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| --- | --- | --- | --- | --- | --- | --- |
|  | **Careers/**  **Professionalism** | **Safety/**  **Sanitation** | **Knife Skills/**  **Equipment** | **Weights/**  **Measures/ Costing** | **Soups/Stocks/**  **Sauces** | **Cooking Methods** |
| **Culinary 1** | History/Trends  Emp. Skills  Dress code  Team work  Professional Organizations  Intro to portfolio/resume  Applying for your first job  **Standard 1.0 and 3.0** | SafeStaff  Hazard Control  First Aid  Slips, falls, Burns  Waste, Disposal, recycle  MSDS  HACCP  Personal Hygiene  TDZ  Cleaning /Sanitizing  **Standard 2.0** | Parts of a Knife  Knife Safety  Types of Knives  Identify, Use and Care of kitchen tools and equipment  Stoves, Ovens, Sinks  **Standard 4.0 and 5.0** | Standard weights/measures  Liquid measurements  Dry measurements  Cups  Spoons  Water Displacement  Standardized Recipes  **Standard 4.0 and 5.0** | Intro-  Veg stock  Clear soups (veg soup)  Thick soups (broccoli)  Thickening agents  Veloute (mother sauce)  **Standard 6.0** | Moist & Dry  Boiling  Poaching  Dry Cooking  Baking  **Standard 7.0** |
| **Culinary 2** | Food service & Hospitality Occupations  F. S. Hospitality training  Brigade  PS I  FOH/ BOH duties  Customer service  Teamwork  Meal services  Work stations  **Standard 9.0** | Lifting  Receiving & Storing  Transporting, Holding  Cooling/Reheating  Pest Control  Food Borne Illness  Cross contamination  Allergens  **Standard 8.0** | Knife cuts (diagonal, dice, Julienne)  Fruits & Veggies | Scales – digital, balance, spring  Water Displacement | Variety of Stocks  Mother sauces- 5  Derivatives – 5  Clear soups – 2  Thick soups - 5 | Combination cooking  Steaming  Roasting  Bake  Deep frying  Braising  5 Senses  5 Tastes  Influence’s on likes & dislikes  Taste/Aroma/Flavors  Fruits & Veggies  **Standard 10.0** |
| **Culinary 3** | Interviews  Portfolios  Resume  Entrepreneurship  Personal Care Plan  Management Skills  **Standard 14.0 and 18.0** | Servesafe  OHSA  ADA  **Standard 19.0** | Volume Cuts  Tourney  Fluting  Speed & Efficiency | Portion Control  Utilize costing procedures  Water Displacement  Quality Control  Monitoring Inventory  **Standard 15.0** | Consumes  Butter Sauces  Compound butter  Bisque  **Standard 16.0/17.0** | Grilling  Sous Vide  Stewing  **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/ potatoes  Fresh pasta Demo  Dry pasta how to cook  Taste between Dry & fresh | Eggs  Deli meats  Bacon, Sausage  Dairy | Knife Skills: potatoes, carrots  Intro 7 vegetable cooking  Intro summer fruits | Fermentation – yeast doughs  Leavening agents – Breakfast foods (pancakes, waffles, biscuits)  Sugar & fats – Cookies & Batters – muffins  **Standard 7.0** | N/A | N/A |
| **Culinary 2** |  | Poultry  Beef  Intro to fish & Seafood  Review Egg Cookery  **Standard 10.0** | Platter presentation & Layout  GM techniques  Quality Standards for all stations  Visual appeal plating food  Acids & Bases  **Standard 10.0/11.0** | Holiday / Special occasion baking  Catering  Concessions | Essential nutrients  Food Labels  Dietary needs  Lipids  USDA guidelines  **Standard 12.0** | Identify World Cuisines  5 Regions of U.S.  History/Culture Regional cooking  Cultural menus  Examine Competitions  **Standard 13.0** |
| **Culinary 3** |  | Fabrication  Charcuterie  Jerky  Dehydration  **Standard 16.0/17.0** |  | **Standard 16.0** |  |  |
| **Advanced Baking** |  |  |  |  |  |  |
| **Advanced Culinary** |  |  |  |  |  |  |
| **Management** |  |  |  |  |  |  |