

FOLSOM CORDOVA UNIFIED SCHOOL DISTRICT

Culinary Arts 1: Serve Safe

Date: January 2011

Subject Area: Career Technical Education

Proposed Grade Level(s): 11th

Course Length: One Year

Grading: A-F

Number of Credits: 5 per Semester

Prerequisites: Recommended successful completion of 10th grade Foods and Nutrition

COURSE DESCRIPTION:

This course prepares students with Serve Safe Certification opportunity, food production and preparation techniques, and team work skills for employment. The Serve Safe course effectively prepares students with skills and behaviors needed to successfully enter the Food Service and Hospitality field. Instruction includes topics such as Serve Safe information concerning safety and sanitation, planning, selecting, storing, purchasing, and preparing quality food. Additional areas of study will include nutrition values, use and care of equipment, cost, and side work ethics.

GENERAL GOALS/PURPOSES:

- Through the Serve Safe Program, students will continue to apply skills learned in math, English, social science, and science as found in the area of foods and nutrition.
- Students will gain the opportunity to be Serve Safe Certified while learning safety and sanitation techniques to assure quality food service.
- The Serve Safe class will further prepare students to be successful in applying appropriate decision-making and problem-solving techniques when dealing with making healthy and nutritious food choices and food preparation.
- Our class will encourage students to work cooperatively with others in the completion of laboratory and group work.
- The Serve Safe course will allow students the opportunity to explore career opportunities in the area of Food Service and Hospitality within the various job markets or transition to post secondary educational programs.
- Students who successfully complete the course will have the opportunity to earn certification in the National Restaurant Association of Serve Safe Program while learning skills that will enable them to gain employment in the area of Food Service and Hospitality.
- Through the student leadership organization, FHA-Hero, Serve Safe students will have the opportunity to compete in statewide competition utilizing the skills obtained from class.

STUDENT READING COMPONENT:

Specific applications of Reading Comprehension standards (grades nine and ten): (2.1), (2.2), (2.5), (2.7)

STUDENT WRITING COMPONENT:

Specific applications of Writing Strategies and Applications standards (grades nine and ten): (1.3), (1.4), (1.5), (2.3)

Specific applications of Writing Strategies and Applications standards (grades eleven and twelve): (1.5), (2.5)

STUDENT ORAL COMPONENT:

Specific applications of expository presentations: (2.2)

Specific applications of Speaking Applications standards (grades eleven and twelve): (2.4) – (2.7).

STUDENT MATH COMPONENT:

Specific applications of Number Sense Standards (grade seven): (1.2), (1.3), (1.6), (2.2), (2.5)

Specific applications of Mathematical Reasoning standards (grade seven): ((1.1), (2.1), (2.4) – (2.7), (3.1) – (3.3)

Specific applications of Algebra I standards (grades eight through twelve): (1.1), (13.0).

DETAIL UNITS OF INSTRUCTION:

I. The Sanitation Challenge

- A. Providing Safe Food - (Steps must be taken to ensure food being served is safe, both in home and industry)
- B. Foodborne Illness
 - 1. What is a foodborne illness?
 - 2. The dangers and preventing of foodborne illness
 - 3. Key practices in assuring the safety of food
 - 4. Individual responsibilities
- C. The Microworld
 - 1. Microbial contaminants
 - 2. Foodborne illness classifications
 - 3. Bacteria, viruses, parasites, fungi
 - 4. Pathogens
 - 5. Technological advancements in food safety
- D. Contamination and food allergies
 - 1. Biological, chemical and physical contamination
 - 2. Deliberate contamination
 - 3. Food Allergens
- E. Safe food handling
 - 1. How food is contaminated by food handlers
 - 2. Diseases transmitted by food handlers
 - 3. Personal hygiene

II. The Flow of Food through an Operation

- A. Introduce the flow of food concept
 - 1. Preventing cross-contamination
 - 2. Time and temperature control
- B. Purchasing and receiving concepts
 - 1. Choosing a supplier
 - 2. Inspecting procedures
 - 3. Specific food receiving and inspection
- C. Proper storage techniques
 - 1. General guidelines
 - 2. Types of storage
 - 3. Specific techniques
- D. Proper preparation techniques
 - 1. Proper thawing techniques
 - 2. Specific food preparation
 - 3. Cooling food
 - 4. Storing cooled food
 - 5. Reheating food
- E. Proper service techniques
 - 1. Proper holding of food
 - 2. Proper serving food safely
 - 3. Proper off-site service

- F. Proper systems of food safety management
 - 1. Food safety programs
 - 2. HACCP – Hazard Analysis Critical Control Point
 - 3. Crisis management

III. Sanitary Operations and Pest Management

- A. Sanitary operations and proper equipment
 - 1. Creating a sanitary workplace
 - 2. Sanitation standards of equipment
 - 3. Proper maintenance of equipment
 - 4. Understanding establishment utilities
- B. Cleaning and sanitizing
 - 1. Cleaning and sanitizing and their differences
 - 2. Machine and manual dishwashing and their differences
 - 3. Cleaning and sanitizing operational equipment, kitchen and premises
 - 4. Tools essential for cleaning
 - 5. Proper safe storing of utensils, tableware, and equipment
 - 6. Proper use and storage of hazardous materials
 - 7. Develop a successful cleaning program
- C. IPM – Integrated Pest Management
 - 1. Preventive methods
 - 2. Identifying pests
 - 3. PCO – pest control operators
 - 4. Treatment and control measures
 - 5. Proper use and storage of pesticides

IV. Sanitation Management

- A. Standards and regulations of food safety
 - 1. Foodservice inspection program objectives
 - 2. Inspection programs
 - 3. Governmental Regulatory System for food (e.g., USDA and FDA)
 - 4. Food code of the FDA
 - 5. Inspection process / self inspections
 - 6. Federal Regulatory Agencies
 - 7. Voluntary controls within the food and hospitality industry
- B. Food Safety Training
 - 1. Initial and ongoing student training
 - 2. How to train
 - 3. Following up training procedures
 - 4. Food Safety Certification

V. Becoming a Restaurant and Foodservice Professional

- A. Preparing for a Successful in Food Service and Hospitality
 - 1. Working within the industry
 - 2. Career opportunities
 - 3. Prepare a portfolio and a résumé
 - 4. Complete application forms
 - 5. Mock job interviews and orientations
 - 6. Working on the job – learning to work together
 - 7. Training and evaluation

VI. Successful customer and employee relations

- A. Customer relations
 - 1. Importance of service
 - 2. Management role in service
- B. Employee relations
 - 1. Workplace safety: prevention of fires, burns, slips, trips, and falls
 - 2. Safely lifting and carrying
 - 3. Knife safety
 - 4. First aid
 - 5. Safety as an ongoing process

VII. Review of food and kitchen basics

- A. In the kitchen
 - 1. Standardized recipes
 - 2. Preparing to cook
 - 3. Cooking methods
- B. Healthful, appealing food
 - 1. ABC's of nutrition
 - 2. Carbohydrates, fats, proteins, vitamins, minerals, and water
 - 3. Nutrition guidelines
 - 4. Making nutritious menus

VIII. Food variations

- A. Breakfast foods and sandwiches
 - 1. Dairy and the egg
 - 2. Breakfast choices
 - 3. The parts of the sandwich
- B. Salad and garnishes
 - 1. Salads
 - 2. Dressings, dips and condiments
 - 3. Garnishing as an art
- C. Fruits and vegetables
 - 1. Identification
 - 2. Purchasing and storing
 - 3. Cooking fresh produce

IX. Controlling costs with business math

- A. Food service costs
 - 1. Cost planning
 - 2. Controlling sales and inventory
 - 3. Menu planning
- B. Business math
 - 1. The basics – weights and measures
 - 2. Controlling food and labor costs

THIS COURSE WILL PREPARE STUDENTS FOR THE CAHSEE AND / OR CSTs:

Writing, Reading, Language Arts, Math, Social Science, and Science

LAB FEE IF REQUIRED:

Plain black ball cap, a white shirt and black pants for service are recommended.

SUBJECT AREA CONTENT STANDARDS TO BE ADDRESSED:

Career Planning & Management (3.0) – (3.2), (3.4) – (3.6); Technology (4.0) – (4.4); Problem Solving & Critical Thinking (5.0) – (5.4); Health & Safety (6.0) – (6.2); Responsibility & Flexibility (7.0) – (7.4); Ethics & Legal Responsibilities (8.0)- (8.1); ((8.3), Leadership & Teamwork through participation in the student leadership organization FHA-HERO (9.0) – (9.5); Demonstration & Application (11.0)

FOOD SERVICE AND HOSPITALITY PATHWAY STANDARDS

The Food Service and Hospitality Pathway focuses on the key aspects of the industry. Students pursuing this career pathway have in-depth, hands-on experiences that emphasize industry awareness, sanitation and safe food handling, food and beverage production and service, nutrition, food service management, and customer service.

- B1.0 Students understand major aspects of the food service and hospitality industry and the role of the industry in local, state, national, and global economies:
 - B1.2 Analyze the advantages and disadvantages of the working conditions and of various careers in the food service and hospitality industry.
- B2.0 Students understand the basics of safe work habits, security, and emergency procedures required in food service and hospitality establishments.
 - B2.1 Understand the basic procedures for the safety of employees and guests, including the procedures for emergency situations.
 - B2.2 Understand the role of the California Occupational Safety and Health Administration in regulating practices in the food service and hospitality industry.
 - B2.3 Know the causes, prevention, and treatment of common accidents and the reporting procedures involved.
 - B2.4 Know the purpose of and information in material safety data sheets.
- B3.0 Students understand the basic principles of sanitation and safe food handling:
 - B3.1 Understand basic local, state, and federal sanitation regulations as they pertain to food production and service.
 - B3.2 Know the standards of personal grooming and hygiene required by local, state and federal health and safety codes
 - B3.3 Understand safe and sanitary procedures in all food handling, including food, receiving, storage, production, service, and cleanup
 - B3.4 Know types of food contamination, the potential causes, including cross contamination, and methods of prevention.
 - B3.5 Know the essential principles of Hazard Analysis Critical Control Points, including the use of flowcharts.
 - B3.6 Understand the purpose of and process for required certification (e.g., ServSafe).
- B5.0 Students understand the basics of systems operations and the importance of maintaining facilities, equipment, tools, and supplies:
 - B5.1 Understand how various departments in a food service facility contribute to the economic success of a business
 - B5.2 Know the procedures for maintaining inventories; ordering food, equipment, and supplies; and storing and restocking supplies.
 - B5.5 Know the types of materials and supplies used in the maintenance of facilities, including the identification of the hazardous environmental and physical properties of chemicals and the use of material safety data sheets.
 - B5.6 Understand the procedures for cleaning, maintaining, and repairing facilities and equipment and the importance of preventive maintenance.

- B6.0 Students understand and apply the basics of food preparation in professional and institutional kitchens:
 - B6.1 Know the qualities and properties of food items and ingredients used in food preparation.
 - B6.2 Use, maintains, and stores the tools, utensils, equipment, and appliances appropriate for preparing a variety of food items
 - B6.3 Know the principle of mise en place, including the placement and order of use of ingredients, tools, and supplies.
 - B6.4 Prepare food by using the correct techniques and procedures specified in recipes and formulas.
 - B6.5 Use plating techniques, including accurate portioning and aesthetic presentation skills
 - B6.6 Plan and follow a food production schedule, including timing and prioritizing of tasks and activities.
- B8.0 Students understand and apply the knowledge and skills essential for effective customer service:
 - B8.1 Understand the importance of customer service to the success of the food service establishment.
- B 9.0 Students understand and apply the basic procedures and skills needed for food and beverage service.
 - B 9.1 Understand the concept of mise en place in relation to food and beverage service
 - B 9.2 Understand the required duties and various positions, including those of the host/hostess, wait staff, bus person, and others related to opening, closing, change-of-shift, and preparatory work.
- B10.0 Students understand and apply basic nutritional concepts in meal planning and food preparation
 - B10.1 Understand basic nutritional principles and know how to use food preparation techniques that conserve nutrients.
 - B10.2 Interpret nutritional or ingredient information from food labels and fact sheets and analyze menu items to meet the dietary needs of individuals.
 - B10.3 Understand the process for creating nutritious, creative, and profitable menus in accord with availability and demand.
- B11.0 Students understand and apply the basic processes of costing and cost analysis in food and beverage production and service:
 - B11.4 Calculate recipe costs and pricing per portion and compare the cost per cover to the theoretical cost.

Consumer and Family Studies Standards:

- 10.0 Students understand the essential knowledge and skills common to all pathways in the Hospitality, Tourism, and Recreation sector:
 - 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.
 - 10.3 Understand the principles of food purchasing, food preparation, and meal management in a variety of settings.
 - 10.4 Understand commonly accepted food customs as well as table setting, meal service, and etiquette practices of the United States and other cultures.
 - 10.5 Understand the aspects of science related to food preparation, product development, and nutrition.
 - 10.6 Understand food production, processing, and distribution methods and the relationship of those techniques to consumer food supply and nutrition.
 - 10.7 Understand how to select, safely use, and efficiently care for facilities and equipment related to food product development, food preparation, dining, lodging, tourism, and recreation.
 - 10.8 Assess the individual, family, and workplace factors that influence decisions related to health, leisure, and recreation at each stage of the life cycle.
 - 10.9 Understand how individuals apply strategies that enable them to manage personal and work responsibilities to enhance productivity in the workplace.
 - 10.10 Understand how knowledge, skills, attitudes, and behaviors learned in consumer and family studies can be transferred to advanced training and education or careers in the hospitality, tourism, and recreation industry.

DISTRICT ESLRs TO BE ADDRESSED

Self-Directed Learners – Students will:

- Read and write independently as well as with the class
- Think on their own as to following directions given in class
- Take what they learned in class and prepare meals for their family
- Get assigned work when they are absent from class
- Choose and create menus that will be appetizing to the teachers and staff or the student run Café

Constructive Thinkers –Students will:

- Take what has been learned in class and apply it to the real world of work
- Be able to adjust recipes and prepare them in class and at home
- Take what has been demonstrated for them and duplicate it in their kitchens
- Be creative on ‘cooks choice’ days and try new foods, not the same old things they already know how to prepare

Effective Communicators –Students will:

- Express their ideas and what they’ve learned in written and verbal communications
- Discuss and plan weekly lab duties to complete tasks
- Listen and respond to lab partners in keeping the kitchens safe

Collaborative Workers –Students will:

- Work in groups to accomplish assigned tasks
- Create foods and menus according to recipes
- Create the day’s menu/recipe(s) according to duties and lab plans
- Volunteer to help out when a group member is not in class

Quality Producers/Performers –Students will:

- Take pride in class assignments
- Be willing to sample all food prepared in class
- Follow directions and complete the recipes
- Be able to work alone and in a group to finish tasks

Responsible Citizens –Students will:

- Be in class on time and be ready to work/learn
- Follow class safety guidelines
- Measure accurately and not waste food
- Respect the different likes and dislikes of others in class