

Food Production and Management

Level I & II

Program Description: The Food Production and Management program of study is based on the American Culinary Federation requirements for Professional Cooking. This two year CTE program educates students in professional cooking. Students progress through a program that includes hands-on education in food production, while developing professionalism and proficiency in cooking, baking, cost control, nutrition, sanitation and food marketing. Students participate in demonstrations and group activities to supplement their development of technical skills and knowledge. Students are afforded opportunities to take certification exams and to work in local food service facilities.

Level I: Food Production and Management I

Unit 1: Introduction to the Hospitality and Foodservice Industry

Unit Competencies:

1. Define hospitality and the importance of quality customer service within the hospitality industry.
2. Demonstrate an understanding of the growth and development of the hospitality and tourism industry.
3. Describe the various world cuisines and their relationship to history and cultural development.
4. Describe and discuss the organization, structure and functional areas in various culinary organizations.
5. Identify career opportunities and the personal traits required for jobs in the culinary industry.
6. Discuss the various professional organizations in the culinary industry and explain their purposes and benefits.
7. Compare and contrast trade periodicals and other industry resources.
8. Demonstrate an understanding of the importance of wearing proper uniforms in the food service industry.

Unit 2: Sanitation and Safety

Unit Competencies:

1. Identify microorganisms and their methods and requirements for growth.
2. Discuss the relationship between microorganisms, food spoilage and food borne illnesses.
3. Describe food born illnesses and how they can be prevented.
4. Identify acceptable procedures for preventing cross contamination when preparing and storing potentially hazardous foods.
5. Demonstrate good hygiene and health habits.
6. Discuss causation for food spoilage and how to recognize it in foods.
7. Outline the requirements for proper receiving and storage of both raw and prepared foods.
8. Describe disposal and storage of types of cleaners and sanitizers and their proper use in the kitchen.
9. Demonstrate proper cleaning and sanitizing schedules and procedures for equipment and facilities.
10. Identify proper methods of waste disposal and recycling.
11. Recognize sanitary and safety design and construction features of food production equipment and facilities (NSF, UL, OSHA, ADA).
12. Review Material Safety Data Sheets (MSDS) and explain their requirements in handling hazardous materials.
13. Conduct a sanitation self-inspection and identify modifications necessary for compliance standards.
14. Identify the critical control points during all food handling processes as a method of minimizing the risk of food borne illnesses.

15. Define and discuss the causes of typical accidents and injuries in the food service industry and outline a safety management program.
16. Discuss appropriate emergency policies for kitchen and dining room injuries.
17. Describe the appropriate types and use of fire extinguishers used in the food service area.
18. Describe the role of the regulatory agencies governing sanitation and safety and protecting food safety.
19. Demonstrate an understanding of the Occupational Safety and Health Administration requirements regarding working in various settings.

Unit 3: Business and Math Skills

Unit Competencies:

1. Demonstrate ability to perform math functions used in foodservice operations (measuring, estimating, converting)
2. Calculate food, beverage and labor costs and percentages.
3. Demonstrate the process of costing for recipes.
4. Demonstrate the ability to determine costing for recipe yield adjustment.
5. Determine the selling price of menu items.
6. Demonstrate ability to prepare a guest check using current technology.

Unit 4: Food Preparation

Unit Competencies:

1. Demonstrate knife skills and proper cuts (julienne, batonette, brunoise, paysanne, small dice, and large dice) utilizing proper safety techniques.
2. Identify and demonstrate proper and safe use of food processing and cooking equipment.
3. Demonstrate how to read and follow a standard recipe.
4. Demonstrate proper utilization of standard weights and measures to demonstrate proper scaling and measuring techniques.
5. Demonstrate mastery of a variety of cooking methods including: roasting, baking broiling, grilling, griddling, sautéing, frying, deep frying, braising, stewing, boiling, blanching, poaching and steaming.
6. Identify and appropriately use herbs, spices, oils and vinegars.
7. Identify and prepare various stocks, soups, and sauces.
8. Identify and prepare salads, dressings, and marinades.
9. Identify and prepare a variety of sandwiches.
10. Identify and prepare a variety of appetizers including charcutiere and terrines.
11. Identify and prepare batters, meats, eggs and cereals.
12. Demonstrate food presentation techniques.
13. Identify and discuss the applicability of convenience, value added, further processed or par-cooked food items.
14. Prepare written food requisitions for production requirements.
15. Prepare standardized recipes for menu production.

Unit 5: Garde Manger

Unit Competencies:

1. Identify tools and equipment used in garde manger, emphasizing safety and sanitation procedures.
2. Demonstrate basic garnishes.

3. Prepare cold items to include soups, salads, sauces, dressings, marinades, relishes, sandwiches, canapés and hors d'oeuvres.

Unit 6: Purchasing, Receiving, Inventory and Storage

Unit Competencies:

1. Demonstrate an understanding of crucial points managed by the purchasing and receiving functions.
2. Describe and discuss regulations for inspecting and grading of meats, poultry, seafood, eggs, dairy products, fruits and vegetables.
3. Demonstrate proper techniques of receiving and storing fresh, frozen, refrigerated and staple goods.
4. Demonstrate proper receiving and storing of cleaning supplies, chemicals and non-food products.

Unit 7: Nutrition

Unit Competencies:

1. Demonstrate an understanding of food groups and recommended servings in USDA My Pyramid.
2. Demonstrate an understanding of dietary guidelines and recommended dietary allowances.
3. Interpret food labels in terms of the portion size, ingredients and nutritional value.
4. Describe primary functions and major food sources of nutrients.
5. Describe and discuss various diets (vegetarian, alternative dieting, food allergies).

Unit 8: Dining Room Service

Unit Competencies:

1. Demonstrate knowledge of the general rules of table settings and service.
2. Describe the rules and responsibilities of personal dining service.
3. Describe the various types of service delivery (quick service, cafeteria, buffet and table service).
4. Identify various procedures for processing guest checks.
5. Discuss sales techniques for service personnel including menu knowledge and suggestive selling.
6. Define inter-relationships and work flow between dining room and kitchen operations.
7. Demonstrate an understanding of special dietary needs of customers.
8. Demonstrate an understanding of guest service and customer relations, including handling of difficult situations and accommodations for the disabled.

Unit 9: Human Relations Skills

Unit Competencies:

1. Demonstrate effective communication skills and interpersonal relationships.
2. Demonstrate the ability to read, write and speak effectively.
3. Demonstrate the ability to work as a member of a diverse team.
4. Demonstrate professionalism and a strong work ethic.
5. Prepare a resume and demonstrate interviewing skills.
6. Describe and discuss attributes for a motivated effective employee.
7. Demonstrate an understanding of current federal and state employment laws (Equal Opportunity, harassment, affirmative action, wages).

Food Production II

Unit 1: Food Preparation II

Unit Competencies:

1. Identify and demonstrate proper and safe use of food processing and cooking equipment.
2. Demonstrate a variety of cooking methods including roasting, baking, and broiling, grilling, griddling, sautéing, frying, deep frying, braising, stewing, boiling, blanching, poaching and steaming.
3. Demonstrate proficiency in preparing sauces, stocks, reductions and glaces.
4. Identify and prepare various meats, seafood, poultry, fruits, vegetables, and starches.
5. Prepare standardized recipes for menu production.
6. Demonstrate knowledge of various international cuisines and the factors that affect their development.

Unit 2: Garde Manger II

Unit Competencies:

1. Prepare mousses and gelatins.
2. Demonstrate food presentation techniques (platters, bowls, and plates).
3. Produce decorative pieces to include fruit, vegetable carvings and accompaniments.

Unit 3: Basic Baking

Unit Competencies:

1. Define terms related to baking.
2. Identify equipment and utensils unique to baking and demonstrate proper use and care.
3. Identify and describe the properties/functions of various ingredients used in baking.
4. Demonstrate proper scaling and measurement techniques unique to baking.
5. Demonstrate production of crusty, soft and specialty yeast products.
6. Demonstrate the production of quick breads.
7. Demonstrate the production of a variety of pies and tarts.
8. Demonstrate the production of creams, custards, puddings and related sauces.
9. Demonstrate the production of cakes and icings.
10. Evaluate the application of commercial mixes and other labor saving products.
11. Demonstrate preparation of fillings and toppings for pastries and baked goods.

Unit 4: Purchasing, Receiving, Inventory and Storage II

Unit Competencies:

1. Demonstrate an understanding of the factors that affect food prices and quality.
2. Describe purchasing methods.
3. Identify regulations for inspecting and grading of meats, poultry, seafood, eggs, dairy products, fruits and vegetables.
4. Identify and discuss specifications for a variety of food products and their importance on food and labor controls.
5. Examine various inventory systems including perpetual and physical inventories and requisition systems for controlling costs.
6. Describe current computerized systems for purchasing and inventory control.
7. Demonstrate an understanding of ethical issues as they relate to purchasing.

Unit 5: Menu Planning

Unit Competencies:

1. Identify basic menu planning principles.
2. Create menu item descriptions following established truth-in-menus guidelines.

3. Demonstrate an understanding of basic menu planning and layout principles.
4. Apply the principles of nutrition to menu development.
5. Describe the importance of proper menu planning to the overall operation of the foodservice facility.

Certifications Offered: National Restaurant Association ServSafe Food Safety Certification

Articulation Agreements: Johnson and Wales University