|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Careers/****Professionalism** | **Safety/****Sanitation** | **Knife Skills/** **Equipment** | **Weights/** **Measures/ Costing** | **Soups/Stocks/****Sauces** | **Cooking Methods** |
| **Culinary 1** | History/TrendsEmp. SkillsDress codeTeam workProfessional OrganizationsIntro to portfolio/resumeApplying for your first job**Standard 1.0 and 3.0** | SafeStaffHazard ControlFirst AidSlips, falls, BurnsWaste, Disposal, recycleMSDSHACCPPersonal HygieneTDZCleaning /Sanitizing **Standard 2.0** | Parts of a KnifeKnife SafetyTypes of KnivesIdentify, Use and Care of kitchen tools and equipmentStoves, Ovens, Sinks**Standard 4.0 and 5.0** | Standard weights/measuresLiquid measurementsDry measurementsCupsSpoonsWater DisplacementStandardized Recipes**Standard 4.0 and 5.0** | Intro-Veg stockClear soups (veg soup)Thick soups (broccoli)Thickening agentsVeloute (mother sauce)**Standard 6.0** | Moist & Dry BoilingPoachingDry CookingBaking**Standard 7.0** |
| **Culinary 2** | Food service & Hospitality OccupationsF. S. Hospitality trainingBrigadePS IFOH/ BOH dutiesCustomer serviceTeamworkMeal servicesWork stations**Standard 9.0** | LiftingReceiving & StoringTransporting, HoldingCooling/ReheatingPest ControlFood Borne IllnessCross contaminationAllergens**Standard 8.0** | Knife cuts (diagonal, dice, Julienne)Fruits & Veggies | Scales – digital, balance, springWater Displacement | Variety of StocksMother sauces- 5Derivatives – 5Clear soups – 2Thick soups - 5 | Combination cookingSteamingRoastingBakeDeep fryingBraising5 Senses5 TastesInfluence’s on likes & dislikes Taste/Aroma/FlavorsFruits & Veggies**Standard 10.0** |
| **Culinary 3** | InterviewsPortfoliosResumeEntrepreneurshipPersonal Care PlanManagement Skills**Standard 14.0 and 18.0** | ServesafeOHSAADA**Standard 19.0** |  Volume CutsTourneyFlutingSpeed & Efficiency | Portion Control Utilize costing proceduresWater DisplacementQuality Control Monitoring Inventory**Standard 15.0** | ConsumesButter SaucesCompound butterBisque**Standard 16.0/17.0** | GrillingSous VideStewing **Standard 17.0** |
| **Advanced Baking** |  |  |  |  |  | Molecular |
| **Advanced Culinary** |  | Safety Catering jobs |  |  |  | Molecular |
| **Management** | PS II |  |  |  |  |  |
|  | **Starches** | **Protein**  | **Fruits/****Veg** | **Baking** | **Nutrition** | **Global Cuisine** |
| **Culinary 1** | Knife skills w/ potatoesFresh pasta Demo Dry pasta how to cookTaste between Dry & fresh | EggsDeli meatsBacon, SausageDairy | Knife Skills: potatoes, carrotsIntro 7 vegetable cooking Intro summer fruits | Fermentation – yeast doughsLeavening agents – Breakfast foods (pancakes, waffles, biscuits)Sugar & fats – Cookies & Batters – muffins**Standard 7.0** | N/A | N/A |
| **Culinary 2** |  | PoultryBeefIntro to fish & SeafoodReview Egg Cookery**Standard 10.0** | Platter presentation & LayoutGM techniquesQuality Standards for all stationsVisual appeal plating foodAcids & Bases**Standard 10.0/11.0** | Holiday / Special occasion baking Catering Concessions | Essential nutrientsFood LabelsDietary needsLipidsUSDA guidelines**Standard 12.0** | Identify World Cuisines5 Regions of U.S.History/Culture Regional cookingCultural menusExamine Competitions**Standard 13.0** |
| **Culinary 3** |  | FabricationCharcuterie JerkyDehydration**Standard 16.0/17.0** |  | **Standard 16.0** |  |  |
| **Advanced Baking** |  |  |  |  |  |  |
| **Advanced Culinary** |  |  |  |  |  |  |
| **Management** |  |  |  |  |  |  |