KCKPS CTE CURRICULUM PACING GUIDE

CULINARY ESSENTIALS

KSDE Course Code	16052G0.501115GGF	KSDE Course Name	Culinary Essentials
CIP Code	12.0504 19.0799	KSDE Pathway	Restaurant & Event Management Family, Community, and Consumer Services
Infinite Campus Course Numbers	12102035S & 12102035Q		
Prerequisites	None.		
Courses That Follow	Students may take Culinary Arts 1, Culinary Arts 2, etc.		
Buildings Offered	F. L. Schlagle & Wyandotte		

KCKPS Course Description

Culinary Essentials gives students a thorough overview of the foodservice portion of the Hospitality and Tourism career cluster. Topics include food safety and sanitation; the selection, use, and maintenance of equipment; standard recipe use; and skills in food production, management, and service. Career readiness and training opportunities will be explored.

Kansas Department of Education Course Competencies

Link to Career Cluster on KSDE

This course utilizes the approved competencies provided on the KSDE website. The competencies identified by KSDE provide the foundation for what students should know and/or be able to do by the end of the course.

Common District Summative Assessment

None

PACING GUIDE AT A GLANCE

Unit	Unit Name	Length
1	Food Safety	10 blocks
2	Evaluating spaces/Commercial vs. home	5 blocks
3	Recipes and Measurements	10 blocks
4	Mise En Place	10 blocks
5	Cooking Methods and Execution.	10 blocks

KSDE COURSE COMPETENCIES

Competency	Unit Taught
Benchmark 8.1 - Food Safety and Sanitation	
8.1.1 Identify chemical, physical and biological hazards and the impact they have on food.	1
8.1.2 Identify sources, symptoms, and prevention measures for the five reportable food illnesses as identified in KS food code (i.e. Norovirus, Hep A, Shigella, E Coli, & Salmonella)	1
8.1.3 Demonstrate an understanding of the importance of food safety and sanitation to include: how foods become unsafe, good personal hygiene, controlling time and temperature, preventing cross contamination, cleaning and sanitizing, shipping and receiving, and how to safely prepare and store food.	1
8.1.4 Demonstrate personal hygiene and grooming standards.	1
8.1.5 Demonstrate calibration, use and sanitation of a cooking thermometer.	1
8.1.6 Identify common food allergens (e.g. milk/dairy, eggs/egg products, fish/shellfish, wheat/gluten, soy/soy products and peanuts/tree nuts).	1

Benchmark 8.2 - Selecting, Using, and Maintaining Food Production Areas and Equipment	
8.2.1 Identify function of basic food tools, equipment and appliances used for producing and serving foods.	4
8.2.2 Practice safety procedures while operating tools, equipment, and appliances	4
8.2.3 Demonstrate proper procedures for cleaning, sanitizing, and the storage of equipment and food contact surfaces.	4
8.2.4 Identify types of knives and cutting equipment used in the food production kitchen	4
8.2.5 Demonstrate proper knife safety, sanitation, and maintenance.	4
Benchmark 8.3 - Interpret information in a standardized recipe	
8.3.1 Explain the role that standardized recipes play in maintaining product consistency.	3
8.3.2 Identify different measuring systems and the abbreviations.	3
8.3.3 Distinguish between solid and liquid measurements in the standard and metric systems.	3
8.3.4 Utilize standard and metric weights and measures to demonstrate proper measuring techniques.	3
8.3.5 Convert recipes to yield smaller and larger quantities.	3
8.3.6 Identify basic conversions of measurements equivalents	3
8.3.7 Interpret information on a nutritional label, including the impact of serving size.	3
Benchmark 8.4 - Food Production Management & Service Methods	
8.4.1 Apply effective *mise en place* practices.	4
8.4.2 Prioritize tasks to be completed.	4
8.4.3 Demonstrate effective time management.	4
8.4.4 Identify service concepts and service styles.	4
8.4.5 Identify the general rules of table settings and service (i.e. serve from the left & remove from the right)	4
8.4.6 Evaluate how nutritional needs and personal preference affects food choices	4

Benchmark 8.5 - Food Production Skills	
8.5.1 Perform proper knife and cutting equipment production skills	5
8.5.2 Select the heat transfer method of conduction, conduction, and/or radiation to be used during food production.	5
8.5.3 Identify the foods best suited for dry heat, moist heat and combination cooking methods	5
8.5.4 Practice techniques using dry heat, moist heat and combination cooking methods	5
8.5.5 Demonstrate food safety procedures during the food production process.	5
8.5.6 Demonstrate basic food preparation of fruits, vegetables, dairy, grains, and a variety of animal and plant proteins	5
8.5.7 Compare quality, cost & consistency of convenience vs. from scratch products.	5
8.5.8 Determine and describe techniques for food preparation that preserve nutrients.	5
Benchmark 8.6 - Sanitation and Safety of Food Environments	
8.6.1 Analyze food related spaces in meeting sanitation and food safety codes and regulations (e.g. senior citizen home safety, early childhood centers, commercial kitchens in schools and/or for profit business).	2
8.6.2 Compare and contrast home, commercial, and institutional food work environments to determine safety to self and others.	2
8.6.3 Evaluate regulation documents as they related to a variety of applications across home and commercial food preparation spaces	2
Benchmark 8.7 - Career Readiness	
8.7.1 Demonstrate appropriate use of reading, writing, listening, and speaking to communicate clearly.	3
8.7.2 Practice appropriate social skills, manners and etiquette.	3
8.7.3 Use leadership and teamwork skills in collaborating with others to accomplish goals and objectives	3
8.7.4 Solve problems using creativity, innovation and critical thinking skills independently and in teams.	3
8.7.5 Know and understand the importance of professional ethics and legal responsibilities in culinary/food related applications.	3
8.7.6 Practice employability skills (e.g. timeliness, responsibility, work ethic, cooperation).	3

8.7.7 Investigate occupations related to the career pathway	3
8.7.8 Develop and/or organize a career portfolio (electronic or physical) to document knowledge, skills and experiences	3

UNIT 1

Food Safety 10 blocks

Unit Overview

Unit one is about understanding what makes the foods we cook, and the spaces in which we cook unsafe. Therefore it also comers how we minimize risks in the kitchen and keep our food safe for the customer.

Unit Competencies

- 8.1.1 Identify chemical, physical and biological hazards and the impact they have on food.
- 8.1.2 Identify sources, symptoms, and prevention measures for the five reportable food illnesses as identified in KS food code (i.e. Norovirus, Hep A, Shigella, E Coli, & Salmonella)
- 8.1.3 Demonstrate an understanding of the importance of food safety and sanitation to include: how foods become unsafe, good personal hygiene, controlling time and temperature, preventing cross contamination, cleaning and sanitizing, shipping and receiving, and how to safely prepare and store food.
- 8.1.4 Demonstrate personal hygiene and grooming standards.
- 8.1.5 Demonstrate calibration, use and sanitation of a cooking thermometer.
- 8.1.6 Identify common food allergens (e.g. milk/dairy, eggs/egg products, fish/shellfish, wheat/gluten, soy/soy products and peanuts/tree nuts)

Unit Resources

Primary Resources	Supplemental Resources
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Unit Vocabulary

Cross Contamination, Cross Contact, 5 reportable illnesses, Symptom, Preventive measure

UNIT 2

Evaluating Spaces (Commercial vs. Home) 5 blocks

Unit Overview

This unit covers the differences in food related spaces and the regulations and safety codes that go along with them. Students will differentiate between commercial and residential spaces and how they are treated differently.

Unit Competencies

- 8.6.1 Analyze food related spaces in meeting sanitation and food safety codes and regulations (e.g. senior citizen home safety, early childhood centers, commercial kitchens in schools and/or for profit business).
- 8.6.2 Compare and contrast home, commercial, and institutional food work environments to determine safety to self and others.
- 8.6.3 Evaluate regulation documents as they related to a variety of applications across home and commercial food preparation spaces

Unit Resources

Primary Resources	Supplemental Resources
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Unit Vocabulary

UNIT 3

Recipes and Measurements 10 blocks

Unit Overview

This unit will focus on analyzing career opportunities within the Hospitality industry, as well as the soft skills necessary to be successful. Students will begin to assemble their career portfolio, which will continue on through their culinary and event planning classes.

Unit Competencies

- 8.7.1 Demonstrate appropriate use of reading, writing, listening, and speaking to communicate clearly.
- 8.7.2 Practice appropriate social skills, manners and etiquette.
- 8.7.3 Use leadership and teamwork skills in collaborating with others to accomplish goals and objectives
- 8.7.4 Solve problems using creativity, innovation and critical thinking skills independently and in teams.
- 8.7.5 Know and understand the importance of professional ethics and legal responsibilities in culinary/food related applications.
- 8.7.6 Practice employability skills (e.g. timeliness, responsibility, work ethic, cooperation).
- 8.7.7 Investigate occupations related to the career pathway.
- 8.7.8 Develop and/or organize a career portfolio (electronic or physical) to document knowledge, skills and experiences

Unit Resources

Primary Resources	Supplemental Resources
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Unit Vocabulary

Portfolio, Active Listening, Soft Skills, Employability, Punctuality

UNIT 4

Mise en Place 10 blocks

Unit Overview

This unit focuses on mise en place practices, effectively managing tasks, general rules of table service, and kitchen safety.

Unit Competencies

- 8.2.1 Identify function of basic food tools, equipment and appliances used for producing and serving foods.
- 8.2.2 Practice safety procedures while operating tools, equipment, and appliances.
- 8.2.3 Demonstrate proper procedures for cleaning, sanitizing, and the storage of equipment and food contact surfaces.
- 8.2.4 Identify types of knives and cutting equipment used in the food production kitchen.
- 8.2.5 Demonstrate proper knife safety, sanitation, and maintenance.
- 8.4.1 Apply effective *mise en place* practices.
- 8.4.2 Prioritize tasks to be completed.
- 8.4.3 Demonstrate effective time management.
- 8.4.4 Identify service concepts and service styles.
- 8.4.5 Identify the general rules of table settings and service (i.e. serve from the left & remove from the right)
- 8.4.6 Evaluate how nutritional needs and personal preference affects food choices.

Unit Resources

Primary Resources	Supplemental Resources
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Unit Vocabulary

UNIT 5

Cooking Methods and Execution 10 blocks

Unit Overview

Analyze the different methods of cooking and how they affect different food types. Determine the appropriate cooking method for different foods.

Unit Competencies

- 8.5.1 Perform proper knife and cutting equipment production skills
- 8.5.2 Select the heat transfer method of conduction, conduction, and/or radiation to be used during food production.
- 8.5.3 Identify the foods best suited for dry heat, moist heat and combination cooking methods.
- 8.5.4 Practice techniques using dry heat, moist heat and combination cooking methods
- 8.5.5 Demonstrate food safety procedures during the food production process.
- 8.5.6 Demonstrate basic food preparation of fruits, vegetables, dairy, grains, and a variety of animal and plant proteins.
- 8.5.7 Compare quality, cost & consistency of convenience vs. from scratch products.
- 8.5.8 Determine and describe techniques for food preparation that preserve nutrients.

Unit Resources

Primary Resources	Supplemental Resources
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Unit Vocabulary