

Name: _____

Culinary Arts

Directions:

Evaluate the student by checking the appropriate number to indicate the degree of competency. The rating for each task should reflect employability readiness rather than the grades given in class.

Rating Scale (0-6):

- 0 No Exposure** – no experience/knowledge in this area; program/course did not provide instruction in this area
- 1 Unsuccessful Attempt** – unable to meet knowledge or performance criteria and/or required significant assistance
- 2 Partial Demonstration** – met some of the knowledge or performance criteria with or without minor assistance
- 3 Knowledge Demonstrated** – met knowledge criteria without assistance at least once
- 4 Performance Demonstrated** – met performance criteria without assistance at least once
- 5 Repetitive Demonstration** – met performance and/or knowledge criteria without assistance on multiple occasions
- 6 Mastered** – successfully applied knowledge or skills in this area to solve related problems independently

(C) – Indicates the core competencies.

0	1	2	3	4	5	6	A. Introduction to the Hospitality Industry	Notes:
							1. Explain the history of culinary arts and the food industry <i>(C)</i>	
							2. Explain the career hierarchy	
							3. Distinguish between different levels of expertise	
							4. Distinguish between different levels of industry	
							5. Explain the complexity of opening a restaurant	
							6. Explain the purpose of uniforms	
							7. Express knowledge about new trends and the future of the food industry	
							8. Describe what is expected of food industry employees <i>(C)</i>	
							9. Explain why cooking skills must be mastered before managerial skills	
							10. Describe and demonstrate professional ethics <i>(C)</i>	
							11. Explain cost control measures	
							12. Demonstrate use of computers and software related to the food industry	
							13. Identify equipment commonly used in the Hospitality/ Culinary Arts industry <i>(C)</i>	
							14. Demonstrate an enthusiasm for the food industry <i>(C)</i>	
							15. Demonstrate needed organizational skills <i>(C)</i>	
							16. Demonstrate effective people/communication skills <i>(C)</i>	
							17. Demonstrate accomplishment of general education skills (i.e. basic math, reading, and writing) <i>(C)</i>	
							Other:	

0	1	2	3	4	5	6	B. Sanitation	Notes:
							1. Obtain ServSafe ® certification * (C)	
							2. Explain how and why different temperatures are used for sanitation (C)	
							3. Clean utensils and smaller equipment (C)	
							4. Clean standing equipment (C)	
							5. Demonstrate proper hand-washing techniques at appropriate times (C)	
							6. Demonstrate proper sanitation of the pot sink (C)	
							7. Demonstrate proper floor care, including sweeping and mopping (C)	
							8. Demonstrate proper storage and handling of food (C)	
							9. Demonstrate proper storage of waste (C)	
							10. Describe the dangers of cross-contamination (C)	
							Other:	

ServSafe ® is a registered trademark of the National Restaurant Association Educational Foundation (1-800-765-2122).

0	1	2	3	4	5	6	C. Safety	Notes:
							1. Explain common food allergies (C)	
							2. Explain first aid procedures (C)	
							3. Explain emergency policies (C)	
							4. Describe the appropriate emergency policies for kitchen and dining room injuries (i.e. fire prevention and control) (C)	
							5. Demonstrate proper lifting techniques (i.e. prevention of back strain, etc.) (C)	
							6. Demonstrate burn prevention techniques (C)	
							7. Demonstrate cut prevention techniques (C)	
							8. Demonstrate knife usage and safety (i.e. which knife to use, how to carry , and how to lay down) (C)	
							9. Demonstrate proper knife-sharpening techniques (C)	
							10. Demonstrate the proper use of Sterno	
							11. Describe the purpose and use of Material Safety Data Sheets	
							Other:	

0	1	2	3	4	5	6	D. Purchasing and Receiving	Notes:
							1. Explain First In and First Out (FIFO) storage principles	
							2. Explain the purchasing process	
							3. Perform an accurate inventory of food and nonfood items	
							4. Explain and demonstrate proper receiving techniques	
							5. Describe the relationship between cost and inventory management	
							6. Explain methods of receiving inspection of purchased goods	
							Other:	

0	1	2	3	4	5	6	E. Product Identification by Appearance and Taste	Notes:
							1. Identify cuts and/or grades of beef <i>(C)</i>	
							2. Identify cuts and/or grades of pork <i>(C)</i>	
							3. Identify cuts and/or grades of veal <i>(C)</i>	
							4. Identify types of poultry <i>(C)</i>	
							5. Identify types of seafood <i>(C)</i>	
							6. Identify types of starches <i>(C)</i>	
							7. Identify types of grains <i>(C)</i>	
							8. Identify types of fruits <i>(C)</i>	
							9. Identify types of vegetables <i>(C)</i>	
							10. Identify types of salad greens <i>(C)</i>	
							11. Identify types of herbs and spices <i>(C)</i>	
							12. Identify types of dairy <i>(C)</i>	
							Other:	

0	1	2	3	4	5	6	F. Food Preparation	Notes:
							1. Read and follow a recipe <i>(C)</i>	
							2. Demonstrate moist cooking (i.e. steaming, boiling, poaching) <i>(C)</i>	
							3. Demonstrate dry cooking (i.e. grilling) <i>(C)</i>	
							4. Cook with fat (i.e. frying, sautéing) <i>(C)</i>	
							5. Cook stocks, soups, and sauces <i>(C)</i>	
							6. Cut meat (i.e. butchering) <i>(C)</i>	
							7. Demonstrate garde-manger <i>(C)</i>	

								8. Prepare salads and dressings (C)	
								9. Prepare marinades (C)	
								10. Prepare canapés and sandwiches (C)	
								11. Prepare hors d'oeuvres (C)	
								12. Prepare grains (C)	
								13. Prepare breads (C)	
								14. Prepare vegetables (C)	
								15. Prepare eggs (C)	
								16. Demonstrate food cleaning (C)	
								17. Demonstrate knife skills (i.e. chopping, slicing, dicing) (C)	
								18. Prepare pastries (C)	
								19. Demonstrate baking (C)	
								20. Demonstrate rolling, kneading, and piping (C)	
								21. Demonstrate converting recipes (i.e. substitutions and units of measure) (C)	
								22. Garnish plates and platters (C)	
								23. Demonstrate aesthetic presentation of food (C)	
								Other:	

0	1	2	3	4	5	6	G. Nutrition	Notes:
							1. Name the six food groups in the current USDA food guide pyramid (C)	
							2. State the recommended daily serving of each food group	
							3. Describe vitamin sources and functions	
							4. Demonstrate an understanding of portion control (C)	
							Other:	

0	1	2	3	4	5	6	H. Menu Planning	Notes:
							1. Describe knowing the customer and what they expect (i.e. cost and type of meal)	
							2. Plan a menu that is compatible with the kitchen capabilities, food possibilities, and customer preferences	
							3. Demonstrate preparing a meal using portion control	
							4. Explain the principle of food cost versus food waste	

								5. Plan and adjust menus to meet specific dietary needs	
								6. Describe menu items in compliance with truth-in-menu guidelines	
								Other:	

0	1	2	3	4	5	6	I. Service	Notes:
							1. Properly set a table (C)	
							2. Identify the different types of service techniques	
							3. Demonstrate proper service sequence (C)	
							4. Demonstrate proper beverage service	
							5. Demonstrate proper presence and conduct (i.e. being proactive and efficient)	
							6. Identify glassware, tableware, and chinaware	
							7. Practice proper cashier duties	
							8. Practice proper cash flow (i.e. receipt, provide change, credit card service)	
							Other:	

0	1	2	3	4	5	6	J. Leadership Competencies**	Notes:
							1. Demonstrate an understanding of SkillsUSA-VICA, its structure, and activities	
							2. Demonstrate an understanding of one's personal values	
							3. Perform tasks related to effective personal management skills	
							4. Demonstrate interpersonal skills	
							5. Demonstrate etiquette and courtesy	
							6. Demonstrate effectiveness in oral and written communication	
							7. Develop and maintain a code of professional ethics	
							8. Maintain a good professional appearance	
							9. Perform basic tasks related to securing and terminating employees	
							10. Perform basic parliamentary procedures in a group meeting	
							Other:	

****NOTE: These competencies are addressed in the Missouri SkillsUSA-VICA Curriculum Guide lessons**