d. Distinguish between effective and ineffective communication with customers by giving examples.	Student Edition: <i>Lab-Based Activity 89</i> <i>Mini Lab 71</i>
e. Explain how customer satisfaction directly affects a restaurant's success.	Student Edition: 22-23
f. Create job standards for servers.	Student Edition: 68, 69-71
5. Practice interpersonal skills.	
a. Exhibit a positive attitude.	Student Edition: 62, 69 <i>Lab-Based Activity 89</i> <i>Mini Lab 82</i>
b. Practice teamwork.	Student Edition: 43-44, 62, 70 <i>Lab-Based Activity 109, 197, 297, 483, 667</i>
c. Demonstrate effective verbal and non-verbal communication skills.	Student Edition: 41-43, 70 <i>Lab-Based Activity 89</i> <i>Mini Lab 63, 82</i>
d. Apply conflict resolution skills to real-life situations.	Student Edition: 62 <i>Mini Lab 63</i>
6. Practice proper hygiene, food handling, food storage, and prevention of food-borne illnesses as identified in ServSafe.	
a. Practice professional hygiene that meets foodservice standards.	Student Edition: 177-181 <i>Mini Lab 181</i>

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b. Demonstrate the principles of the hazard analysis critical control points (HACCP).	Student Edition: 182-187 <i>Lab-Based Activity</i> 197
c. Practice proper storage of dry, refrigerated, frozen foods, and non-food items.	Student Edition: 188-192, 208-211, 375, 425, 490, 532, 582, 596-597 <i>Mini Lab</i> 195
d. Explain how specific time and temperature guidelines can reduce growth of micro-organisms to include the use of thermometers and food, acidity, time, temperature, oxygen, and moisture (FAT-TOM).	Student Edition: 183-186, 188-194, 208 <i>Key Science Skills</i> 145, 595
e. Identify food-borne illnesses, the way they are spread, foods involved, and methods of prevention.	Student Edition: 166-170, 183-186, 575 <i>Key Science Skills</i> 514 <i>Safety & Sanitation</i> 390, 440, 692
f. State procedures for cleaning and sanitizing equipment.	Student Edition: 159, 194-195, 211, 215, 220-222, 239, 251 <i>Mini Lab</i> 222 <i>Safety & Sanitation</i> 240
7. Practice proper non-food storage, cleaning and sanitizing techniques, and pest control.	
a. Distinguish between clean and sanitary.	Student Edition: 168, 172, 194
b. Demonstrate methods of manual and mechanical cleaning and sanitizing techniques.	Student Edition: 194-195, 211, 215, 220-222
c. Identify methods of prevention and control of rodents and pests.	Student Edition: 172-173, 330
8. Demonstrate safe work habits to prevent injuries.	
a. Define OSHA (Occupational Safety and Health Administration).	Student Edition: 146, 151, 155 <i>Lab-Based Activity</i> 175 <i>Safety & Sanitation</i> 159
b. Describe the Hazard Communication Standard requirements for employers.	Student Edition: Related topics are found on pages 58 and 146.
c. Identify the location and purpose of Material Safety Data Sheets.	Student Edition: 146, 156

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d. Identify electrical hazards that contribute to accidental fires and shocks.	Student Edition: 160
e. Classify different types of fires and fire extinguishers to include automatic sprinklers and hood systems.	Student Edition: 160-161 <i>Key Science Skills</i> 161
f. Describe the ways to prevent both fire and chemical burns.	Student Edition: 158, 160 <i>Safety & Sanitation</i> 353
g. List hazards that contribute to injury due to slips, trips, or falls.	Student Edition: 129, 157 <i>Safety & Sanitation</i> 78
h. Outline proper procedures for cleaning spills on floors.	Student Edition: 144, 157, 171 <i>Safety & Sanitation</i> 157
i. Demonstrate the proper use of ladders.	Student Edition: 157
j. Demonstrate proper lifting and carrying procedures to avoid injury.	Student Edition: 158-159
k. Demonstrate correct and safe use of knives including handling, walking, passing, washing, and storage.	Student Edition: 157-158, 233-235, 238-239 <i>Safety & Sanitation</i> 238
l. Identify other hazards that can cause cuts.	Student Edition: <i>Safety & Sanitation</i> 212
m. List ways to use protective clothing and equipment to prevent injuries.	Student Edition: 156-157, 179
9. Explain emergency techniques and procedures.	
a. Outline proper actions to take in the event of a fire.	Student Edition: 160-162 <i>Key Science Skills</i> 161
b. Describe basic first aid concepts and procedures for choking, cuts, burns, falls, strains, electrical shock, heart attack.	Student Edition: 162-165 <i>Mini Lab</i> 165
c. Explain the importance of completing standard reports for accidents or illness.	Student Edition: 146, 162

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d. Describe procedures to manage robberies, natural disasters, and vandalism.	Student Edition: Biological, chemical, and physical hazards are discussed on pages 168-173.
10. Apply basic mathematical functions to the foodservice industry.	
a. Use basic math operations to add, subtract, multiply, and divide.	Student Edition: 40, 317, 320-322 <i>Key Math Skills</i> 32, 60, 120, 307, 439, 639 <i>Lab-Based Activity</i> 313
b. Given a list of fractions, decimals, whole numbers, and percentages, add, subtract, multiply, and divide.	Student Edition: 293, 318-319, 607 <i>Key Math Skills</i> 205, 294, 318, 494, 608 <i>Mini Lab</i> 322
11. Apply basic mathematical functions to weights and measures.	
a. Convert recipes from original yield to desired yield using conversion factors.	Student Edition: 306-307, 309, 310-311, 607 <i>Key Math Skills</i> 608 <i>Lab-Based Activity</i> 313 <i>Mini Lab</i> 311
b. Given a problem, approximate recipe yields.	Student Edition: 306-311 <i>Lab-Based Activity</i> 313
c. Examine the importance of controlling food waste as it relates to profit and loss.	Student Edition: 315-316, 330
d. Determine the cost of a meal for the class.	Student Edition: 317-322
12. Demonstrate basic food preparation skills.	
a. Identify the components and functions of a standardized recipe.	Student Edition: 299-302 <i>Mini Lab</i> 302
b. Weigh and measure ingredients with measuring devices by weight and volume.	Student Edition: 247, 303-305 <i>Lab-Based Activity</i> 313
c. Recognize abbreviations.	Student Edition: 304

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d. Calculate equivalent weights and measures.	Student Edition: 304, 308-309 <i>Lab-Based Activity</i> 313 <i>Mini Lab</i> 311
e. Convert a standardized recipe to increase and decrease yield.	Student Edition: 306-311 <i>Lab-Based Activity</i> 629 <i>Mini Lab</i> 311
f. Demonstrate basic food preparation techniques.	Student Edition: 235-237 <i>Lab-Based Activity</i> 483, 651 <i>Mini Lab</i> 405
g. Apply mise en place through practice.	Student Edition: 206, 440-441 <i>Lab-Based Activity</i> 407, 449 <i>Mini Lab</i> 441
h. Discuss different types of knives and their uses.	Student Edition: 231-233 <i>Lab-Based Activity</i> 253 <i>Mini Lab</i> 239
i. Describe common spices and herbs and their uses.	Student Edition: 359-363, 364-372, 622-623 <i>Lab-Based Activity</i> 385 <i>Mini Lab</i> 363, 372
j. Follow a standard recipe to produce a standard product.	Student Edition: 402-405, 444-447 <i>Lab-Based Activity</i> 569, 667, 695 <i>Mini Lab</i> 405, 447
13. Demonstrate basic food cooking methods.	
a. Demonstrate the dry heat cooking methods.	Student Edition: 339, 344-349, 587-588 <i>Lab-Based Activity</i> 357
b. Demonstrate the moist heat cooking methods.	Student Edition: 339, 350-353, 589 <i>Lab-Based Activity</i> 357 <i>Mini Lab</i> 355
c. Demonstrate the combination cooking methods.	Student Edition: 340, 353-355 <i>Lab-Based Activity</i> 357

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14. Demonstrate the correct use of hand tools.	
a. Identify basic kitchen hand tools.	Student Edition: 240-245 <i>Lab-Based Activity</i> 253, 569 <i>Mini Lab</i> 251
b. Demonstrate proper cleaning, sanitizing, and maintenance of hand tools.	Student Edition: 251 <i>Lab-Based Activity</i> 253
c. Demonstrate measuring and portioning hand tools.	Student Edition: 246-247, 303-305 <i>Lab-Based Activity</i> 629 <i>Mini Lab</i> 251, 613
d. Identify the types and sizes of pots and pans.	Student Edition: 248-251, 611, 613 <i>Lab-Based Activity</i> 253
15. Demonstrate the safe use and maintenance of large equipment.	
a. Demonstrate how to cut and mix foods using standard kitchen equipment.	Student Edition: 233-237, 513-515, 587
b. Compare and contrast cooking foods using various types of steamers, broilers, grills, ranges, fryers, and ovens.	Student Edition: 216-219 <i>Lab-Based Activity</i> 229
c. Outline how to hold and serve food and beverages using equipment.	Student Edition: 223-227 <i>Lab-Based Activity</i> 229 <i>Mini Lab</i> 227
d. Demonstrate proper cleaning, sanitizing, and maintenance of food service equipment.	Student Edition: 211, 220-222 <i>Mini Lab</i> 222
16. Develop well-balanced menus.	
a. Identify the Recommended Dietary Allowances and the Food Guide Pyramid.	Student Edition: 263-265 <i>Mini Lab</i> 270
b. Describe a healthy diet.	Student Edition: 265 <i>Mini Lab</i> 270
c. Interpret information on a nutrition label.	Student Edition: 263-264

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d. Identify recipes that preserve nutrients in quantity cooking.	Student Edition: Examples of quantity cooking are presented on pages 308-309, 447, 473 and <i>Mini Lab</i> 481.
e. Suggest ways to make recipes more healthful.	Student Edition: 271-273, 275 <i>Lab-Based Activity</i> 277 <i>Mini Lab</i> 275, 288
f. Suggest healthful substitutes for high-fat ingredients.	Student Edition: 258, 269, 273 <i>Lab-Based Activity</i> 277 <i>Mini Lab</i> 262
17. Prepare a well-balanced meal.	
a. Use the Recommended Dietary Allowances and the Food Guide Pyramid to plan meals.	Student Edition: <i>Lab-Based Activity</i> 277, 297 <i>Mini Lab</i> 270, 392
b. Use herbs and spices for traditional seasonings.	Student Edition: <i>Lab-Based Activity</i> 385 <i>Mini Lab</i> 363, 478
18. Demonstrate breakfast food preparation.	
a. Prepare basic breakfast food items.	Student Edition: 387-392, 393-400, 401-405 <i>Lab-Based Activity</i> 407 <i>Mini Lab</i> 392, 400
b. Prepare breakfast beverages.	Student Edition: 85-87 <i>Mini Lab</i> 87
c. Evaluate prepared products.	Student Edition: <i>Lab-Based Activity</i> 407 <i>Mini Lab</i> 400, 405 Evaluating the preparation of other food is found in <i>Lab-Based Activity</i> 483, 507, 549, and 651.
19. Demonstrate preparation and handling of dairy products.	
a. Explain how to keep milk products safe and sanitary.	Student Edition: 189, 191
b. Differentiate between butter and margarine.	Student Edition: 258 <i>Key Science Skills</i> 257

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c. Distinguish between several types of cheeses and give examples of each.	Student Edition: 421-425, 438 <i>Mini Lab 425</i>
20. Demonstrate preparation of several types of sandwiches.	
a. Give examples of different types of sandwiches including simple hot, open faced, hors d'oeuvres, grilled, deep-fried, and simple cold.	Student Edition: 428, 435-438, 442-447
b. Explain the roles of the three components of a sandwich: bread, spread, and filling.	Student Edition: 435-438 <i>a LINK to the Past 443</i>
c. Prepare common sandwich spreads and fillings.	Student Edition: 440-441, 445-447 <i>Lab-Based Activity 449</i> <i>Mini Lab 441, 447</i>
21. Demonstrate sanitary practices and the use of tools.	
a. List sanitation procedures.	Student Edition: 215, 220-221 <i>Safety & Sanitation 438, 440</i>
b. List the tools and equipment to make sandwiches.	Student Edition: 440-441, 443, 445-446 <i>Culinary Tip 441</i> <i>Lab-Based Activity 449</i>
22. Prepare various types of salads.	
a. Identify different types of salad greens used in salad preparation.	Student Edition: 414-416
b. Identify other types of salads.	Student Edition: 416-417 <i>Mini Lab 441</i>
c. Identify the parts of a salad.	Student Edition: 417-418
d. Compare and contrast types of salads served at different points in the meal.	Student Edition: 416-417
e. Demonstrate appropriate methods to clean salad greens.	Student Edition: 416 <i>Culinary Tip 415</i>
f. Store salads properly.	Student Edition: 416

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23. Identify salad dressings.	
a. Differentiate among salad dressings.	Student Edition: 418-420 <i>Key Science Skills</i> 419 <i>Mini Lab</i> 420
b. Match dressings to appropriate salads.	Student Edition: 417
24. Demonstrate garnishing plates.	
a. Describe the importance of a garnish.	Student Edition: 383, 410-411, 418, 429, 477-478, 505, 590
b. Describe common ingredients used to garnish.	Student Edition: 410-411, 418, 429, 445, 477-478, 505, 523, 590 <i>Lab-Based Activity</i> 433
c. Design a plate garnished attractively.	Student Edition: <i>Lab-Based Activity</i> 433 <i>Mini Lab</i> 413, 447
25. Discuss the preparation of breads.	
a. Describe the function of common ingredients in baking.	Student Edition: 614-627, 631, 653-654 <i>Key Science Skills</i> 656 <i>Mini Lab</i> 627, 636
b. Identify yeast breads.	Student Edition: 621-622, 631-636, 637-649 <i>Lab-Based Activity</i> 651 <i>Mini Lab</i> 649
c. Identify quick breads.	Student Edition: 402, 653-657, 658-661, 662-665 <i>a LINK to the Past</i> 660 <i>Lab-Based Activity</i> 667 <i>Mini Lab</i> 661, 665
26. Describe preparation of other baked goods.	
a. Discuss the preparation of cakes.	Student Edition: 675-683 <i>Mini Lab</i> 683
b. Discuss the preparation of cookies.	Student Edition: 669-674 <i>Mini Lab</i> 674

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c. Discuss the preparation of pies.	Student Edition: 684-689 <i>Mini Lab 689</i>
d. Discuss the preparation of other desserts.	Student Edition: 690-693 <i>Lab-Based Activity 695</i> <i>Mini Lab 693</i>
27. Discuss the use of pre-prepared bakery items.	
a. Differentiate between conventional baking and convenience items.	Student Edition: 391, 401
b. Compare the difference in the cost of conventional baking and convenience items.	Student Edition: 315-316, 320-322