

**Florida Department of Education
Curriculum Framework**

Program Title: Fundamental Foodservice Skills
Program Type: Career Preparatory
Career Cluster: Hospitality & Tourism

Career Certificate

Program Number	N100520
CIP Number	0612050304
Grade Level	30, 31
Standard Length	600 hours
Teacher Certification	Refer to the <u>Program Structure</u> section.
CTSO	SkillsUSA
SOC Codes (all applicable)	35-2021 – Food Preparation Workers 35-2014 – Cooks, Restaurant
CTE Program Resources	http://www.fldoe.org/academics/career-adult-edu/career-tech-edu/program-resources.stml
Basic Skills Level	Mathematics: 9 Language: 9 Reading: 9

Purpose

This program offers a sequence of courses that provides coherent and relevant commercial foodservice knowledge and skills needed to prepare for further education and careers in the Hospitality & Tourism career cluster; provides technical skill proficiency, and includes competency-based applied learning, general employability skills, technical skills, and occupation-specific hands on technical skills. The program is designed to prepare students for entry level work positions or further culinary training and education based on basic culinary skills and practices to be successful in today’s commercial kitchens

The content includes but is not limited to preparation, presentation, and serving of a wide variety of foods; leadership, communication skills, employability skills, and safe/efficient work practices are also covered. This coursework prepares students for employment in the food service/hospitality industry in positions such as: steward, prep cook, pantry cook, fry cook, banquet cook, retail and cafeteria cook & line cook.

Program Structure

This program is a planned sequence of instruction consisting of two occupational completion points.

This program is comprised of courses which have been assigned course numbers in the SCNS (Statewide Course Numbering System) in accordance with Section 1007.24 (1), F.S. Career and Technical credit shall be awarded to the student on a transcript in accordance with Section 1001.44(3)(b), F.S.

The following table illustrates the post-secondary program structure:

OCP	Course Number	Course Title	Teacher Certification	Length	SOC Code
A	HMV0101	Intro to Food Prep	FAM CON SCI	300 hours	35-2021
B	HMV0102	Cooking Methods and Techniques	CULINARY 7 G	300 hours	35-2014

Regulated Programs

Information on Department of Health rules that affect culinary programs is available at <https://www.flrules.org/gateway/chapterhome.asp?chapter=64E-11>.

It is strongly recommended that teachers obtain employee food handler training certification (<http://www.myfloridalicense.com/dbpr/hr/food-lodging/employee-training.html>) as well as food safety manager training/certification (<http://www.myfloridalicense.com/dbpr/hr/food-lodging/ManagerCertification.html>).

Common Career Technical Core – Career Ready Practices

Career Ready Practices describe the career-ready skills that educators should seek to develop in their students. These practices are not exclusive to a Career Pathway, program of study, discipline or level of education. Career Ready Practices should be taught and reinforced in all career exploration and preparation programs with increasingly higher levels of complexity and expectation as a student advances through a program of study.

1. Act as a responsible and contributing citizen and employee.
2. Apply appropriate academic and technical skills.
3. Attend to personal health and financial well-being.
4. Communicate clearly, effectively and with reason.
5. Consider the environmental, social and economic impacts of decisions.
6. Demonstrate creativity and innovation.
7. Employ valid and reliable research strategies.
8. Utilize critical thinking to make sense of problems and persevere in solving them.
9. Model integrity, ethical leadership and effective management.
10. Plan education and career path aligned to personal goals.
11. Use technology to enhance productivity.
12. Work productively in teams while using cultural/global competence

Standards

After successfully completing this program, the student will be able to perform the following:

- 01.0 Explain and identify the essentials of the hospitality industry.
- 02.0 Demonstrate and incorporate kitchen sanitation & workplace safety procedures.
- 03.0 Use, identify and care for commercial tools and equipment.
- 04.0 Exhibit the ability to read, follow and prepare recipes.
- 05.0 Demonstrate essential baking preparation skills.
- 06.0 Identify, explain and illustrate basic knife cuts and skills.
- 07.0 Explain and demonstrate dry, moist and combination cooking methods.
- 08.0 Demonstrate stock and soup preparation skills.
- 09.0 Demonstrate egg, dairy and breakfast cookery.
- 10.0 Demonstrate fruit & vegetable preparation skills.
- 11.0 Demonstrate salad & sandwich preparation skills.
- 12.0 Demonstrate starch & grains preparation skills.
- 13.0 Demonstrate quantity foods preparation skills.
- 14.0 Demonstrate meat, poultry and seafood preparation skills.
- 15.0 Demonstrate sauce preparation skills.
- 16.0 Describe the basic principles of nutrition.
- 17.0 Identify career and employment opportunities.

**Florida Department of Education
Student Performance Standards**

Program Title: Fundamental Foodservice Skills
Career Certificate Program Number: N100520

Course Number: HMV0101	
Occupational Completion Point: A	
Food Preparation – 300 clock Hours – SOC Code 35-2021	
01.0	Explain and identify the essentials of the hospitality industry. The student will be able to:
01.01	Define and explain the term hospitality.
01.02	Define and explain the terms Front-of-the-house (FOH) and Back-of-the-house (BOH) and their relationship to one another including volume/covers, POS & orders and executing service.
01.03	Define common industry terminology (e.g. fire, 86, walking in, etc.).
01.04	Identify the various branches of the hospitality industry (e.g. travel & lodging, food and beverage, hotel & resort, etc.) and its impact on the economy.
01.05	Identify the kitchen hierarchy & career ladder as well as various occupations in the food service and hospitality industry.
01.06	Describe and explain the types of work stations in the commercial kitchen.
01.07	Identify and explain commercial and non-commercial restaurant segments.
02.0	Demonstrate and incorporate kitchen sanitation & workplace safety procedure. The student will be able to:
02.01	Demonstrate and utilize proper personal hygiene and personal health precautions e.g. (hand washing; use of gloves; grooming; proper hair restraints, closed-toe shoes, aprons, uniforms).
02.02	Demonstrate proper food handling techniques (thermometer use; thawing methods; internal cooking temperatures) utilizing current industry safety and sanitation procedures for the agency having jurisdiction.
02.03	Demonstrate and utilize proper techniques for lifting, receiving and storing food supplies.
02.04	Demonstrate and utilize proper techniques for transporting, cooking and holding food (e.g. proper ways to cool/reheat food; holding temperatures).
02.05	Demonstrate and utilize proper disinfecting, cleaning and sanitizing techniques (e.g. cleaning vs. sanitizing; storing cleaning supplies; proper procedures for cleaning equipment).
02.06	Demonstrate and utilize proper licensed pest control procedures, including maintaining a clean facility.
02.07	Identify the HACCP (Hazard Analysis Critical Control Point) procedure during all food handling processes.

02.08	Classify all causes of food borne illnesses (e.g., biological, physical and chemical).
02.09	Describe symptoms of food borne illness and how food borne illness can be prevented.
02.10	Describe cross contamination and incorporate ways to prevent this from occurring.
02.11	Research top allergens and how to control allergy cross-contact.
02.12	Identify common food allergies and determine appropriate substitutions.
02.13	Use acquired knowledge to obtain employee food handler training certificate that is valid in Florida (http://www.myfloridalicense.com/dbpr/hr/food-lodging/employee-training.html).
02.14	Identify and utilize first-aid procedures for accidents and injuries.
02.15	Develop and maintain an MSDS (Materials Safety Data Sheet) for each product and keep in a three ring binder in the kitchen area.
02.16	Demonstrate and utilize safety procedures related to prevention of slips, cuts, falls, fire/burns, proper lifting & safety in motion and chemical use.
03.0	Use, identify and care for commercial tools and equipment. The student will be able to:
03.01	Exhibit proper station set up.
03.02	Identify and list commercial tools and equipment.
03.03	Select appropriate tools and equipment for specific tasks.
03.04	Use and maintain commercial tools.
03.05	Use and maintain commercial equipment.
04.0	Exhibit the ability to read, follow and prepare recipes. The student will be able to:
04.01	Define mise en place and the relationship of organizational skills to productivity in the workplace.
04.02	Explain and demonstrate the differences between seasoning (i.e. salt and pepper) and flavoring (i.e. herbs, spices, etc.)
04.03	Demonstrate mastery of standard units of weights and measures used in the industry.
04.04	Demonstrate basic knowledge of kitchen measurements, conversions, and ratios.
04.05	Display an understanding of recipe yield, preparation and ingredients.
04.06	Explain the difference between weight, volume, metric and standard measurements.
04.07	Explain the purpose of standardized recipes.

04.08	Use, follow, prepare and plate standardized recipes creatively.
04.09	Write and utilize a prep list.
05.0	Demonstrate essential baking preparation skills. The student will be able to:
05.01	Identify and select baking and dessert ingredients.
05.02	Identify and select bakeshop equipment.
05.03	Identify and explain the various leavening agents used in baking.
05.04	Identify and demonstrate the various mixing methods used in the bakeshop.
05.05	Prepare quick breads.
05.06	Prepare cookies.
05.07	Prepare yeast breads.
06.0	Identify, explain and illustrate basic knife cuts and skills. The student will be able to:
06.01	Demonstrate proper knife handling skills.
06.02	Identify, explain and illustrate chop & mince.
06.03	Identify, explain and illustrate various dice.
06.04	Identify, explain and illustrate slicing including julienne, batonnet, chiffonade, etc.
06.05	Identify, explain and illustrate misc. skills including concasse, supreme, etc.
07.0	Explain and demonstrate dry, moist and combination cooking methods. The student will be able to:
07.01	Demonstrate and analyze dry cooking methods.
07.02	Demonstrate and analyze moist cooking methods.
07.03	Demonstrate and analyze combination cooking methods.
07.04	Explain carryover cooking.
08.0	Demonstrate stock and soup preparation skills. The student will be able to:
08.01	Identify and use herbs and their appropriate use in food products that exhibit and enhance creativity, taste, and appearance.

08.02	Explain, evaluate and prepare stocks.
08.03	Classify the types of stocks and understand how they are made.
08.04	Demonstrate knowledge and application of base preparation and use in a recipe.
08.05	Prepare roux and other thickening agents.
08.06	Prepare thin and thick soups.
09.0	Demonstrate egg, dairy and breakfast cookery. The student will be able to:
09.01	Identify and explain various cheeses, milks, creams and butter.
09.02	Select, break, and separate eggs.
09.03	Demonstrate various hot and cold cereal preparation.
09.04	Prepare eggs using various cooking methods (e.g. boil, fry, scramble, poach, omelets, shirred).
09.05	Prepare breakfast starches (e.g. pancakes, waffles, crepes and French-toast, hash-browns, breakfast potatoes).
09.06	Prepare breakfast meats.
09.07	Whip egg whites and cream.
10.0	Demonstrate fruit & vegetable preparation skills. The student will be able to:
10.01	Identify, explain and select fruits based on seasonality, freshness and quality.
10.02	Identify, explain and select vegetables based on seasonality, freshness and quality.
10.03	Clean, prepare and serve fruits and demonstrate various preparation methods.
10.04	Demonstrate vegetable preparation using various cooking methods.
Course Number: HMV0102	
Occupational Completion Point: B	
Cook, Restaurant – 300 Hours – SOC Code 35-2014	
11.0	Demonstrate salad & sandwich preparation skills. The student will be able to:
11.01	Identify and use oils & vinegars.
11.02	Identify and explain condiments and their uses.
11.03	Identify the differences between a permanent and temporary emulsion.

11.04	Prepare various salad dressings, cold sauces, and derivatives.
11.05	Clean, prepare and serve types of greens and prepare them for salads.
11.06	Prepare tossed and composed salads.
11.07	Explain and utilize the basic parts to a salad (i.e. base, body, dressing, etc.) and salad service types (i.e. side, entrée, appetizer, etc.).
11.08	List and describe the varieties of hot and cold sandwiches.
11.09	Emphasize preparation methods of sandwiches including proper filling and temperature, slicing, sanitation, station set up/mise en place and various breads and spreads.
11.10	Prepare hot and cold sandwiches.
12.0	Demonstrate starch & grains preparation skills. The student will be able to:
12.01	Identify, select, and prepare potatoes.
12.02	Identify, select, and prepare rice.
12.03	Identify, select, and prepare legumes & grains.
12.04	Identify, select, and prepare pastas.
13.0	Demonstrate quantity foods preparation skills. The student will be able to:
13.01	Prepare cold and hot hors d'oeuvres.
13.02	Explain and utilize plated banquet techniques emphasizing quantity preparation, consistency & efficiency.
13.03	Plan, set up, and serve buffets.
13.04	Select, use and maintain buffet equipment and utensils.
14.0	Demonstrate meat, poultry and seafood preparation skills. The student will be able to:
14.01	Identify and use spices and their appropriate use in food products that exhibit and enhance creativity, taste, and appearance.
14.02	Identify popular cuts of meat, poultry and seafood.
14.03	Perform basic fabrication of meat, poultry and seafood
14.04	Prepare meat, poultry and seafood using common cooking methods (e.g. roasting, baking, broiling, sautéing, frying, deep-frying, braising and steaming).
14.05	Demonstrate the proper procedure when marinating meat, poultry, and seafood.

15.0	Demonstrate sauce preparation skills. The student will be able to:
15.01	Identify and explain the principles of thickening agents used in food preparation.
15.02	Prepare roux.
15.03	Explain and demonstrate mother sauces.
15.04	Explain and demonstrate contemporary/misc. sauces (i.e. beurre blanc, salsa, coulis, compound butter, small sauces, etc.).
15.05	Prepare a pan sauce (e.g. deglaze, reduce, etc.).
16.0	Describe the basic principles of nutrition. The student will be able to:
16.01	Describe and list the functions and sources of the 6 classifications of nutrients.
16.02	Describe and prepare meals for customers with special dietary needs (e.g. heart healthy/low fat, sugar free, low carb/gluten free, low sodium, vegetarian/vegan, religious-dietary laws, etc.).
16.03	Interpret and explain food labels.
17.0	Identify career and employment opportunities. The student will be able to:
17.01	Perform a job search.
17.02	Complete a job application.
17.03	Create a resume.
17.04	Exhibit employability skills (e.g. punctuality, leadership, dependability, appropriate appearance, etc.).
17.05	Prepare for, practice and conduct interviews.

Additional Information

Laboratory Activities

Laboratory investigations that include scientific inquiry, research, measurement, problem solving, emerging technologies, tools and equipment, as well as, experimental, quality, and safety procedures are an integral part of this career and technical program/course. Laboratory investigations benefit all students by developing an understanding of the complexity and ambiguity of empirical work, as well as the skills required to manage, operate, calibrate and troubleshoot equipment/tools used to make observations. Students understand measurement error; and have the skills to aggregate, interpret, and present the resulting data. Equipment and supplies should be provided to enhance hands-on experiences for students.

Special Notes

This program prepares students for employment as educational paraprofessionals, instructional coordinators (SOC 25-9031), teacher aides, or to provide supplemental training for persons previously or currently employed in this occupation.

Planned and supervised occupational activities may be provided through directed laboratory experience or a practicum.

Accommodations

Federal and state legislation requires the provision of accommodations for students with disabilities to meet individual needs and ensure equal access. Postsecondary students with disabilities must self-identify, present documentation, request accommodations if needed, and develop a plan with their counselor and/or instructors. Accommodations received in postsecondary education may differ from those received in secondary education. Accommodations change the way the student is instructed. Students with disabilities may need accommodations in such areas as instructional methods and materials, assignments and assessments, time demands and schedules, learning environment, assistive technology and special communication systems. Documentation of the accommodations requested and provided should be maintained in a confidential file.

Additional Resources

For additional information regarding articulation agreements, Bright Futures Scholarships, Fine Arts/Practical Arts Credit and Equivalent Mathematics and Equally Rigorous Science Courses please refer to:

<http://www.fldoe.org/academics/career-adult-edu/career-tech-edu/program-resources.stml>.