

Culinary 1 Essential Skills

Beginning Foods Introductory Unit: Food Safety, Kitchen Safety & Measuring Basics	10.2 Understand the basic principles of food safety and sanitation and the proper techniques for preparing and serving food. (cde) A3.1 Know industry-recommended standards for personal grooming and hygiene. (cde) A3.3 Understand procedures for preventing the spread of food-borne-pathogens and illness. (cde) A8.2 Know terminology, methods, and equipment used in the food science and technology industry. (cde) B2.3 Know the causes, prevention, and treatment of common accidents and the reporting procedures involved. (cde) B3.4 Know types of food contamination, the potential causes, including cross-contamination, and methods of prevention. (cde) B6.2 Use, maintain, and store the tools, utensils, equipment, and appliances appropriate for preparing a variety of food items. (cde) B6.4 Prepare food by using the correct techniques and procedures specified in recipes and formulas. (cde) 8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross-contamination from potentially hazardous foods, between raw and ready-to-eat foods, and between animal and fish sources and other food products. (FCS) 8.3.6 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving, including hand tools and small ware. (FCS) 8.5.1 Demonstrate professional skill in safe handling of knives, tools, and equipment. (FCS)
Fruit	10.1 Understand the principles of nutrition and their relationship to good health through the life cycle. (cde) 10.2 Understand the basic principles of food safety and sanitation and the proper techniques for preparing and serving food. (cde) 10.3 Understand the principles of food purchasing, food preparation, and meal management in a variety of settings. (cde) A3.0 Students know the primary standards and regulations for safe food handling and sanitation practices. (cde) A4.0 Students understand the relationship of basic nutritional principles and concepts to the physical and emotional well-being of individuals. (cde) B6.1. Know the qualities and properties of food items and ingredients used in food preparation. (cde) B6.4 Prepare food by using the correct techniques and procedures specified in recipes and formulas. (cde)
Vegetables	10.1 Understand the principles of nutrition and their relationship to good health through the life cycle. (CDE) 10.2 Understand the basic principles of food safety and sanitation and the proper techniques for preparing and serving food. (CDE) 10.3 Understand the principles of food purchasing, food preparation, and meal management in a variety of settings. (CDE) 10.5 Understand The aspects of science related to food preparation, product development, and nutrition. (CDE) 8.5.2. Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking...(FCStandards)
Soups, Salads & Casseroles	<i>No essential skills identified</i>

Poultry	A3.3 Understand the procedures for preventing the spread of food borne pathogens and illness. (CDE) B3.4 Know types of food-contamination, the potential causes, including cross-contamination, and methods of prevention. (CDE) B10.1 Understand basic nutritional principles and know how to use food preparation techniques that conserve nutrients. (CDE) 8.5.2 Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking...(FCS)
Cookies, Cakes, Pies & Candies	A8.2 Know terminology, methods, and equipment used in the food science and technology industry. (cde) B7.1. Know the qualities and properties of food items and ingredients used for baked goods, pastries, and desserts. (cde) B7.2 Use, maintain, and store the tools, utensils, equipment, and appliances appropriate for preparing , serving, and storing baked goods, pastries, and desserts. (cde)
Breads	B7.1 Know the qualities and properties of food items and ingredients used for baked goods, pastries, and desserts. (cde) B7.2 Use, maintain, and store the tools, utensils, equipment, and appliances appropriate for preparing, serving, and storing baked goods, pastries, and desserts. (cde)
Grains	A8.0 Students understand the basic principles of chemistry & physics related to changes in foods & food products during preparation, processing, & preservation. (CDE) 8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding a variety of foods. 8.5.7 Prepare various fruits, vegetables, starches, legumes, dairy products, fats, & oils using safe handling & professional preparation techniques. (FCS)
Dairy Products	10.1 Understand the principles of nutrition and their relationship to good health through the life cycle (cde) 10.2 Understand the basic principles of food safety and sanitation and the proper techniques for preparing and serving food. (cde) 10.5 Understand the aspects of science related to food preparation, product development, and nutrition. (cde)
Eggs	B6.4 Prepare food by using the correct techniques and procedures specified in recipes and formulas. (CDE) 8.5.11 Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques (FCS)
Careers	9.0 Integrate knowledge, skills, practices required for careers in food science, food technology, dietetics, and nutrition. (FCS Standard)
Meat	10.1 Understand the principles of nutrition and their relationship to good health through the life cycle. 10.2 Understand the basic principles of food safety and sanitation and the proper techniques for preparing and serving food. 10.6 Understand food production, processing, and distribution methods and the relationship of those techniques to consumer food supply and nutrition.
Regional Cuisine	10.4 Understand commonly accepted food customs as well as table settings, meal service, and etiquette practices of the United States and other cultures.
Vocabulary Final	10.2 Understand the basic principles of food safety and sanitation and the proper techniques for preparing and serving food. (cde)