

# Culinary Essentials

## 16052 (2025)

Analyze career pathways within the food production and food services industries. **1**

- 1 Explore occupations related to the career pathway. 1.1**
- 2 Collect and/or display in a personal individualized plan of study (IPS) portfolio personal achievements and experiences related to Culinary Essentials (e.g. SERV Safe certificate, ProStart certificate, FCCLA awards, etc.). 1.2**

Practice appropriate employability skills to enhance career readiness. **2**

- 1 Demonstrate appropriate use of reading, writing, listening, and speaking to communicate clearly in a professional food service environment. 2.1**
- 2 Practice appropriate social skills, manners and etiquette. 2.2**
- 3 Use leadership and teamwork skills in collaborating with others to accomplish goals and objectives in a professional food service environment. 2.3**

Demonstrate food safety and sanitation procedures. **3**

- 1 Identify characteristics of major foodborne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention. 3.1**
- 2 Recognize food service safety/sanitation program procedures, including first aid and bloodborne pathogens. 3.2**
- 3 Use knowledge of systems for preventing and reporting foodborne illness (e.g. ServSafe). 3.3**
- 4 Recognize and interpret the Hazard Analysis Critical Control Point (HACCP) and crisis management principles and procedures during food handling processes to minimize the risks of foodborne illness. 3.4**
- 5 Practice standard personal hygiene and wellness procedures (e.g. ServSafe). 3.5**
- 6 Understand proper purchasing, receiving, storage, and handling of both raw and prepared foods. 3.6**
- 7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups (e.g. ServSafe). 3.7**
- 8 Identify and use current types of cleaning and sanitizing materials for proper use (e.g. ServSafe). 3.8**

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**9 Identify the Occupational Safety and Health Administration (OSHA) Right to Know Law and Safety Data Sheets (SDS) and explain their requirements in safe handling and storage of hazardous materials. 3.9**

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**10 Understand safe and environmentally responsible waste disposal and recycling methods. 3.10**

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**Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment. 4**

**1 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving. 4.1**

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**2 Identify, operate, and maintain tools and equipment following industry standard procedures. 4.2**

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**Demonstrate principles of measurement, portion control, and conversions based on standardized recipes. 5**

**1 Explain the role that standardized recipes play in maintaining product consistency. 5.1**

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**2 Identify different measuring systems and the abbreviations. 5.2**

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**3 Distinguish between solid and liquid measurements in the standard and metric systems. 5.3**

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**4 Utilize standard weights and measures to demonstrate proper measuring techniques using imperial, metric and volume measures. 5.4**

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**5 Convert recipes to yield smaller and larger quantities to accommodate portion size and overall yield. 5.5**

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**6 Identify basic conversions of measurements equivalents. 5.6**

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**Demonstrate preparations for a variety of food products.**

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**1 Demonstrate precision knife cuts (i.e. Batonnet, Brunoise, Coarse- fine Chop, Diagonal, Dice (small, medium & large), Julienne, Mince, Chiffonade, and Slice). 6.1**

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**2 Apply scaling and measuring techniques. 6.2**

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**3 Demonstrate a variety of cooking methods (Moist vs. Dry). 6.3**

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**4 Demonstrate basic garden manager skills (i.e. salad green cleaning, salad prep, hors d'oeuvres, sandwiches, & cold food prep). 6.4**

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**5 Demonstrate basic knowledge and/or food preparation of foods in preparation for advanced level techniques (e.g. fruits, vegetables, dairy, grains, soups, stocks, baked goods, desserts, and a variety of animal and plant proteins). 6.5**

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**6 Prepare a variety of breakfast foods including quick breads. 6.6**

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**7 Utilize herbs and spices, marinades, emulsified sauces, oil, and vinegars in a variety of preparation methods. 6.7**

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**8 Identify proper food plating techniques. 6.8**