

CULINARY ARTS: INTERNATIONAL FOODS (90 Hours)

Course No.: 77-15-70

COMPETENCY CHECKLIST

Student Name _____

Teacher Name _____ School Site _____

Start Date _____ Completion Date _____ Certificate Date _____

Teacher Signature _____ Student Signature _____

(Signatures verify completion of course competencies)

A. **ORIENTATION AND SAFETY** (2 hrs)

- _____ 1. Scope and purpose of the course
- _____ 2. Course content as part of Linked Learning
- _____ 3. Identify classroom policies and procedures
- _____ 4. Jobs in industry sector that impact chefs
- _____ 5. Opportunities for promoting gender equity
- _____ 6. Review EPA legislation on industry
- _____ 7. Review/demo use of the MSDS
- _____ 8. Purpose of Cal/OSHA & laws governing chefs
- _____ 9. Review first aid & emergency procedures
- _____ 10. Responsibilities for a safe workplace
- _____ 11. Pass safety test with 100% accuracy

B. **RESOURCE MANAGEMENT** (1 hr)

- _____ 1. Define listed terms related to topic
- _____ 2. Management of resources in culinary arts
- _____ 3. Examples of effective resource management
- _____ 4. Evaluate benefits of effective management
- _____ 5. Economic/environmental benefits/liabilities

C. **WEIGHTS AND MEASURES** (6 hrs)

- _____ 1. Review application of math in culinary arts
- _____ 2. Review problem-solving w/whole numbers
- _____ 3. Review/demo problem-solving w/fractions
- _____ 4. Review/demo problem-solving w/decimals
- _____ 5. Review/demo changing fractions to decimals
- _____ 6. Review/demo changing decimals to fractions
- _____ 7. Review English/metric: measuring length
- _____ 8. Review English/metric: measuring weight
- _____ 9. Review English/metric: measuring volume
- _____ 10. Review English & metric problem solving
- _____ 11. Review measuring with tools of the trade
- _____ 12. Review ascending/descending powers of ten
- _____ 13. Review English system conversion to metric
- _____ 14. Review metric conversion to English system

- _____ 15. Calculate square roots of English numbers
- _____ 16. Review/demo techniques for using calculator
- _____ 17. Review/demo using a baker's scale
- _____ 18. Review/demo tips for decreasing a recipe
- _____ 19. Review/demo tips for increasing a recipe

D. **TOOLS AND EQUIPMENT** (6 hrs)

- _____ 1. Identify listed kitchen and cooking equipment
- _____ 2. Demo proper use of listed tools & equipment

E. **SAFETY AND SANITATION** (6 hrs)

- _____ 1. Define listed terms related to topic
- _____ 2. Items related to good health/sanitation habits
- _____ 3. Demo cleaning kitchen equipment/utensils
- _____ 4. Pass safety test with 100% accuracy

F. **CHINESE CUISINE** (10 hrs)

- _____ 1. Identify listed items related to Chinese Cuisine
- _____ 2. Role of Five Elements Theory in Chinese diet
- _____ 3. Importance of rice in Asian cooking
- _____ 4. Demo preparing various Chinese meals
- _____ 5. Create a Chinese menu for party of four

G. **FRENCH CUISINE** (10 hrs)

- _____ 1. Identify listed items related to French Cuisine
- _____ 2. Demo creating/preparing French meals
- _____ 3. Create a French menu for party of six

H. **ITALIAN CUISINE** (15 hrs)

- _____ 1. Identify/describe various types of pasta
- _____ 2. Identify various types of cheeses
- _____ 3. Identify use of meats in Italian cooking
- _____ 4. Demo preparing various Italian meals
- _____ 5. Create an Italian menu for party of eight

I. JAPANESE CUISINE (10 hrs)

- _____ 1. Identify ingredients in Japanese meals
- _____ 2. Demo how prepare various meals
- _____ 3. Create Japanese menu for party of ten

J. MEXICAN CUISINE (10 hrs)

- _____ 1. Identify listed items used in Mexican meals
- _____ 2. Explain differences in listed food items
- _____ 3. Use of dried beans, corn, and rice/eggs
- _____ 4. Demo preparing various Mexican meals
- _____ 5. Create basic Mexican menu for party of 12

K. THAI CUISINE (10 hrs)

- _____ 1. Identify ingredients used in Thai cooking
- _____ 2. Demo preparing various Thai meals
- _____ 3. Create a Thai menu for party of 20

L. EMPLOYABILITY SKILLS (4 hrs)

- _____ 1. Review employer requirements in employee
- _____ 2. Identify potential employers
- _____ 3. Role of electronic social networking in search
- _____ 4. Design sample resumes
- _____ 5. Importance of filling out a job application
- _____ 6. Complete sample job application forms
- _____ 7. Importance of enthusiasm on a job
- _____ 8. Appropriate appearance on a job
- _____ 9. Continuous upgrading of job skills
- _____ 10. Customer service as way to build business
- _____ 11. Appropriate interviewing techniques
- _____ 12. Info/materials for successful interview
- _____ 13. Appropriate follow-up procedures