



Culinary Arts

Course: Introduction to the
Culinary Arts Level 1
High School: Grade 9-12

Essential Course Information

- Course Revision
- Half Year - 2.5 Credits

Course Overview

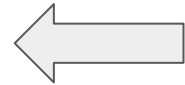
This is the first level of culinary arts at WOHS which provides students with an introduction to culinary arts principles required to be successful in a kitchen. Students will learn about safety and sanitation in the kitchen, engage in multiple recipes, and put to use fundamental culinary arts skills. Students will learn a variety of cooking techniques/methods used. Students will learn the proper skills and concepts required to create a dish from scratch. Students will understand how to read a recipe and then execute it correctly using the proper equipment, measuring, and cooking techniques. In addition, students will learn about the various careers available to them in the hospitality industry. It is recommended that students take Production and Culinary Arts Level 2, second semester. This course is credited toward the 21st Century Life Careers/Career Technical Education credit requirement for graduation.

Unit	Estimated Class Time	Overview
<u>Unit 1:</u> HACCP: Safety and Sanitation in the Foodservice Industry	5 weeks	In this unit students will learn and apply food safety and sanitation protocols to menu development and food preparation to avoid illness in a residential or commercial kitchen. ServSafe food handler criteria will be implemented and strategies to avoid cross contamination of food allergens and pathogens will be applied. Special menus to meet the needs of people with specific diet restrictions will be created.
<u>Unit 2:</u> Cooking Techniques	8 weeks	There are specific cooking techniques students will learn for various cuts of meat and poultry based on the type of menu being prepared, nutritional goals and requirements, available kitchen equipment, and budgetary needs of a restaurant or personal kitchen. This unit will also provide an opportunity to work with increasing and decreasing yields for recipes.
<u>Unit 3</u> Stocks, Sauces, and Soups	5 weeks	Students will prepared specific sauces, stocks, and soups used in recipes, according to specific styles of cooking by adding the correct combination of ingredients through experimentation in the kitchen setting. The five mother sauces will be studied and prepared throughout the unit. Stocks and soups will be prepared and used to complete recipes.
<u>Unit 4</u> Bakery and Pastry Products	5 weeks	Baking requires specific technical skill to prepare baked goods properly. Baking is an exact science and students will develop and use specific baking techniques in this unit which result in the desired end product. Methods for baked goods such as cakes and pies will be learned and bread making techniques will be executed. Pie and custard filling will be learned and experienced through a variety of recipes in this unit.

CTE Culinary Arts Program

9

Introduction to the Culinary Arts Level 1
Production and Culinary Arts Level 2



10-11

Global Cuisine 1
Global Cuisine 2

12

Creativity and Innovation in the Culinary
Arts

INSTRUCTIONAL / SUPPLEMENTAL MATERIALS

1. Textbook: Professional Cooking 9th Edition by Wayne Gisslen
2. Use of Google Apps, Glogster
3. Online Resources:
4. Instructor will utilize live demonstrations and visual aids to help guide the learning experience.
5. American Culinary Federation: Fundamental Cook

KEY FEATURES OF REVISION

- Career Readiness, Life Literacies and Key Skills
- Includes recommendations from CTE Culinary Arts Advisory Committee and American Culinary Federation
- Student access to digital resources has expanded greatly.
- Integration of performance based assessments.
- Incorporation of activities and assessments that develop 21st century skills.

Students completing all of the courses in this Culinary Arts program may take the NOCTI exam in Culinary Arts Level 1. which may result in a certificate of competency and a credential from NOCTI for 3 college credits

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