

MISSION TRAILS REGIONAL OCCUPATION PROGRAM

1. **COURSE TITLE:** Careers in Culinary Arts, Nutrition, and Hospitality
2. **CBEDS TITLE:** Food and Nutrition
3. **CBEDS NUMBER:** 4361
4. **JOB TITLES:** Chef, Nutritionist, Food Inspector, Baker, Dietary Technician, Server
5. **COURSE DESCRIPTION:** This course is designed to introduce the student to the variety of careers related to nutrition, food and culinary arts. Instruction will include food preparation, the science of food and nutrition, nutrition and health, food safety, meal management, customer relations, and business management of food management.
6. **HOURS:** 1 hour/day = 180 hours
7. **PREREQUISITES:** Completion of 10th grade
8. **REVISION DATE:**

APPROVED

JAN 17 2008

Instructional Methods

Methods of instruction will include, but are not limited to:

1. Direct instruction (lecture, reading, labs, and investigations, writing – reports, journals, analyses, essay – speaking, presentations, guest speakers).
2. Laboratory investigations and project using educational courseware and computer technology.
3. Team teaching including assisted instruction from university, business, and community partners.
4. Community – based research projects with professional mentors.
5. Use variety of instructional materials and resources including electronic media, professional journals and reference materials, textbooks and other print information.
6. Self-directed, cooperative, and collaborative learning to increase responsibility of students for their own learning.
7. Student presentations, exhibits, and competitions – both team and individual.
8. Embedded assessment as a learning tool.
9. SDAIE (specially Designed Academic Instruction in English).
10. Differentiated instruction of exceptional students.

Evaluation Procedures

Assessment opportunities, which allow continuous evaluation of students' progress, will be embedded throughout the course and should be a learning experience. All students will be expected to achieve mastery of all topics; often, demonstrations of mastery will occur in a public forum. The following strategies, which include both formal and informal assessment techniques will include, but are not limited to:

1. Performance – based assessments such as experiments, demonstrations, discussions, debates simulations, and projects.
2. Student presentations, exhibits, and competitions – both team and individual
3. On-going and cumulative portfolio record of project and component investigative accomplishments.
4. Written tests with a variety of short answer and essay questions.
5. Written assignments such justification, investigations, and research, evaluative, or technical papers.
6. Individual and group assessments (including assessments of working relationships).
7. Opportunities for self assessment and peer assessment.

Process Skills Infused Throughout The Course:

- a. Research Types and Methods.
- b. Accurate Lab Techniques.
- c. Data Collection and Analysis.
- d. Teamwork and Collaboration.
- e. Presentation Skills.
- f. Project Completion – Initiation, Investigation, Collaboration and Presentation.

CAREER PREPARATION STANDARDS

All work site-learning methodologies including Community Classroom and Cooperative Vocational Education will be utilized when appropriate.

1. Students will understand how personal skill development affects their employability. They will exhibit positive attitudes, self-confidence, honesty, perseverance, self-discipline, and personal hygiene. They will manage time and balance priorities as well as demonstrate a capacity for lifelong learning.
2. Students will understand key concepts in group dynamics, conflict resolution, and negotiation. They will work cooperatively, share responsibilities, accept supervision, and assume leadership roles. They will demonstrate cooperative working relationships across gender and cultural groups.
3. Students will exhibit critical thinking skills, logical reasoning, and problem solving. They will apply numerical estimation, measurement, and calculation, as appropriate. They will recognize problem situations; identify, locate, and organize needed information or data; and propose, evaluate, and select from alternative solutions.
4. Students will understand principles of effective communication. They will communicate both orally and in writing. They will listen attentively and follow instructions, requesting clarification or additional information as needed.
5. Students will understand occupational safety issues including the avoidance of physical hazards in the work environment. They will operate equipment safely so as not to endanger themselves or others. They will demonstrate proper handling of hazardous materials.
6. Students will understand career paths and strategies for obtaining employment within their chosen fields. They will assume responsibility for professional growth. They will understand and promote the role of their field within a productive society, including the purposes of professional organizations.
7. Students will understand and adapt to changing technology by identifying, learning, and applying new skills to improve job performance. They will effectively employ technologies relevant to their fields.
8. Students will understand complex inter-relationships of systems.
 - A. Students will understand systems -- know how social, organizational, and technological systems work and operate effectively with them.
 - B. Students will monitor and correct performance -- distinguish trends, predict impacts on system operations, diagnose systems' performance and correct malfunctions.
 - C. Students will improve or design systems -- suggest modifications to existing systems and develop new or alternative systems to improve performance.
9. Students will understand all aspects of the industry including: planning, management, and finance; technical and production skills; underlying principles of technology; labor, community, health, and environmental issues.

Course Outline: Careers in Culinary Arts, Nutrition, and Hospitality

Section II

Expanded Course Outline

	<u>CLRM</u>	<u>CC</u>	<u>CVE</u>
I. INTRODUCTION AND COURSE OVERVIEW	2		
A. Orientation to ROP			
B. Program expectations/competencies			
II. CULINARY ARTS, NUTRITION AND HOSPITALITY CAREERS	5	(5)	
A. Career opportunities			
B. Impact to local and state economy			
C. Interests, aptitudes and skills			
D. Education/training requirements			
E. History of culinary arts/nutrition/hospitality			
III. CUSTOMER RELATIONS	7	(7)	
A. Quality customer relations			
B. Customer needs and satisfaction			
C. American Disabilities Act			
IV. SERVE SAFE	10	(10)	
A. Sanitary procedures of food handling, equipment, and storage			
B. State and local health requirements			
V. SAFETY REGULATIONS/PROCEDURES	4	(4)	
A. Safe work habits and emergency procedures			
B. Basic first aid procedures			
VI. KITCHEN/OPERATIONAL PROCEDURES	8	(8)	
A. Production processes			
B. Maintenance of work station			
C. Identification/use/maintenance of equipment, tools, utensils			
D. Product/equipment terminology			
E. Standardized recipes and measurements			
VII. FOOD SCIENCE, DIETETICS AND NUTRITION	40	(40)	
A. Identifying and meeting nutritional needs			
B. Nutrient conservation			
C. Dietary and food guidelines			
VIII. MENU PLANNING	5	(5)	
A. Menu planning			
B. Application of nutrition/food science principles to menu planning			

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IX. BREAKFAST FOODS AND SANDWICHES	8	(8)	
A. Continental breakfast			
B. Full breakfast			
C. Hot sandwiches			
D. Cold sandwiches			
X. EMPLOYER/EMPLOYEE RELATIONSHIPS	8	(8)	
A. Labor laws			
B. Employee rights			
C. Conflict resolution			
D. Diversity leadership and team building			
XI. SALADS AND GARNISHES	8	(8)	
A. Appetizer			
B. Entree			
C. Garnishes			
XII. BUSINESS MANAGEMENT	15	(15)	
A. Accounting principles			
B. Business math			
C. Cost and profit analysis			
D. Marketing			
E. Entrepreneurship			
XIII. FRUITS AND VEGETABLES	8	(8)	
A. Side			
B. Entree			
C. Desserts			
D. Juices			
XIV. POTATOES, GRAINS, AND PASTA	8	(8)	
XV. THE ART OF SERVICE	5	(5)	
A. Table settings			
B. Serving procedures			
C. Etiquette			
XVI. DESSERTS AND BAKED GOODS	8	(8)	

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XVII. MEAT	8	(8)	
A. Beef, pork, lamb, etc.			
B. Poultry			
C. Fish and other seafood			
D. Grades and cuts			
E. Appetizer			
F. Entree			
XVIII. STOCKS, SOUPS, AND SAUCES	8	(8)	
XIX. BEVERAGES	5	(5)	
EMPLOYABILITY SKILLS (CPS 1, 2, 3, 4, 6, 9)	10	10	
A. Career Paths (Employment Opportunities)			
B. Educational/Credential Requirements			
C. Sources of Job Information			
D. Interviews			
E. Work Habits and Work Ethics			
F. Communication Skills			
G. Grooming and Dress			
H. Interviewing (Application, Resume, Cover Letter, Follow-up Letter)			
I. Job Retention Skills			
J. Team Work - Cooperation			
K. Ethics and Professionalism			
L. Work Behavior and Ethics			
TOTAL HOURS	180	(180)	