



## Culinary Arts II 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 Examine education and training requirements and opportunities for career paths in food production and services.

8.3 Demonstrate 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 or fish sources and other sources.

8.6 Demonstrate planning menu items based on standardized recipes to meet customer needs.

8.7 Apply menu-planning principles to develop and modify menus.

8.8 Demonstrate (commercial) preparation for all menu categories to produce a variety of food products.

8.9 Demonstrate skills in knife, tool, and equipment handling.

8.10 Demonstrate a variety of cooking methods including roasting and baking, broiling, smoking, grilling, sautéing, frying, deep-frying, braising, stewing, poaching, steaming, wokking, convection, microwaving and other emerging technologies.

8.11 Apply the fundamentals of time and temperature to cooking, cooling, and reheating of a variety of foods.

8.12 Demonstrate food presentation techniques.

8.13 Examine applicability of convenience food items.

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

14.1 Analyze factors that influence nutrition and wellness practices across the life span.

14.2 Compare the impact of psychological, cultural, and social influences on food choices and other nutritious practices.

14.3 Investigate the impact of global and local events and conditions on food choices and practices.