



Department of Teaching & Learning
Parent/Student Course Information

Introduction to Culinary Arts
(HE 8262)
One Credit, One Year
Grades 9-12

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

This comprehensive course is designed to help students meet the challenges of their daily lives with confidence. Students will learn basic information and practical skills related to such topics as interpersonal and family relationships, career preparation, financial management, life management, healthy living, foods and nutrition, clothing and housing.

CERTIFICATION

American Association of Family & Consumer Sciences: Broad Field Family and Consumer Sciences Competency Assessment (for those students who have taken at least one other year-long FACS course)

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

Introduction to Hospitality and Catering

Culinary Arts (Technical and Career Education Center)

REQUIRED STUDENT TEXTBOOK

The Culinary Professional, 2017

COMPETENCIES FOR INTRODUCTION TO CULINARY ARTS

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.
- 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.
- 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.

Exploring Culinary Arts

- 37 Describe the origins and development of culinary arts.

- 38 Identify career options, occupational venues and entrepreneurial opportunities in culinary arts professions and food-related industries.
- 39 Explain the duties of selected positions in the culinary arts professions and food-related industries.
- 40 Identify specialized (niche) markets leading to entrepreneurial opportunities in culinary arts professions and food-related industries.

Investigating Food Safety and Sanitation Measures

- 41 Describe the latest advancements in food safety.
- 42 Explain food-borne illnesses, the contaminants/conditions that cause them, and how to prevent them.
- 43 Identify federal, state and local food safety requirements.
- 44 Demonstrate safe food handling.
- 45 Identify physical safety hazards in the kitchen and procedures for avoiding them.
- 46 Implement kitchen safety procedures.

Exploring Culinary Preparation Foundations

- 47 Interpret the components of a standardized recipe.
- 48 Identify hand tools, utensils, equipment and technology used in food preparation.
- 49 Demonstrate *mise en place*.
- 50 Apply time-management principles when planning, preparing, and serving food.
- 51 Explain concepts of taste and flavor.

Demonstrating Basic Culinary Skills

- 52 Demonstrate basic knife skills.
- 53 Apply different cooking methods in food preparation.
- 54 Apply basic food-science principles in food preparation.
- 55 Prepare basic stocks, soups and sauces.
- 56 Demonstrate scaling and measuring techniques for measuring volume and weight.
- 57 Demonstrate recipe conversion, using conversion factors and formulas.
- 58 Demonstrate basic baking and pastry techniques.
- 59 Design a kitchen workstation.

Exploring Diverse Cuisines and Service Styles

- 60 Explain the different types of dining service.
- 61 Describe the development of various cuisines from a multicultural perspective.
- 62 Summarize the impact of trends in current cuisines.

Exploring Menu Development

- 63 Describe the sources and functions of nutrients.
- 64 Evaluate a recipe for nutritional values and preparation process.
- 65 Design menus to meet current culinary trends.
- 66 Identify special dietary needs and preferences of various consumer groups.
- 67 Modify a recipe to meet the special dietary needs or preferences of a selected consumer group.
- 68 Explain food-resource management, focusing on ways the food service industry addresses environmental and other bottom-line issues.

Introducing the Economics of Food

- 69 Describe how to determine food costs.
- 70 Identify the cost components of food production.
- 71 Evaluate various types of environmental factors relating to food costs.

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

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For further information please call (757) 263-1070.

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