

Standard 1: Demonstrate transferable knowledge, skills, and practices in food production and services.

	7th FCS	8th FCS	Culinary Arts I	Culinary Arts II	ProStart I	ProStart II
Benchmark A: Demonstrate career and employability skills.						
	List careers in the food production and food services industries.		Demonstrate appropriate use of employability skills.	Examine skills needed for career opportunities in the food service industry.	Investigate career opportunities in the food service industry.	Demonstrate professional demeanor appropriate for success in food service, lodging, hospitality, and tourism industries.
		Practice employability skills.			List qualities of successful food service employees.	Design a restaurant plan based on standard hotel and restaurant management practices.
					Demonstrate skills in working with a variety of people.	Develop skillset, strategies, and materials to enter the foodservice workforce.
					Differentiate between work and school environments.	Apply basic accounting principles to common foodservice scenarios.
Benchmark B: Prepare food products in identified categories.						
Kitchen equipment	Operate and clean standard kitchen equipment and facilities.	Operate and clean appropriate food preparation equipment.	Identify and use kitchen utensils correctly.		Demonstrate appropriate knife skills.	Operate and clean appropriate food service equipment.
	Use appropriate kitchen tools and prepare recipes.					

Eggs			List quality standards used in purchasing and storing eggs.			Prepare and describe custard and dessert souffles.
			Prepare eggs using a variety of cooking methods.			
Soup				Prepare a cream soup from scratch.	Demonstrate methods for preparing bones and stock.	
Meals		Prepare food products that could be part of a small meal.				Demonstrate preparation of breakfast foods and sandwiches.
Salads				Prepare, classify, and compare types of salads served at different points in the meal.		Design, prepare, and store salads.
						Prepare a viniagrette, emulsified salad dressing, and mayonnaise.
Potatoes, Fruits, Vegetables					Demonstrate preparation of fruits and vegetables.	
					Match and cook fruits and vegetables to appropriate methods.	

			Prepare different types of fruits and vegetables.		Prepare potatoes using various recipes and cooking techniques.	
Baking			Prepare a variety of quick bread using the two basic mixing methods.	Prepare and compare yeast breads.		Differentiate among lean, rich, sponge, and sour doughs.
			Describe the six different types of cookies and prepare selected types.	Prepare a pate a choux pastry dough for a product.		Describe roll-in and phyllo doughs.
			Identify and use common ingredients in baking.	Prepare pie dough.		Prepare different types of cake batters, icings, and cookie doughs/batters.
						Demonstrate and describe cooking with chocolate.
Sauces and Dips			Demonstrate how to make a white sauce.		Identify and prepare grand sauces, other sauces made from them, and appropriate food pairings.	Demonstrate cooking identified dessert sauces.
			Distinguish among several types of cheese and give examples.			
			Explain quality characteristics in purchasing and storing dairy products.			

Grains				Prepare grains and legumes using a variety of recipes and cooking techniques.		Give examples of and prepare different types of sandwiches.
				Prepare a main dish casserole using the basic ingredients.		
Protein-based foods				Prepare a ground meat dish that serves as part of a healthy meal plan.		Prepare ham, hash, grits, cold cereals, oatmeal, and sausage.
						Demonstrate various cooking methods for different types of meat, poultry, fish, and seafood.
Benchmark C: Demonstrate basic kitchen principles, procedures, and practices.						
Garnishes				List common spices and herbs and describe their uses in various cultures.		Garnish a variety of plates and soups.
Recipes, Measurement Planning		Identify the components and function of a standardized recipe.	Demonstrate customary measurements used in recipes.	Convert recipes from original to desired yield.		Calculate ingredient weights using baker's percentages.
		Follow a printed recipe to prepare food.				Write purchase specifications and purchase orders.

Food prep	Use identified food preparation terminology.	Demonstrate introductory food prep techniques and terminology.		Apply basic mise en place.		
Food and kitchen safety	Identify safety hazards and how to prevent accidents and injuries in the kitchen.	Identify and use kitchen equipment safely and effectively.	Apply lab safety and sanitation regulations.		Demonstrate food service sanitation and safety practices.	
	Identify steps in the prevention of food-borne illnesses.		Differentiate amongst microorganisms that cause food-borne illnesses.			
Sanitation	Demonstrate the steps to proper hand washing.	Demonstrate personal and laboratory sanitation guidelines.	Describe good personal hygiene and its effect on food safety.			

Benchmark D: Demonstrate nutrition and wellness practices.

Food Guide	Explain and apply current nutrition principles and their significance for good health.	List the Dietary Guidelines for Americans and explain their significance for good health.	Prepare foods in basic food groups.	Identify foods/meal plans that provide daily nutrients for vegetarians.	Identify ways to make recipes more healthful.	
Nutrients		List the six main nutrient groups and give examples of food sources.	Explain the potential benefits of phytochemicals.	Differentiate between complete and incomplete proteins.	Characterize dietary roles of identified nutrients and identify foods containing these nutrients.	

Benchmark E: Demonstrate meal management practices.

Meal Planning and Menus		Identify meal planning strategies for a variety of situations.		Identify global cultures and traditions related to food, especially grains and spices.		Plan and organize a restaurant menu for a given a scenario.
Table Etiquette and Meal Service		Apply correct table-setting and appropriate manners.				Demonstrate various service styles, server tools, and preparations.
*Objectives delivered in careers, communication, leadership or counseling curriculum.						