

Palomar College ROP

Culinary Arts I

Occupational Knowledge and Skills

- 1 INTRODUCTION TO FOOD SERVICE/HOSPITALITY INDUSTRY**
- A Outlines the structure and functional areas in various hospitality organizations.
 - B Defines hospitality and the philosophy of the hospitality industry.
 - C Traces the growth and development of the hospitality and tourism industry.
 - D Demonstrates knowledge of industry standards of quality.
 - E Understands function and purpose of the American Culinary Federation.
 - F Understands function and purpose of the National Restaurant Association.
 - G Understands process, levels and benefits of industry certification.
- 2 CUSTOMER SERVICE RELATIONS**
- A Demonstrates proactive customer service techniques.
 - B Works towards mutual agreement/satisfaction when dealing with unhappy customers.
 - C Works as an effective team member to promote positive customer relations.
 - D Successfully applies the four key components of Strategic Listening: hearing, interpreting, evaluating and responding.
 - E Recognizes the power and effect of body language.
 - F Effectively manages customer complaints, working promptly toward mutual agreement/satisfaction to create lasting positive relationships.
 - G Sets high performance standards.
 - H Handles complaints to create lasting positive relationships.
 - I Responds appropriately to the emotions of customers, showing empathy and insight, and recommends value-building solutions.
- 3 FOOD SANITATION AND SAFETY**
- A Understands and complies with local, state and federal sanitation codes.
 - B Describes symptoms common to, and methods for preventing, food borne illnesses.
 - C Identifies microorganisms related to food spoilage and food borne illnesses, and describes their requirements and methods for growth.
 - D Lists the major causes and recognizes the signs of food spoilage and contamination.
 - E Understands cross contamination and uses acceptable procedures when preparing and storing potentially hazardous foods.
 - F Follows "clean as you go" guidelines.
 - G Identifies the critical control points during all food handling processes and outlines the requirements for proper receiving and storage of raw and prepared foods, following Hazardous Critical Control Points (HACCP) guidelines.
 - H Maintains accurate HACCP charts and logs.
 - I Practices appropriate personal grooming and hygiene.
 - J Recognizes sanitary and safety design and construction features of food production equipment and facilities.
 - K Describes types of cleaners and sanitizers and appropriate use for each.
 - L Develops and follows cleaning/sanitizing schedule and procedures for equipment and facilities.
 - M Defines the principles of ServeSafe.
- 4 SAFETY IN THE WORKPLACE**
- A Follows established procedures and complies with laws and rules of the regulatory agencies governing workplace safety to prevent accidents including fires, cuts, burns, falls and other body injuries.

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- B Lists common causes of typical accidents and injuries in the foodservice industry and outlines a safety management program.
- C Discusses appropriate emergency policies for kitchen and dining room injuries.
- D Describes types and use of fire extinguishers appropriate for foodservice areas.
- E Identifies knives and hand tools and specifies appropriate use.
- F Identifies and uses cooking equipment, including stove top, radiant and convection ovens, broiler, proofing cabinet, mixers and other tools and equipment.
- G Selects tools and equipment appropriate to the task.

5 CULINARY TOOLS AND EQUIPMENT

- A Identifies and properly operates equipment most commonly used in the kitchen.
- B Selects and safely uses knives and hand tools.
- C Uses tools and equipment appropriate to the task.
- D Utilizes a variety of measures for portion control.
- E Performs basic math functions to convert recipes and measures for quantity food preparation.

6 WEIGHTS AND MEASURES

- A Utilizes standard weights and measures to demonstrate proper scaling and measuring techniques.
- B Differentiates between liquid and dry measure.
- C Differentiates between volume and weight measures.
- D Utilizes a variety of measures for portion control.
- E Performs basic math functions to convert recipes and measures for quantity food preparation.
- F Calculates and considers ingredient and labor costs when developing menus.

7 INTRODUCTION TO NUTRITION

- A Understands the principles of nutrition.
- B Defines the six food groups in the current USDA food pyramid.

8 STANDARDIZED RECIPES AND MENU MANAGEMENT

- A Demonstrates how to read and follow a standard recipe.
- B Understands the limitations of written recipes and the importance of using personal judgment.
- C Uses metric measurements.
- D Converts recipes to various yields.
- E Builds menu, choosing content and form appropriate to function or event.
- F Understands concept to designing menus to accommodate nutritional considerations.
- G Defines common cooking terms and uses industry-appropriate terminology.

9 PRINCIPLES OF COOKING

- A Explains principles of heat transfer relative to cooking food.
- B Identifies the most important components of food and defines changes that occur during the cooking process.
- C Identifies and uses cooking methods that best preserve the nutritional value of foods.
- D Identifies the factors that affect cooking times.
- E Demonstrates a variety of cooking methods including: roasting and baking; broiling and grilling; griddling; sauteing; frying and deep frying; braising and stewing; poaching and steaming.
- F Uses appropriate terminology to describe cooking principles and methods.
- G Prepares variety of starches, including potatoes, rice, pasts, stuffing and grains.

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- H Prepares various types of salads.
 - I Prepares emulsion and vinaigrette dressings.
 - J Selects salad bar components and arranges appropriately.
 - K Uses flavorings and seasonings to enhance and complement variety of food items.
 - L Demonstrates knowledge of garde manager cold food presentation techniques, including cold sauces, chau froid and glazing.
 - M Demonstrates knowledge of hot food presentation techniques.
 - N Develops "disaster control" strategies
- 10 SEASONING AND FLAVORING**
- A Identifies and appropriately uses herbs, spices, oils and vinegars.
 - B Demonstrates the basic principles of seasoning and flavoring.
 - C Understands when to season and when to flavor.
 - D Compares fresh herbs vs. dried and uses each appropriately.
- 11 QUANTITY FOOD PRODUCTION**
- A Demonstrates mise en place and understands the concept and value.
 - B Cleans and cuts raw materials, using correct knife techniques, and observing established procedures to prevent cross-contamination.
 - C Understands purpose of blanching, marinating, pre-boiling and pre-grilling.
 - D Uses proper cooking techniques for quantity cooking.
 - E Converts recipes to adapt to increase/decrease in portions.
 - F Calculates yields according to portions.
 - G Understands the applicability of convenience, value-added, further processed or par-cooked food items.
- 12 BREAKFAST PREPARATION**
- A Identifies and prepares eggs, battered products, cereals, and breakfast meats.
 - B Describes the composition of eggs and the difference among grades.
 - C Stores eggs properly.
 - D Follows guidelines for incorporating and cooking cheese.
- 13 PIES AND PASTRIES**
- A Prepares, assembles and bakes variety of pies and pastries.
 - B Prepares, forms and bake puff pastry.
 - C Prepares, forms and bake meringues.
 - D Prepares, forms and bakes pate a choux.
 - E Prepares various fillings.
- 14 BASIC CAKES**
- A Plans, scales, mixes, bakes and cools cake products.
 - B Selects pan appropriate to recipe, finished product and portion size.
- 15 PASTRY SYRUPS, CREAMS, ICINGS AND FILLINGS**
- A Prepares basic custards, custard sauces and cream puddings.
 - B Prepares mousses and pastry creams.
 - C Prepares a variety of fillings and toppings for pastries and baked goods.
 - D Prepares icings.
 - E Utilizes plate painting for dessert presentation.
- 16 QUICK BREADS**
- A Prepares a variety of baking powder biscuits.
 - B Prepares muffins, coffee cakes and loaf breads.

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- C Prepares popovers.
- 17 PURCHASING, INVENTORY CONTROL AND STOREROOM OPERATIONS**
- A Understands and applies formal and informal purchasing methods, including computerized systems.
- B Understands the market cycle of goods in a foodservice operation.
- C Understands importance of observing legal and ethical considerations when purchasing.
- D Utilizes proper procedures for issuing products according to requisitions.
- E Inventories food and non-food items on hand, including computerized inventory control systems.

Workplace Skills and Behavior

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- A Consistently arrives on time.
- B Participates in discussion and activities in a positive manner.
- C Demonstrates professionalism in appearance and behavior.
- D Prioritizes and organizes tasks to ensure timely and accurate completion.
- E Accesses and utilizes resources appropriately, including written materials and technical support.
- F Understands and communicates the theory and basic terminology of the food service industry.
- G Follows established procedures
- H Demonstrates the ability to work independently to complete tasks.
- I Functions as a team member, working cooperatively/collaboratively to complete projects.
- J Demonstrates an understanding of food service industry within business/industry and can discuss individual skills mastered relative to those applications.
- K Respect diversity.

Job Acquisition Skills/Lifelong Learning Opportunities

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- A ---
- A Defines positive strategies for getting and keeping a job.
- B Can discuss procedure for leaving a job, including asking for letters of recommendation.
- C Completes an appropriate resume and job application.
- D Models appropriate job interview techniques.
- E Attains awareness of advanced career and educational opportunities and the need for continuous education.