

Strands & Standards

PROSTART® II



COURSE DESCRIPTION

ProStart® II is a companion to ProStart® I from the National Restaurant Association Educational Foundation.

The ProStart® is a program of the National Restaurant Association Educational Foundation that introduces students to career opportunities in the restaurant and foodservice industry and provides them with foundational skills in culinary arts and restaurant management that will jump-start their post-secondary experience, in college and/or careers.

License Type

CTE and/or
Secondary Education 6-12

Required Endorsement

FACS General Composite or
CTE License only—Food
Services/Culinary Arts

Intended Grade Level: 11-12

Units of Credit: 1.0

Strands & Standards

STRAND 1 Students will explore the facets of Breakfast Foods and Sandwiches.

Standard 1 Chapter 1: Breakfast Food and Sandwiches

- a. List the characteristics of milk and identify ways to keep it safe.
- b. Identify the different forms of cream and their fat contents.
- c. Differentiate between butter and butter substitutes and recognize the characteristics of each.
- d. Identify the different types of cheese and give examples of each.
- e. List the characteristics of eggs and identify ways to keep them safe.
- f. Prepare and serve eggs using a variety of cooking methods.
- g. Prepare pancakes, crepes, waffles, and French toast.
- h. Prepare ham, hash, grits, cold cereals, oatmeal, and sausage.
- i. Prepare coffee, tea, and cocoa.
- j. Give examples of different types of sandwiches, including simple hot, open-faced, hors d'oeuvres, grilled, deep-fried, and simple cold.
- k. Explain the roles of the three components of a sandwich: bread, spread, and filling
- l. Prepare common sandwich spreads and fillings.
- m. List the necessary tools and equipment to make sandwiches at a sandwich station.
- n. Demonstrate preparation of several types of sandwiches.

STRAND 2 Students will understand and apply basic nutrition.

Standard 1 Chapter 2: Nutrition

- a. Explain why nutrition is important to the foodservice industry.
- b. List the six basic types of nutrients found in food.
- c. Describe how phytochemicals and fiber function in the body.
- d. Name the types of carbohydrates and fats and describe their function in the body.
- e. Identify food sources of carbohydrates and fats.
- f. Describe cholesterol and identify its food sources.
- g. Describe the makeup of proteins and their function in the body.
- h. Identify food sources of proteins.
- i. Describe the three major vegetarian diets.
- j. List the functions of vitamins, minerals, and water in the body.
- k. Identify food sources of vitamins, minerals, and water.
- l. Explain what food additives are and how they function in food.
- m. Explain the role of digestion in nutrition and health.
- n. List and describe techniques for food preparation that preserve nutrients.
- o. Suggest ways to make menus and recipes more healthful.
- p. Suggest healthful substitutes for high-fat items.
- q. List and define recent developments in food production that may affect nutrition.

STRAND 3 Students will explore controlling foodservice costs.

Standard 1 Chapter 3: Controlling Foodservice Costs

- a. Identify the types of costs incurred by a foodservice business and give examples of each.
- b. Explain the purposes of a budget.
- c. Explain the purpose of a profit-and-loss report.
- d. Identify methods for analyzing profit-and-loss reports.
- e. Explain the purpose of invoices in a foodservice business.
- f. Identify tools to help control costs.
- g. Define and calculate food cost and food cost percentage.
- h. Given a problem, calculate as purchased (AP) and edible portion (EP) amounts.
- i. Calculate the total cost and portion costs of a standardized recipe.
- j. Develop a recipe cost card for a standardized recipe.
- k. Explain the importance of portion control to food cost.
- l. Give examples of portion-control devices used in foodservice operations.
- m. List the steps in the process to control food costs.
- n. Forecast sales by analyzing and evaluating sales histories, popularity indices, and production sheets.
- o. Calculate a recipe's yield and the number of portions it will produce.
- p. Use a conversion factor to calculate a new yield for an existing recipe.
- q. Explain the importance of standards for controlling production volume.
- r. List and describe standard procedures used for controlling production volume.
- s. List and explain the various methods for menu pricing.
- t. Explain the importance of standard labor costs to a business's success.
- u. List factors that affect labor costs.
- v. Describe the relationship between sales volume and labor costs.
- w. Explain the difference between a master schedule and a crew schedule.
- x. Describe the components and factors to consider when developing labor schedules.

STRAND 4 Students will compare and present salads and garnishes

Standard 1 Chapter 4: Salads and Garnishing

- a. Identify and describe the various ingredients used to make salads.
- b. List the four parts of a salad and explain the role of each.
- c. Identify various types of salad and explain how to prepare them.

- d. Explain the roles of salads on the menu.
- e. Design attractive salads.
- f. Identify proper procedures for cleaning salad greens.
- g. Identify proper procedures for storing salads.
- h. Differentiate among various oils and vinegars.
- i. Prepare vinaigrettes and other emulsions.
- j. Match dressings to salad ingredients.
- k. Give examples of ingredients used to make dips.
- l. Prepare several dips.
- m. Give examples of garnishes.
- n. Describe and prepare ingredients commonly used as garnishes.
- o. Garnish various items, including plates, desserts, and soups.

STRAND 5 Students will explore classify purchasing and inventory procedures.

Standard 1 Chapter 5: Purchasing and Inventory

- a. Define the terms purchasing, selection, and procurement.
- b. Outline the objectives of the purchasing function in a foodservice operation.
- c. Explain the relationship between primary and intermediary sources and retailers.
- d. Explain the differences between formal and informal buying and the formal bidding process.
- e. List the types of goods and service that a foodservice operation might buy.
- f. Describe the buyer's role in a foodservice operation and explain the importance of ethical behavior to a buyer.
- g. List the factors that help to determine an operation's quality standards.
- h. Identify ways to communicate quality standards and give examples of standards a foodservice operation might use.
- i. Describe buyer considerations when conducting a make-or-buy analysis.
- j. Outline the process for procuring products and services.
- k. Identify production records used to calculate buying needs.
- l. Write purchase orders to items to be purchased.
- m. List ways to verify that supplier services meet an operation's needs.
- n. List factors that affect food prices.
- o. List proper procedures for receiving deliveries.
- p. List proper procedures for storing food and supplies.
- q. Describe perpetual inventory and physical inventory systems.
- r. Explain the difference between perishable and nonperishable food items.

STRAND 6 Students will identify how to purchase, store and prepare meat, poultry, and seafood.

Standard 1 Chapter 6: Meat, Poultry, and Seafood

- a. Outline the federal grading systems for meat.
- b. Describe the various kinds of meat.
- c. Identify the proper purchasing and storing procedures for meat.
- d. List factors that affect purchasing decisions for meat.
- e. Outline basic techniques for cooking meat.
- f. Match various cooking methods with different forms of meat.
- g. Outline the federal grading systems for poultry.
- h. Describe the various kinds of poultry.
- i. Identify the proper purchasing and storing procedures for poultry.
- j. List factors that affect purchasing decisions for poultry.
- k. Outline basic techniques for cooking poultry.
- l. Match various cooking methods with different forms of poultry.
- m. Outline the federal grading systems for seafood.
- n. Describe the various kinds of seafood.
- o. Identify the proper purchasing and storing procedures for seafood.
- p. List factors that affect purchasing decisions for seafood.
- q. Outline basic techniques for cooking seafood.
- r. Match various cooking methods with different forms of seafood.
- s. Identify and describe different types of charcuterie.
- t. Explain garde manger and how it relates to charcuterie.

STRAND 7 Students will identify and recognize marketing and menu concepts.

Standard 1 Chapter 7: Marketing and the Menu

- a. Define marketing, and list the steps in the marketing process.
- b. Explain the role that marketing plays in determining products and services.
- c. List factors that affect a market environment.
- d. Define target market, and explain why it is important to a business.
- e. Identify the parts of a SWOT analysis.
- f. List ways to attract and keep customers.
- g. List reasons why promotions are important.
- h. Identify the steps in developing a promotion mix and a promotion plan.
- i. Explain the importance of training to promotions.
- j. Recognize different types of sales promotions.
- k. List the benefits of public relations.
- l. Identify opportunities for public relations.
- m. Explain the importance of the menu to a foodservice operation.
- n. Describe à la carte, table d'hôte, California, limited, du jour, and cycle menus.
- o. Organize the information on a menu.
- p. Explain principles of menu layout and design.
- q. Identify ways to test new menu items.
- r. Explain the purposes of a menu sales mix analysis.
- s. Define profitability and target margin.

- t. Classify menu items according to their popularity.
- u. List and compare basic pricing methods.

STRAND 8 Students will discuss and prepare desserts and baked goods.

Standard 1 Chapter 8: Desserts and Baked Goods

- a. Identify and use common ingredients in baking.
- b. Calculate ingredient weights using baker's percentages.
- c. Convert baking recipes to a new yield.
- d. Differentiate between lean doughs, rich doughs, sponge doughs, and sourdoughs, and give examples.
- e. Mix yeast dough using the straight mix method.
- f. Proof bake shop items.
- g. Prepare yeast breads.
- h. Prepare different types of quick breads and cake batters.
- i. Identify the functions of icings and determine which are best suited for different baked goods.
- j. Describe and prepare steamed puddings and dessert soufflés.
- k. Prepare pie dough using the 3-2-1 method.
- l. Describe the procedure for baking blind.
- m. Describe roll-in dough, phyllo dough, and pâte à choux.
- n. Prepare cookies using various makeup methods.
- o. Explain how chocolate is made, including chocolate liquor, cocoa butter, and cocoa powder.
- p. Demonstrate how to store chocolate properly.
- q. Explain how chocolate is tempered.
- r. Explain how crème anglaise, pastry creams, and Bavarian creams are made, and how they are used in desserts.
- s. List the characteristics of ice cream and give examples of other frozen desserts.
- t. List the steps for preparing poached fruits and tortes.
- u. List guidelines for plating and presenting desserts.

STRAND 9 Students will apply the principles of conservation in foodservice.

Standard 1 Chapter 9: Sustainability: The "Greening" of Foodservice

- a. Define the terms sustainability and conservation.
- b. Explain why water conservation is important.
- c. List ways in which a restaurant or foodservice operation can improve the efficiency of its water usage.
- d. Explain the differences between renewable and nonrenewable energy sources.
- e. Explain why using energy efficiently is important.
- f. List ways in which a restaurant or foodservice operation can improve the efficiency of its energy usage.
- g. List ways in which a restaurant or foodservice operation can build or make structural improvements to its facility in a sustainable way.
- h. Identify ways to reduce the total amount of waste in a restaurant or foodservice operation.

- i. List items that a restaurant or foodservice operation can reuse.
- j. List items that a restaurant or foodservice operation can recycle.
- k. Define the term local sourcing.
- l. Identify the steps a restaurant or foodservice operation should take to purchase and then promote the use of sustainable food products.
- m. Identify the issues surrounding the global production of seafood, coffee, animals, and organic food.

STRAND 10 Students will identify the characteristics and tradition related to global cuisine of the Americas.

Standard 1 Global Cuisines 1: The Americas

- a. Identify the major influences, ingredients, flavors, and cooking techniques of Northeastern American cuisine.
- b. Identify the major influences, ingredients, flavors, and cooking techniques of Midwestern American cuisine.
- c. Identify the major influences, ingredients, flavors, and cooking techniques of Southern American cuisine.
- d. Identify the major influences, ingredients, flavors, and cooking techniques of Southwestern American cuisine.
- e. Identify the major influences, ingredients, flavors, and cooking techniques of Pacific Coast/Rim cuisine.
- f. Identify the major influences, ingredients, flavors, and cooking techniques of Mexican cuisine.
- g. Identify the major influences, ingredients, flavors, and cooking techniques of Central American cuisine.
- h. Identify the major influences, ingredients, flavors, and cooking techniques of Caribbean cuisine.
- i. Identify the major influences, ingredients, flavors, and cooking techniques of Brazilian cuisine.
- j. Identify the major influences, ingredients, flavors, and cooking techniques of Bolivian cuisine.

STRAND 11 Students will identify the characteristics and tradition related to global cuisine of European, Mediterranean, and Eastern Cuisines

Standard 1 Chapter 11: Global Cuisines 2: European, Mediterranean, and Eastern Cuisines

- a. Identify the major influences, ingredients, flavors, and cooking techniques of French cuisine.
- b. Identify the major influences, ingredients, flavors, and cooking techniques of Italian cuisine.
- c. Identify the major influences, ingredients, flavors, and cooking techniques of Spanish cuisine.
- d. Identify the major influences, ingredients, flavors, and cooking techniques of Moroccan cuisine.
- e. Identify the major influences, ingredients, flavors, and cooking techniques of Greek cuisine.

- f. Identify the major influences, ingredients, flavors, and cooking techniques of Tunisian cuisine.
- g. Identify the major influences, ingredients, flavors, and cooking techniques of Egyptian cuisine.
- h. Identify the major influences, ingredients, flavors, and cooking techniques of Iranian cuisine.
- i. Identify the major influences, ingredients, flavors, and cooking techniques of Saudi Arabian cuisine.
- j. Identify the major influences, ingredients, flavors, and cooking techniques of Chinese cuisine.
- k. Identify the major influences, ingredients, flavors, and cooking techniques of Japanese cuisine.
- l. Identify the major influences, ingredients, flavors, and cooking techniques of Indian cuisine.