

Standardized Course Outline - Santa Clara High School  
 CULINARY 1A - COOKING

COURSE TITLE	Culinary 1A Cooking
DATE	Revised: September 2017
INDUSTRY SECTOR/PATHWAY	Hospitality, Tourism and Recreation/ Food Service and Hospitality
COURSE DESCRIPTION	This Introduction to the Culinary Arts offers students the opportunity to prepare a variety of dishes including breakfast selections, soups, salads, entrees, even sushi! The course will cover culinary vocabulary and skills, culinary math, safety & sanitation, creative food presentation, nutrition and an overview of careers within the culinary/ hospitality industry.
OCCUPATIONS FOR IDENTIFIED PATHWAY	Food Expeditor Executive Chef Restaurant Manager Banquet and Catering Director
COURSE OBJECTIVES	Students will become familiar with kitchen operation, working as a team member Students will select and practice proper use of culinary tools Students will become proficient with a variety of culinary techniques Students will understand the importance of food safety and sanitation Students will understand and comply with professional kitchen safety practices Students will be prepared for entry level employment in the field
INSTRUCTIONAL STRATEGIES	Lectures and Demonstrations Multimedia Sources Project Based Learning Work-Based Learning
PREREQUISITES	none
ACADEMIC CREDIT	semester, 5 credits
UC A-G APPROVED	no

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STANDARDS	<u>Hospitality, Tourism and Recreation Knowledge and Performance Anchor Standards</u> All anchor standards met
INSTRUCTIONAL MATERIALS / TEXTBOOKS	Modern meals Macmillan McGraw Hill 1990

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CTE KNOWLEDGE AND PERFORMANCE ANCHOR STANDARDS - (Essential Employability Skills)

<p><b>1. Academics</b> Analyze and apply appropriate academic standards required for successful industry sector pathway completion leading to postsecondary education and employment. Refer to the industry sector alignment matrix for identification of standards.</p>
<p><b>2. Communications</b> Acquire and use accurately (industry) sector terminology and protocols for communicating effectively in oral, written, and multimedia formats.</p>
<p><b>3. Career Planning and Management</b> Integrate multiple sources of career information from diverse formats to make informed career decisions and manage personal career plans.</p>
<p><b>4. Technology</b> Use existing and emerging technology, to investigate, research, and produce products and services as required in the (industry) sector workplace environment.</p>
<p><b>5. Problem Solving and Critical Thinking</b> Create alternative solutions to answer a question or solve a problem unique to the (industry), using critical and creative thinking; logical reasoning, analysis, inquiry, and problem-solving techniques.</p>
<p><b>6. Health and Safety</b> Demonstrate health and safety policies, procedures, regulations, and personal health practices related to the (industry) sector workplace environment.</p>
<p><b>7. Responsibility and Flexibility</b> Demonstrate behaviors that reflect personal and professional responsibility, flexibility, and respect in the (industry) sector workplace environment and community settings.</p>
<p><b>8. Ethics and legal Responsibilities</b> Practice professional, ethical, and legal behavior consistent with applicable laws, regulations, and organizational norms.</p>
<p><b>9. Leadership and Teamwork</b> Work with peers to promote effective leadership, group dynamics, team and individual decision-making, benefits of workforce diversity, and conflict resolution.</p>

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**10. Technical Knowledge and Skills**

Apply essential technical knowledge and skills common to all pathways in the (industry) sector.

**11. Demonstration and Application**

Demonstrate and apply the knowledge and skills contained in the anchor standards, pathway standards, career technical student organizations, and performance indicators in classroom, laboratory and/or workplace settings.

COURSE OUTLINE - INSTRUCTIONAL UNITS	Key Assignments	Anchor Standards	Pathway Standards
<b>Unit 1: Safe Work Standards</b>	Identify and recognize safe kitchen practices through assigned reading in text book Create Safety Posters Identify Unsafe practices in safety video Apply safety knowledge in cooperative game playing scenarios	1.0, 2.1-3, 2.5, 4.1, 4.3-4, 5.1-5, 6.1-7, 7.2-4, 7.7, 8.1-2, 9.7, 10.1-2, 11.1	B2 1-4, B3 1-6, B4.2, B5 1-2, B6.3, B7.1, B7.3
<b>Unit 2: Sanitation</b>	Compare proper and improper food handling procedures in videos Identify and recognize kitchen sanitation practices through reading in text book Describe/ select proper personal grooming, hygiene and work attire Participate in dishwashing/kitchen clean-up lab Recall video/ reading information to demonstrate knowledge on worksheets	1.0, 2.1-3, 2.5, 4.1, 4.3-4, 5.1-5, 6.1-7, 7.2-4, 7.7, 8.1-2, 9.7, 10.1-2, 11.1	B2 1-4, B3 1-6, B4.2, B5 1-2, B6.3, B7.1, B7.3
<b>Unit 3: Measurement</b>	Review previous knowledge of fractions by watching videos and demonstrations Complete graphic worksheets simulating measuring tools Participate in competitive measurement simulation games Remember and Recite nemonic devices used in referencing measurement facts	1.0, 4.1, 5.1-3, 7.2, 10.1, 10.11, 11.1	B6.1-3, B7.1-3
<b>Unit 4: Kitchen Basics</b>	Practice a variety of cooking techniques through hands on labs: <ul style="list-style-type: none"> <li>• Prepare breakfast foods and beverages</li> <li>• Prepare soups and salads</li> <li>• Prepare entrees</li> <li>• Prepare desserts and baked goods</li> <li>• Employ principles of mis en place</li> </ul>	1.0, 2.1-2, 2.4-5, 4.1, 5.1-2, 6.2-6, 7.2-7.4, 9.1-4, 9.7, 10.6-7, 10.11	B5.3, B6.1-7, B7.1-6

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<b>Unit 5: Food Service Equipment</b>	Choose appropriate cookware for cooking labs Demonstrate knowledge and use of appliances and utensils in cooking labs Understand and correctly use measurement equipment practice safe knife use Complete study sheets with descriptions of all equipment used in labs	1.0, 2.1, 4.1, 4.3, 5.1-4, 6.2-7, 7.4,7.7, 9.2, 10.1, 10.7, 11.1,	B3.4, B5.1, B5.3, B6.1-3, B7.1,
<b>Unit 6: Food Presentation and Service</b>	Write restaurant reviews featuring evaluation of staffing experience Complete lab that employ creative plating techniques in serving food Design and implement artistic table presentation for meal service Practice professional dining etiquette and conventions	1.0, 2.1-3, 4.1, 5.1-3, 7.2-5, 7.7, 8.3-5, 9.2-4, 9.6-7, 10.1-4, 10.8, 11.1	B4.4, B5.5-6, B6.6, B7.5, B8.1-5, B9.1, B9.3,
<b>Unit 7: Leadership and Teamwork in the Foodservice Industry</b>	Create and follow lab plans, delineating team task assignments Design cooking lab as a team and execute plan Serve in a variety of food service positions, as a contributing member of a cohesive, production team	1.0, 2.1-6, 3.1-3, 4.1-2, 5.1-4, 8.4, 9.1-7, 10.1-2	B1.1-4, B4.1-3, B8.4
<b>Unit 8: Cultural influences on Cuisine</b>	Explore Dia de los Muertos, focusing on it's culinary traditions through video, reading and powerpoint Create Dia de los Muertos baked goods Family Food Tradition Project - prepare a recipe carried down through family, interview family about those traditions, research write an essay on findings Multi-Cultural Food labs: <ul style="list-style-type: none"> <li>• Sushi</li> <li>• Breakfast burritos</li> <li>• Stir fry</li> <li>• German pancakes</li> <li>• Chinese chicken salad</li> <li>• Won Ton Soup</li> <li>• Fettuccini Alfredo</li> </ul>	1.0, 2.1-2, 2.4-5, 4.1, 5.1-2, 6.2-6, 7.2-7.4, 9.1-7, 10.6-7, 10.11	B5.3, B6.1-7, B7.1-6