

Unit 1 - Workplace Safety

In this unit, students will ...

- Identify and use protective clothing and equipment that protects employees from potential hazards on the job.
- Identify the causes and types of fires most common to foodservice establishments.
- Choose the appropriate method of extinguishing each type of fire in a food service establishment.
- Detail the most common accidents (slips/falls, cuts, burns/scalds, strains/sprains) occurring in foodservice establishments and ways in which these accidents can be prevented.

Standards for Family, Food, and Society

PS1.c: Demonstrate industry standards in selecting, using and maintaining food production and food service equipment.

FPS1.g: Demonstrate the concept of internal and external customer service.

FMM1: Students will integrate knowledge, skills and practices required for careers in facilities management and maintenance.

Unit 2 - Food Safety

In this unit, students will ...

- Practice proper personal hygiene and hand washing
- Examine conditions which cause food to become unsafe
- List reasons why it is important to keep food safe.
- Identify microorganism that have the potential to cause food borne illness
- Follow procedures for cleaning and sanitizing tools and equipment

Standards for Family, Food, and Society

FPS1.b: Demonstrate food safety and sanitation procedures.

FPS1.c: Demonstrate industry standards in selecting, using and maintaining food production and food service equipment.

FSD1.b: Apply risk management procedures to food safety, food testing and sanitation.

Unit 3 - Fruits

In this unit, students will ...

- Explain the connection between fruits, vegetables and knife skills/safety.

- Identify the different categories of fruit and organize fruit listings into the different categories.
- Discuss the USDA grades for fresh fruit and the purpose of grading.
- Identify the factors affecting purchase of the various forms of fruit and methods of storing fruit.
- Demonstrate a variety of fruit preparations.

Standards for Family, Food, and Society

FPS1.b: Demonstrate food safety and sanitation procedures.

FPS1.e: Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.

Unit 4 - Eggs

In this unit, students will ...

- List the six functions of eggs (Binder, Emulsifier, Thickening, Coating, Leavening Agent, Other)
- List various types of eggs.
- List various types of cooked eggs.
- Explain various factors when purchasing food safe eggs.
- Identify six parts of the eggs composition.
- Explain how the six parts of the egg relates and effects to cooking.
- Prepare an egg based dish for the six functions of eggs.

Standards for Family, Food, and Society

FPS1.b: Demonstrate food safety and sanitation procedures.

FPS1.e: Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.

Unit 5 - Dairy

In this unit, students will ...

- Explain the processes used for cheese production as well as the different varieties of cheese and how to classify those varieties.
- Discuss the various ways in which cheese might appear on a menu.
- Demonstrate a variety of methods for preparing cheese.
- Demonstrate a variety of methods for preparing milk products.
- Explain what lactose intolerance is and how it affects the body.

Standards for Family, Food, and Society

FPS1.b: Demonstrate food safety and sanitation procedures.

FPS1.e: Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.

FSDN1.d: Apply basic concepts of nutrition and nutritional therapy in a variety of settings.

Unit 6 - Soups, Sauces and Stocks

In this unit, students will ...

- Specify the types of stock and the essential components of stock.
- Demonstrate the preparation of the various ingredients used to make stock in addition to the process of preparing quality stocks.
- Identify and describe the five classical grand (mother) sauces, the ingredients and thickeners uses, and detail the uses for each sauce.
- Explain the other sauces that are not classified as grand sauces or as derivatives of grand sauces and identify how the sauces would be used.
- Differentiate between the basic kinds of soup and identify the basic ingredients needed for each.
- Provide examples of how the different soups would be used in a menu.