



Culinary Arts I High School

8.0 Integrate knowledge, skills, and practices required for careers in food production and services.

- 8.1 Analyze career paths within the food production and food services industries.
- 8.2 Explore opportunities for employment and entrepreneurial endeavors.
- 8.3 Demonstrates food safety and sanitation procedures.
- 8.4 Practice good personal hygiene/health procedures, and report symptoms of illness.
- 8.5 Demonstrate food handling and preparation techniques that prevent cross contamination between raw and ready to eat foods and between animal of fish sources and other food products.
- 8.6 Demonstrate selecting, using, and maintaining food production equipment.
- 8.7 Operate tools and equipment following safety procedures and OSHA requirements.
- 8.8 Demonstrate (commercial) preparation for all menu categories to produce a variety of food products.
- 8.9 Apply the fundamentals of time & temperature to cooking, cooling, & the re-heating of a variety of foods.
- 8.10 Prepare various fruits, vegetables, starches, and farinaceous items.
- 8.11 Prepare various salads, dressings, marinades, and spices.
- 8.12 Prepare baked goods & desserts.
- 8.13 Prepare breakfast meats, eggs, cereals & batter products.
- 8.14 Demonstrate food presentation techniques.
- 8.15 Examine the applicability of convenience food items.

14.0 Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- 14.1 Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.
- 14.2 Assess the effect of nutrients on health, appearance, and peak performance.
- 14.3 Appraise sources of food and nutrition information, including food labels, related to health and wellness.
- 14.4 Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.
- 14.5 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.