



***Department of Teaching & Learning***  
***Parent/Student Course Information***

***Culinary Arts I***  
***(VO 8275)***  
***Three Credits, One Year***  
***Grade 11***

*Counselors are available to assist parents and students with course selections and career planning. Parents may arrange to meet with the counselor by calling the school's guidance department.*

**COURSE DESCRIPTION**

Culinary Arts is a two-year program for aspiring chefs. Culinary Arts I is the first year in the sequence. Students study quantity cooking, baking, cake decorating, sanitation procedures, and restaurant service and management. Each class operates a restaurant during school hours in the food service area. Students also participate in actual work experiences in the community as their internship.

**CERTIFICATION**

None

**STUDENT ORGANIZATION**

Family, Career and Community Leaders of America (FCCLA)

FCCLA is a national career and technical student organization that promotes personal growth and leadership through Family and Consumer Sciences education. As part of the FACS curriculum, the FCCLA framework helps students develop character, think creatively and critically and prepare for careers through practical knowledge and specific skills.

**PREREQUISITE**

None

**OPTIONS FOR NEXT COURSE**

Culinary Arts II

**REQUIRED STUDENT TEXTBOOK**

*Introduction to Culinary Arts, 2007*

## COMPETENCIES FOR CULINARY ARTS I

### **Demonstrating Workplace Readiness Skills: Personal Qualities and People Skills**

- 1 Demonstrate positive work ethic.
- 2 Demonstrate integrity.
- 3 Demonstrate teamwork skills.
- 4 Demonstrate self-representation skills.
- 5 Demonstrate diversity awareness.
- 6 Demonstrate conflict-resolution skills.
- 7 Demonstrate creativity and resourcefulness.

### **Demonstrating Workplace Readiness Skills: Professional Knowledge and Skills**

- 8 Demonstrate effective speaking and listening skills.
- 9 Demonstrate effective reading and writing skills.
- 10 Demonstrate critical-thinking and problem-solving skills.
- 11 Demonstrate healthy behaviors and safety skills.
- 12 Demonstrate an understanding of workplace organizations, systems and climates.
- 13 Demonstrate lifelong-learning skills.
- 14 Demonstrate job-acquisition and advancement skills.
- 15 Demonstrate time- task- and resource-management skills.
- 16 Demonstrate job-specific mathematics skills.
- 17 Demonstrate customer-service skills.

### **Demonstrating Workplace Readiness Skills: Technology Knowledge and Skills**

- 18 Demonstrate proficiency with technologies common to a specific occupation.
- 19 Demonstrate information technology skills.
- 20 Demonstrate an understanding of Internet use and security issues.
- 21 Demonstrate telecommunications skills.

### **Examining All Aspects of an Industry**

- 22 Examine aspects of planning within an industry/organization.
- 23 Examine aspects of management within an industry/organization.
- 24 Examine aspects of financial responsibility within an industry/organization.
- 25 Examine technical and production skills required of workers within an industry/organization.
- 26 Examine principles of technology that underlie an industry/organization.
- 27 Examine labor issues related to an industry/organization.
- 28 Examine community issues related to an industry/organization.
- 29 Examine health, safety and environmental issues related to an industry/organization.

### **Addressing Elements of Student Life**

- 30 Identify the purposes and goals of the student organization.
- 31 Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult.
- 32 Demonstrate leadership skills through participation in student organization activities, such as meetings, programs and projects.
- 33 Identify Internet safety issues and procedures for complying with acceptable use standards.

## **Balancing Work and Family**

- 34 Analyze the meaning of work and the meaning of family.
- 35 Compare how families affect work life and how work life affects families.
- 36 Identify management strategies for balancing work and family roles.

## **Examining Safety and Sanitation**

- 37 Identify the Hazard Analysis Critical Control Point (HACCP) during all food-handling processes as a method for minimizing the risk of foodborne illness.
- 38 Identify microorganisms related to food spoilage and foodborne illnesses.
- 39 Describe symptoms common to foodborne illnesses and how illness can be prevented.
- 40 Explain good personal hygiene/health practices.
- 41 Demonstrate safe food production, storage and service procedures.
- 42 Identify potentially hazardous foods.
- 43 Identify common food allergens.
- 44 Demonstrate the safe use of cleaners and sanitizers.
- 45 Explain Material Safety Data Sheets (MSDS) and their requirements.
- 46 Conduct a sanitation inspection, identifying modifications necessary for compliance with standards.
- 47 Outline schedule and procedures for cleaning and sanitizing equipment and facilities.
- 48 Identify industry-standard waste-disposal and recycling methods.
- 49 Describe measures for insect, rodent and pest control and eradication.
- 50 Identify physical hazards to the health and safety of employees.
- 51 Identify facility hazards in the work environment.
- 52 Outline emergency procedures for kitchen and dining room injuries.
- 53 Identify the classes of fires and the method for extinguishing each.

## **Applying Nutritional Principles**

- 54 Identify governmental nutritional guidelines.
- 55 Evaluate diets, using the recommended dietary allowances.
- 56 Identify the principles of cooking and storage techniques for maximum retention of nutrients.

## **Applying Food-Preparation Techniques**

- 57 Demonstrate basic knife skills.
- 58 Demonstrate basic hand tool(s) and utensil operation.
- 59 Demonstrate basic equipment operation.
- 60 Demonstrate basic uses of pots and pans.
- 61 Read and follow a recipe.
- 62 Prepare food from standardized recipes for menu production.
- 63 Analyze dry heat cooking methods: roasting, baking, broiling, grilling, griddling, sautéing, pan frying and deep frying.
- 64 Analyze moist heat cooking methods: poaching, steaming, and boiling.
- 65 Analyze combination cooking methods: braising and stewing.
- 66 Demonstrate scaling and measurement techniques, using weight.
- 67 Demonstrate scaling and measurement techniques, using volume.
- 68 Identify herbs, spices, oils and vinegars.
- 69 Identify and fabricate meats.
- 70 Identify and fabricate poultry.
- 71 Identify and fabricate fish.

- 72 Identify and fabricate shellfish.
- 73 Identify similarities and differences between stocks, soups and sauces and their preparations.
- 74 Identify fruits, vegetables and farinaceous items and their preparations.
- 75 Identify breakfast meats.
- 76 Identify different egg products.
- 77 Identify hot breakfast cereals.
- 78 Identify batter products.
- 79 Prepare breakfast meats.
- 80 Prepare eggs in a variety of ways.
- 81 Prepare hot breakfast cereals.
- 82 Prepare batter products.
- 83 Demonstrate food-presentation techniques.

### **Preparing Garden Manager**

- 84 Prepare cold food: salad.
- 85 Prepare cold foods: dressings and marinades.
- 86 Prepare cold foods: dips and relishes.
- 87 Prepare cold food: sandwiches.
- 88 Prepare cold foods: canapés and hors d'oeuvres.
- 89 Demonstrate cold food presentation techniques.
- 90 Produce edible decorative pieces.

### **Learning Baking Fundamentals**

- 91 Define baking terms.
- 92 Identify equipment and utensils used in baking.
- 93 Identify ingredients used in baking and their functions.
- 94 Prepare yeast products.
- 95 Prepare quick breads.
- 96 Prepare pies and tarts.
- 97 Prepare cookies.
- 98 Demonstrate dessert and baked goods presentation techniques.

### **Serving in the Dining Room**

- 99 Demonstrate the general rules of table settings and service.
- 100 Demonstrate communication with diverse groups.
- 101 Identify types of dining service techniques.
- 102 Perform an on-site catered function.
- 103 Identify types of dining establishments.
- 104 Demonstrate procedures for marketing to customers.
- 105 Prepare and serve beverages.
- 106 Explain interrelationships and workflow between dining room and kitchen operations.

### **Using Business and Math Skills**

- 107 Demonstrate recipe and formula conversions.
- 108 Demonstrate preparation of a guest check.
- 109 Perform calculations, using current technology.

### **Purchasing and Receiving Goods**

- 110 List the requirements for proper receiving and storage of raw and prepared foods as well as non-food items.
- 111 List the formal and informal purchasing methods.
- 112 Describe the purpose of requisitions.
- 113 Describe market fluctuation and the effect on product cost.
- 114 Explain the legal and ethical considerations of purchasing.
- 115 Describe the importance of product specifications.
- 116 Explain current regulations for inspecting and grading of foods.
- 117 Evaluate received foods to determine conformity with user specifications and agreed-upon price.
- 118 Describe steps of receiving and storing food.
- 119 Describe the steps of receiving and storing cleaning supplies and chemicals.
- 120 Inventory food and non-food items.

### **Introducing the Hospitality Industry**

- 121 Describe the scope of the hospitality industry.
- 122 Trace the growth and development of the hospitality industry.
- 123 Identify professional hospitality organizations.
- 124 Identify career opportunities.
- 125 Read industry trade periodicals.

### **Using Workplace Skills**

- 126 Complete the mock job interview process, including preparation and follow-up.
- 127 Describe employee orientation.
- 128 Identify various training methods.
- 129 Identify types and methods of employee evaluation.
- 130 Identify techniques to resolve conflict and negotiate differences.
- 131 Identify federal and state employment laws.

Aaron C. Spence, Ed.D., Superintendent  
Virginia Beach City Public Schools  
2512 George Mason Drive, Virginia Beach, VA 23456-0038

Produced by the Department of Media and Communications for the  
Department of Teaching and Learning.  
For further information please call (757) 263-1070.

#### Notice of Non-Discrimination Policy

Virginia Beach City Public Schools does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation/gender identity, pregnancy, childbirth or related medical condition, disability, marital status, age, genetic information or veteran status in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. School Board policies and regulations (including, but not limited to, Policies 2-33, 4-4, 5-7, 5-19, 5-20, 5-44, 6-7, 6-33, 7-48, 7-49, 7-57 and Regulations 2-33.1, 4-4.1, 4-4.2, 4-4.3, 4-6.1, 5-44.1, 7-11.1, 7-17.1 and 7-57.1) provide equal access to courses, programs, counseling services, physical education and athletic, vocational education, instructional materials and extracurricular activities.

To seek resolution of grievances resulting from alleged discrimination or to report violations of these policies, please contact the Title VI/Title IX Coordinator/Director of Student Leadership at (757) 263-2020, 1413 Laskin Road, Virginia Beach, Virginia, 23451 (for student complaints) or the Section 504/ADA Coordinator/Chief Human Resources Officer at (757) 263-1133, 2512 George Mason Drive, Municipal Center, Building 6, Virginia Beach, Virginia, 23456 (for employees or other citizens). Concerns about the application of Section 504 of the Rehabilitation Act should be addressed to the Section 504 Coordinator/ Executive Director of Student Support Services at (757) 263-1980, 2512 George Mason Drive, Virginia Beach, Virginia, 23456 or the Section 504 Coordinator at the student's school. For students who are eligible or suspected of being eligible for special education or related services under IDEA, please contact the Office of Programs for Exceptional Children at (757) 263-2400, Laskin Road Annex, 1413 Laskin Road, Virginia Beach, Virginia, 23451.

Alternative formats of this publication which may include taped, Braille, or large print materials are available upon request for individuals with disabilities. Call or write The Department of Teaching and Learning, Virginia Beach City Public Schools, 2512 George Mason Drive, P.O. Box 6038, Virginia Beach, VA 23456-0038. Telephone 263-1070 (voice); fax 263-1424; 263-1240 (TDD) or email at [Kathleen.Vuono@vbschools.com](mailto:Kathleen.Vuono@vbschools.com).

vbschools.com  
your virtual link to Hampton Roads' largest school system



**VIRGINIA BEACH CITY PUBLIC SCHOOLS**  
CHARTING THE COURSE

No part of this publication may be produced or shared in any form without giving specific credit to Virginia Beach City Public Schools.

(Revised August 2018)