

SEACOAST SCHOOL OF TECHNOLOGY
Student Competency Profile
Culinary Arts – CIP 120500

Student: _____

YOG/Completed Program:

 Margaret Foret, Instructor

 Margaret E. Callahan, Principal

Technical Competencies & Performance Indicators

Understand the restaurant and foodservice industry, including history, organizational structure, potential career paths and industry information sources.	
	1. Identify two segments of the restaurant and foodservice industry, and give examples of businesses in each of them
	2. Identify foodservice opportunities provided by the travel and tourism industry. CRP: Employ valid and reliable research strategies.
	3. Identify career opportunities offered by the travel and tourism industry. CRP: Attend to personal health and financial well-being. CRP: Plan education and career path aligned to personal goals.
	4. Identify the two major categories of jobs in the restaurant and foodservice industry.
	5. Outline the growth of the hospitality industry throughout the history of the world, emphasizing growth in the United States.
	6. List chefs who have made significant culinary contributions, and note their major accomplishments.
	7. List entrepreneurs who have influenced foodservice in the United States.
	8. Identify the major influences, ingredients, flavors and cooking techniques of: Northeast American cuisine, Midwestern American cuisine; Southern American cuisine, Southwestern American cuisine; West Coast cuisine.
	9. Identify the major influences, ingredients, flavors and cooking techniques of the following international cuisines: French; Italian; Spanish; Asian; and South American.
	10. Identify national organizations that rate commercial lodging and foodservice establishments, and list factors used in making their rating judgments.
	11. Define and outline the organization structure in the food service and restaurant industry.
	12. List and describe the characteristic types of lodging operations (hostel, motel, B&B, resorts, etc.)

Understand and Implement safety and sanitation procedures applicable to the restaurant and food service industry to maintain safe working environments.	
	13. Identify microorganisms which are related to food spoilage and foodborne illnesses; describe their requirements and methods for growth.
	14. Describe symptoms common to foodborne illnesses and how these illnesses can be prevented.
	15. Describe cross contamination and use of acceptable procedures when preparing and storing potentially hazardous foods.
	16. List the major reasons for and recognize the signs of food spoilage and contamination.
	17. Describe disposal and storage of types of cleaning agents and sanitizers, and their proper use. CRP: Consider the environmental, social and economic impacts of decisions.
	18. Develop cleaning and sanitizing schedule and procedures for equipment and facilities.
	19. Identify proper methods of waste disposal and recycling.
	20. Describe appropriate measures for insect, rodent, and other pest control.
	21. Recognize sanitary and safety design and construction features of food production equipment and facilities (e.g., NSF, UL, OSHA, ADA, etc.).
	22. Outline the requirements for proper receipt and storage of both raw and prepared foods.
	23. Conduct a sanitation self-inspection and identify modifications necessary for compliance with standards.
	24. Identify the critical control points during all food handling processes as a method for minimizing the risk of foodborne illness (HACCP system).
	25. List common causes of typical accidents and injuries in the foodservice industry and outline a safety management program.

	26. Discuss appropriate emergency policies for kitchen and dining room injuries. CRP: Communicate clearly, effectively and with reason.
	27. Describe appropriate types and use of fire extinguishers used in the foodservice area (ANSUL system).
	28. Describe the role of the regulatory agencies governing sanitation and safety and protecting food safety.

	42. Demonstrate fundamental skills in the preparation of cold items such as (soups, salads, sauces, dressings, marinades, relishes, sandwiches, <i>canapés</i> , <i>hors d'oeuvres</i> , garnishes, and <i>charcuterie</i>).
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Understand the characteristics, functions and food sources of the major nutrients in order to maximize nutrient retention in food preparation and storage cycles.	
	29. List food groups and recommended servings in USDA Food Guide Pyramid.
	30. Discuss dietary guidelines and recommended dietary allowances.
	31. Describe primary functions and food sources of major nutrients.
	32. Interpret food labels in terms of the portion size, ingredients and nutritional value.
	33. Discuss various diets (e.g., food allergies, alternative dieting).

Understand the fundamentals of baking science as they apply to the preparation of a variety of food products.	
	43. Define baking terms.
	44. Identify equipment and utensils unique to baking and discuss proper use and care of commercial mixers and other labor saving products.
	45. Identify ingredients used in baking, describe their properties, and list their functions.
	46. Demonstrate proper scaling and measurement techniques unique to baking.
	47. Participate in the production of crusty, soft and specialty yeast products.
	48. Participate in the production of quick-breads, variety of pies and tarts, and variety of types of cookies.
	49. Participate in the production of creams, custards, puddings and related sauces.
	50. Participate in the production of cakes and icings.
	51. Prepare a variety of fillings and toppings for pastries and baked goods.

Understand and apply the correct standard culinary procedures and safety of tools, equipment, and knives as they apply to the principles of food preparation.	
	34. Demonstrate knife skills and proper cuts (e.g., Julienne, Batonette, Brunoise, Paysanne, Small Dice, Large Dice, etc.), emphasizing proper safety techniques.
	35. Identify and demonstrate proper and safe use of food processing and cooking equipment.
	36. Identify tools and equipment used in <i>garde manger</i> , emphasizing safety and sanitation procedures.
	37. Utilize weights and measures to demonstrate proper scaling and measurement techniques in cooking and baking.

Be knowledgeable in dining room service functions and different types of services in order to understand quality customer service.	
	52. Demonstrate basic dining room procedures.
	53. Demonstrate the general rules of table settings and service.
	54. Describe service staff roles and list duties of each for table service and discuss various procedures for processing guest checks.
	55. Describe the various types of service delivery, such as quick service, cafeteria, buffet and table service.
	56. Discuss sales techniques for service personnel including menu knowledge and suggestive selling.
	57. Develop an awareness of special customer needs including dietary needs and food allergies.
	58. Explain inter-relationships and work flow between dining room and kitchen operations.
	59. Discuss and demonstrate of guest service and customer relations, including handling of difficult situations and accommodations for the disabled. CRP: Utilize critical thinking to make sense of problems and persevere in solving them.
	60. Create menu item descriptions following established truth-in-menu guidelines, using basic menu planning and layout principles and apply principles of nutrition.

Understand the concepts, techniques and demonstrate the required skills in producing a variety of hot and cold products.	
	38. Demonstrate how to read, follow and prepare a standardized recipe.
	39. Demonstrate a variety of cooking methods including roasting, baking, and broiling, grilling, griddling, sautéing, frying, deep frying, braising, stewing, boiling, blanching, poaching and steaming.
	40. Demonstrate food presentation techniques with hot and cold foods.
	41. Demonstrate garnishing techniques that may include fruit, vegetable carvings and accompaniments.

	61. Describe the importance of proper menu planning to the overall operation of the foodservice facility.
	62. Describe how a seasonal food impact relates to food cost. CRP: Demonstrate creativity and innovation.

Rating Scale

1. No Exposure
2. Novice – Learner requires significant supervision.
3. Proficient – Learner demonstrates skills regularly.
4. Mastery – Learner demonstrates skills numerous times without supervision

Career Ready Practices (CRP)

1. Demonstrate creativity and innovation.
2. Model integrity, ethical leadership and effective management.
3. Attend to personal health and financial well-being.
4. Consider the environmental, social and economic impacts of decisions.
5. Act as a responsible and contributing citizen and employee.
6. Communicate clearly, effectively, and with reason.
7. Apply appropriate academic and technical skills.
8. Employ valid and reliable research strategies.
9. Use technology to enhance productivity.
10. Work productively in teams while using cultural/global awareness.
11. Utilize critical thinking to make sense of problems and persevere in solving them.
12. Plan education and career path aligned to personal growth.

Be knowledgeable in the basic mathematical functions in order to differentiate between recipe, food, and labor costs and its association to the selling price.	
	63. Calculate food beverage and labor cost percentages by demonstrating the math functions used in foodservice operations. CRP: Apply appropriate academic and technical skills. CRP: Use technology to enhance productivity.
	64. Demonstrate the process of costing for a standardized recipe, a recipe yield adjustment, and determine cost of food and selling price.

Understand the importance of career readiness , and personal growth leadership to enhance career success.	
	65. Demonstrate personal growth, community leadership, democratic principles, and social responsibility by participating in activities/events offered through student, industry and/or community organizations. CRP: Act as a responsible and contributing citizen and employee. CRP: Model integrity, ethical leadership and effective management.
	66. Work productively in teams while using cultural/global competence.

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