

SCOPE AND SEQUENCE

Course Name: Culinary Arts I and II

Instructor: Jillian Huizenga

Career Cluster: Hospitality, Events, & Tourism

Sub-Cluster: Culinary & Food Services

HS Course Credits: 4 Electives, 1 Math, 1 Science

(.5 Math, .5 Science, 2 Electives per semester)

& 1 English (when enrolled in Technical Communications)

Fast Forward Optional Credits: None

Tier 2 Credentials: ServSafe Manager Certification, ProStart National Certificate of Achievement

Tier 1 Credentials: ServSafe Food Handler

CTSO/Enrichment: SkillsUSA - Culinary Arts, Baking & Pastry, Restaurant Service Competitions



Recommended Preparation for Success in This Course: Familiarity with basic cooking skills; experience cooking at home; basic math and ability to read recipes; commitment to physical and mental fitness; being open to feedback, working as a team, and engaging in hands-on learning.

Tagline: “Crafting Culinary Excellence: Where Passion Meets Plate”

Student appeal: Start your path to a successful career in food and hospitality.

Are you someone who loves food, has creativity in the kitchen, and has the desire to work with others to deliver a fabulous gastronomic experience? Do you want a career that offers stability, endless opportunities, and unlimited potential? If so, then our culinary arts program is for you!

With a curriculum driven by the performance of the Glass Onion Eatery, this class is a real-world introduction to all aspects of the food service industry. This program emphasizes hands-on training from day one. You'll work in a real commercial kitchen, gaining practical experience as a critical employee in the Glass Onion Eatery, where you'll understand every function that contributes to a functional restaurant.

Course Description:

Culinary I (Fall Semester) introduces students to basic kitchen safety, proper food handling, and fundamental cooking skills, including knife skills, meat fabrication, preparing stocks & soups, salads & sandwiches, plus breads, and desserts. Students will also go on field trips to relevant industry locations, engage in Work-Based Learning opportunities, and practice in-house dining room service skills, including cashiering and hosting. Culinary II (Spring Semester) allows students to deepen their skills in menu planning, recipe costing, kitchen management, and nutrition-based catering, with a focus on a customized curriculum. Students will engage in foraging for local wild edibles and sourcing local ingredients for specialized menus. Qualified students may have the opportunity to compete at a high level in SkillsUSA or ProStart competitions.

Proficiencies/Learning Targets:

LT 1: I can implement ethical and legal responsibilities in food and beverage production.

LT 2: I can consistently demonstrate ServSafe safety and sanitation procedures in food and beverage service facilities.

LT 3: I can create food, beverages, and menus that honor cultural, geographical, personal, and health differences that respect a broad customer base.

LT 4: I can demonstrate leadership qualities and collaborate with others.

[LT 5: Math](#) - I can analyze costs, pricing, market demands, and marketing strategies to manage profitability in food and beverage facilities.

LT 6: I can explain the purpose of, and proficiently use, computerized systems to manage food service operations and guest services.

LT 7: I can apply standard operating procedures to food and beverage production and guest service.

LT 8: I can explore career opportunities and evaluate the restaurant and food service industry qualification requirements that will inform my future professional decisions.

LT 9: I can apply listening, reading, writing, and speaking to enhance operations and customer service in food and beverage service facilities.

[LT 10: Science](#) - I can understand and implement the scientific principles of culinary arts. [sugar crystallization, emulsion, leavening agents, denaturing proteins, starch/gels, cheese making, addition of heat - boiling, freezing, pressure]

[LT 11: Art](#) - Plating and garnishing/cake decorating, food journal (weekly - draw connect/sketch), Canva - Marketing material, Feng Shui, dining room set up/ table set up

(Anchor Standard 1): Generate and conceptualize artistic ideas and work. investigate, plan, make - Use multiple approaches to begin creative endeavors.

Standards: The standards are aligned with Vermont's CTE [Culinary Arts](#) Critical Proficiencies Anchor Standards (VT), which derive from and are aligned with the Common Career Technical Core Standards for [Hospitality and Tourism](#) and the [National Restaurant Association](#) guidelines. Based on the Prostart Curriculum.

Additional Standards Alignment Includes:

PAHCC [Habits of Work](#): Safety, Work Ethic, Reliability, People Skills

PAHCC [Transferable Skills](#): Creative and practical problem solving; Inquiry; Informed and Integrated Thinking.

[CCTC - Career Ready Practices](#)

<p>Culinary 1 (Fall Semester)</p> <p>Students in Culinary 1 will be introduced to the foundational skills needed to succeed in a professional restaurant setting.</p>	<p>Estimated # of Classes Periods (This class meets every day for 240 minutes)</p>	<p>Learning Targets Link</p>
<p>Unit 1: Introduction to Culinary Arts Safety & Sanitation</p> <p>Why are safe and hygienic practices essential for all food-related occupations?</p>	<p>14 days</p>	<p>Learning Targets: LT2, LT8, LT9</p> <ul style="list-style-type: none"> ● Demonstrate the basics of safe work habits (including knife safety and industrial machine safety) in food service and hospitality establishments. ● Interpret the basic principles of sanitation, hygiene, and safe food handling. ● Achieve ServSafe Manager industry-recognized credential.
<p>Unit 2: SAVORY</p> <p>Culinary Techniques and Skills</p> <p>Why is preparation critical to the success of a cook or food establishment?</p>	<p>14 days</p>	<p>Learning Targets: LT2, LT4, LT7</p> <ul style="list-style-type: none"> ● Develop advanced knife skills, including brunoise; julienne; small, medium, and large dice, batonnet, and chiffonade. ● Read recipes for comprehension, methodology, units of measure, and procedure.
<p>Unit 3: MATH</p> <p>Menu Planning and Cost Control</p> <p>How can proper planning and costing before an event support maximizing food usage and minimizing waste?</p>	<p>14 days</p>	<p>Learning Targets: LT1, LT3, LT5</p> <ul style="list-style-type: none"> ● Scaling, weights, measurements, volume ● Understanding best practices in controlling food waste prevention, including inventory, portion control, and “nose to tail” cooking.

Unit 4: SWEET Baking & Pastry Techniques and Skills Why is knowing the properties of ingredients used in baking necessary for a proper bake?	14 days	Learning Targets: LT2, LT4, LT7 <ul style="list-style-type: none"> ● Comprehend the science of baking, including the principles of leaveners, consideration of humidity, and heat. ● Understand the properties of flour and fat in pastry baking.
Unit 5: SCIENCE Nutrition and Food Science Why is it important to understand and honor customer preferences and dietary needs when working in a kitchen?	14 days	Learning Targets: LT1, LT3, LT10 <ul style="list-style-type: none"> ● Explain the importance of common food allergens and how to accommodate clients' needs in food production. ● Apply principles of healthy food choices that follow dietary guidelines (such as USDA) as consumer and cook. ● Physical Science - Structures and properties of matter
Unit 6: SMILE Hospitality and Customer Service How can I develop confidence and professionalism in my written and verbal communications with customers?	14 days	Learning Targets: LT4, LT6, LT7 <ul style="list-style-type: none"> ● Implement front-of-house operations such as marketing, costing, serving, decor, and management. ● Distinguish between multiple dining room service techniques, such as table service, buffet, and counter service. ● Demonstrate competent, clear, confident, and professional customer service communications.

<p>Culinary 2 (Spring Semester)</p> <p>Building on the foundational skills from Culinary 1, students in Culinary 2 gain greater independence while exploring their creativity and developing a deeper curiosity about the culinary industry.</p>		<p>Students will continue to rotate through the three teams –Savory, Sweet, and Smile– to further refine their skills as they support The Glass Onion Eatery in delivering Breakfast, Lunch, and Catering services.</p>
<p>Unit 7: SAVORY</p> <p>Culinary Techniques and Skills</p> <p>How does the implementation of varying cooking methods and fabrication techniques contribute to a profitable and successful restaurant?</p>	14 days	<p>Learning Targets: LT2, LT4, LT7, LT9, LT10</p> <ul style="list-style-type: none"> ● Discover the principles of Mise en Place in terms of both ingredients and tools. ● Investigate basic cooking methods, including sauteing, grilling, frying, blanching, and braising. ● Practice the principles of meat fabrication of poultry to discover how to break down a meat animal into its subprimal parts.
<p>Unit 8: SWEET</p> <p>Baking & Pastry Techniques and Skills</p> <p>How can I use my planning and executing skills to craft a tasty and appealing finished product?</p>	14 days	<p>Learning Targets: LT2, LT4, LT7, LT9, LT10</p> <ul style="list-style-type: none"> ● Create accurately baked cakes according to industry standards; construct cake decorations that are appropriate for the setting and audience. ● Construct chocolate confections applying skills such as tempering, molding, and ganache.
<p>Unit 9: SMILE</p> <p>Hospitality and Customer Service</p> <p>Why are planning, management, and communication the essence of professional restaurant customer service?</p>	14 days	<p>Learning Targets: LT2, LT4, LT5, LT6, LT7, LT9</p> <ul style="list-style-type: none"> ● Appraise how to handle conflicts and facilitate resolutions in food and beverage service and operations. ● Create applicable communication documents that promote the operation.

Unit 10: SCIENCE Nutrition and Food Science What is my role as a food service professional in advocating for healthy and nutritious food choices for myself and my clients?	14 days	Learning Targets: LT1, LT3, LT8, LT10 <ul style="list-style-type: none"> Examine scientific processes involved with food preparation (Leavening, Maillard reaction, Emulsion, and fermentation). Explore how foraging allows for seasonal and nutrient-dense food options. Physical Science - Structures and properties of matter
Unit 11: MATH Menu Planning and Cost Control How can technology be leveraged to improve profitability, streamline accounting procedures, and ensure measurable benefits for my food service business?	14 days	Learning Targets: LT1, LT3, LT5, LT6 <ul style="list-style-type: none"> Determine cultural & geographical food preferences and how they influence food choices and preparation. Creating comprehensive menu plans that are cost-effective, seasonal, and that fit the client demographic. Formulate “recipe costing” documents that demonstrate an understanding of the financial considerations implicit in food preparation, including budgeting and profit/loss.
Unit 12: Career Exploration What pathways toward a career in culinary arts are available to me, and which aligns best with my interests and needs?	14 days	Learning Targets: LT1, LT4, LT8, LT9 <ul style="list-style-type: none"> Explore various career pathways through Cooperative Learning Experiences and independently running the Glass Onion Eatery. Investigate educational pathways in the culinary industry, including post-secondary education and certification programs.

The Patricia A. Hannaford Career Center ensures equal employment and educational opportunities regardless of race, color, creed, gender, age, handicapping condition/disability, national origin, or sexual orientation, in compliance with federal and state law.