

Glendale Unified School District

High School

May 23, 2017

Department: Career Technical Education

Course Title: Culinary 3-4 (Formerly Bistro 1-2)

Course Code: 5207/5208

Grade Level(s): 9-12

Course Credits: 10

Recommended Prerequisite: C or better in Culinary 1-2

Recommended Textbook: Culinary Essentials, by McGraw-Hill Education
ISBN-13: 978-0078883590

Course Overview: Culinary 3-4 is the concentration course in the Food Service and Hospitality Pathway. Students will continue to use food service tools and equipment to explore various ingredients and cooking techniques through lab-based recipes and meals. Recipes will be tested for flavoring and seasoning, and then edited based on results in the test kitchen. Students will learn basic cooking principles and techniques of English, French and other International Cuisines. Baking, Pastry and Dessert techniques will be demonstrated and practiced. Students will also have the opportunity to cater both on and off-campus special events. Students will experience all aspects of the food service industry by rotating through a variety of jobs in both the front and back of the house.

Course Content:

Semester 1

Unit #1 Career Ready Practice (5 weeks)

STANDARDS
Hospitality Recreation and Tourism

Anchor Standard: 2.0, 3.0, 4.0, 6.0, 10.0
Food Service and Hospitality Pathway Standard: B2.0, B3.0
CCSS RLST 11-12.3 CCSS WS 11-12.4 CCSS WHSST 11-12.2

- A. Students will review food safety and sanitation procedures. Names of tools and equipment will be reviewed. Reading a recipe, math conversions and measurements will be reviewed. Knife cuts will be practiced. Students will use the lab and new recipes to practice and demonstrate these skills.
- B. Students must take the district approved safety test. They must pass with a 90% or higher.

Unit #2 Careers in Food Service Industry (5 weeks)
STANDARDS

Hospitality Recreation and Tourism
Anchor Standard: 2.0, 3.0, 4.0, 8.0, 10.0
Food Service and Hospitality Pathway Standard: B1.0, B2.0, B3.0, B4.0
CCSS RLST 11-12.3 CCSS WS 11-12.4 CCSS WHSST 11-12.2

- A. Students will identify the variety of food service and hospitality locations and opportunities. They will identify key roles in the culinary kitchen (chef, sous chef, garde manager). Students will be able to list the advantages and disadvantages of working conditions in this industry.
- B. Students will research a career of their choosing. They will present various information about that career, including career ladder, job duties and responsibilities and permits, licenses, or education required to obtain this career.

Unit #3 Food Service Tools and Equipment (5 weeks)

STANDARDS
Hospitality Recreation and Tourism
Anchor Standard: 2.0, 4.0, 6.0
Food Service and Hospitality Pathway Standard: B2.0, B3.0, B5.0, B6.0
CCSS RLST 11-12.3 CCSS WS 11-12.4 CCSS WHSST 11-12.2

- A. Students will learn the names of common food service tools/equipment/utensils. Demonstrations of how to use the equipment will be taught and students will be expected to show competency in using the equipment properly. Maintenance and cleaning of each equipment will be covered.
- B. Students will watch a demonstration involving a piece of food service equipment and be assigned a recipe. They will be expected to set up, use the equipment and clean it properly.

Unit #4 Cooking Methods in Catering (5 weeks)

STANDARDS

Hospitality Recreation and Tourism

Anchor Standard: 2.0, 4.0, 6.0, 10.0

Food Service and Hospitality Pathway Standard: B2.2, B3.4, B5.1, B6.0 (B6.1-B6.7), B10.0

CCSS RLST 11-12.3 CCSS WS 11-12.4 CCSS WHSST 11-12.2

- A. Students will practice sample menus and recipes for catering events. During this time they will demonstrate proper food handling, storing and serving. They will demonstrate proper knife skills, choice of equipment and tools, and maintain an orderly station.
- B. Students will prepare a menu for an off-campus or on-campus event. Students will be graded on how well they execute the recipe demonstrating competency from the knowledge and skills they have attained.

Semester 2

Unit #5 Cooking Principles of English and French Cuisine

(5 weeks)

STANDARDS

Hospitality Recreation and Tourism

Anchor Standard: 2.0, 4.0, 6.0, 10.0

Food Service and Hospitality Pathway Standard: B2.2, B3.4, B5.1, B6.0 (B6.1-B6.7), B10.0

CCSS RLST 11-12.3 CCSS WS 11-12.4 CCSS WHSST 11-12.2

- A. Students will learn and practice with traditional English and French ingredients. Demonstrations of English and French cooking techniques will be given. Students will practice the techniques in the lab. Cultural norms such as meal patterns, religious significance, economic influences, and etiquette are shared and discussed. The concept of flavor principle (a collection of ingredients that make up the flavors of a particular country) is used to help students gain a understanding of the foods that make up a particular culture. Students will be assessed through tests, lab work, multimedia presentations, discussion, and participation.
- B. Students must pick and execute a dish from one region of France. The dish must be plated and garnished.

Unit #6 Advanced International Cuisines

(5 weeks)

STANDARDS

Hospitality Recreation and Tourism

Anchor Standard: 2.0, 4.0, 6.0, 10.0

Food Service and Hospitality Pathway Standard: B2.2, B3.4, B5.1, B6.0 (B6.1-B6.7), B10.0

CCSS RLST 11-12.3 CCSS WS 11-12.4 CCSS WHSST 11-12.2

- A. Students will explore various menus, flavor profiles and ingredients from around the world. This will expand their knowledge of cuisines from Culinary 1 and 2, covering regions such as Asia, the Middle East, Northern European, Southern European and Latin countries. Cultural norms such as meal patterns, religious significance, economic influences, and etiquette are shared and discussed. Some food traditions may be used to enhance lab experiences. Students are also exposed to new languages of food vocabulary. Students will be assessed through tests, lab work, multimedia presentations, discussion, and participation.
- B. Students must research the cooking ingredients techniques, food choices and economics of a region of their choice. They must present their findings to the class.

Unit #7 Baking and Pastry

(5 weeks)

STANDARDS

Hospitality Recreation and Tourism

Anchor Standard: 2.0, 4.0, 6.0, 10.0

Food Service and Hospitality Pathway Standard: B2.2, B3.4, B5.1, B7.0 (B7.1-B7.4)

CCSS RLST 11-12.3 CCSS WS 11-12.4 CCSS WHSST 11-12.2

- A. Students will produce baked goods and pastries using the correct techniques and procedures, and various finishing techniques. They will learning baking and pastry terminology. Students will use basic math to convert recipes and proportions.
- B. Students must properly demonstrate the mixing method and cut in method of baking. The will be assessed on the quality of their products.

Unit #8 Desserts for Catering

(5 weeks)

STANDARDS

Hospitality Recreation and Tourism

Anchor Standard: 2.0, 4.0, 6.0, 10.0

Food Service and Hospitality Pathway Standard: B2.2, B3.4, B5.1, B7.0 (B7.1-B7.4)

CCSS RLST 11-12.3 CCSS WS 11-12.4 CCSS WHSST 11-12.2

- C. Students will produce desserts in correct quantities for catering events. They will use the correct technique and procedure for these. They will evaluate the qualities and properties of the food items. Students will work with chocolate, icing, cookies, cakes and crepes. They will practice basic decorating techniques.
- D. Students must make and decorate a cake. They will be graded on techniques used, according to our lab rubric.

Additional Recommended Materials - none