## Glendale Unified School District

High School

May 23, 2017

Department: Career Technical Education

Course Title: Culinary 5-6 (Formerly Bistro 3-4)

Course Code: 5209/5210

Grade Level(s): 10-12

Course Credits: 10

Recommended

Prerequisite: C or better in Culinary 3-4

Recommended

Textbook: Culinary Essentials, by McGraw-Hill Education

ISBN-13: 978-0078883590

Course Overview: Culinary 5-6 is the second concentration course in the Food Service and

Hospitality Pathway. Students will continue exploring various ingredients and cooking methods in this lab based course. 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. Students will be menu planning, including accommodations for special diets. Plating, styling and garnishing will be practiced. Advanced cooking trends and

(5 weeks)

fusion foods will be explored.

# Semester 1

Content

Unit #1 Advanced Career Ready Practice

**STANDARDS** 

Hospitality Recreation and Tourism Anchor Standard: 2.0, 3.0, 4.0, 6.0, 10.0

Food Service and Hospitality Pathway Standard: B1.0, B2.0, B3.0 CCSS RLST 11-12.3 CCSS WS 11-12.4 CCSS WHSST 11-12.2

- A. Students will review safety and sanitation procedures, food service equipment and tools, and advanced cooking methods. They will interpret policies, procedures, and regulations for the workplace environment, including employer and employee responsibilities. Students will understand the role of California Occupational Safety and Health Administration, the Environmental Protection Agency, and other agencies in regulating practices in the food service and hospitality industry. Students will understand basic local, state, and federal sanitation regulations as they pertain to food production and service.
- B. Students will take and pass the district approved safety test with a 90% or above to show competency in food and kitchen safety/sanitation.

Unit #2 Advanced Knife Cuts

(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

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

- A. Students will learn the names, measurements and sizes of all of the knife cuts. They will practice them in labs on various vegetables, fruits and meats. Intricate cuts for garnishing will be taught and practiced for garnishing plates.
- B. Students will be given the names of various knife cuts. Students must present their cuts on a labeled piece of parchment paper. The rubric contains the correct measurements of each cut.

Unit #3 Plating, Styling, and Garnishes

(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, B6.6

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

- A. Students will learn basic principles of plating. Design principles such as symmetry, color, height and texture. Common ingredients will be given for various plating exercises. Garnishing techniques and tools, such as curlers and piping bags, will be demonstrated and practiced. Students will design and style various entrees, appetizers and desserts, using accurate proportioning and aesthetic presentation skills.
- B. Students will be given a recipe and required to plate it using creativity and the principles

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of plate presentation. They will present to the class and feedback will be given.

Unit #4 Catering: Styles and Service, Table Setting, Napkin Folding

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

- a. Students will learn the various styles of service, banquets, caterer-casual, and fine dining. They will practice these in both on campus and off campus catering events. Table setting principals and napkin folding will be taught and practiced. They will learn the steps necessary to booking a function, how to manage a function and become familiar with environmental/location issues.
- b. Students will cater an event. They will be graded according to a rubric that evaluates their performance.

#### Semester 2

Unit #5 Catering: Special Diets

(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, B10.0 CCSS RLST 11-12.3 CCSS WS 11-12.4 CCSS WHSST 11-12.2

- A. Students will learn about various food preferences and diets. Students will identify common food allergies and appropriate substitutes. Students will evaluate recipes in terms of dietary restrictions and nutritional needs for vegan, lactose free, gluten free low fat and low salt needs. Menu planning for special diets will be practiced. Students will become familiar with recipes made for special diets by cooking them.
- B. Students will be required to change a menu to accommodate various special diets. For instance, they will make a menu kosher, vegetarian and vegan.

Unit #6 Purchasing and Receiving Goods

(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, B11.0

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

- A. Students will apply the principles of food purchasing, food preparation, and meal management in a variety of settings. They will describe food production, processing and distribution methods and the relationship of those techniques to consumer food supple and nutrition. Practice the procedures for maintaining inventories: ordering food, equipment, and supplies; and storing/restocking supplies. They will also prioritize tasks and plan work schedules based on budget and personnel.
- B. Students will be given a menu and yield. They will fill out a purchase order form for the menu.

Unit #7 Advanced Cooking Trends

(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, B7.0 CCSS RLST 11-12.3 CCSS WS 11-12.4 CCSS WHSST 11-12.2

- A. Trends in the industry will be examined. Students will learn various cooking principals of these trends by experimenting with them in the lab. Fusion foods will be discussed. Students will also identify new and emerging technologies, processes and products related to changes in foods and food products during preparation, processing, and preservation.
- B. Students will research the origins and common chefs and/or restaurant associated with a particular food trend. They must create an advertisement highlighting this trend and present to the class.

Unit #8 Advanced French Cookery

(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, B7.0 CCSS RLST 11-12.3 CCSS WS 11-12.4 CCSS WHSST 11-12.2

A. Students will learn various advanced french cooking techniques, including a vinaigrette and french omelette. Students will understand the french mother and leading sauces. They will prepare derivative (daughter sauces). Students will discuss the uses of bases in the modern kitchen. Students will be able to demonstrate french sauce making techniques and prepare soups. They must store at the appropriate temperature.

B. Students will prepare a french-sauced lab. They will be graded on safety and sanitation, technique and presentation.

Additional Recommended Materials - none