

# Fairfield Public Schools

## Family Consumer Sciences Curriculum

### Food Service 30



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Students will continue to participate in the school based restaurant. Students will take on a managerial role, planning menus, ordering supplies, creating a marketing plan, and taking responsibility for the day to day operation of both the front and back of house. Students will have the opportunity to explore career opportunities and to experience the catering side of the food service industry.

In this course the learner will:

- Identify and correct matters of safety and sanitation
- Demonstrate the qualities of an effective manager
- Develop a marketing plan
- Create menus appropriate to the customer
- Continue to develop food preparation skills

# National Standards for Family and Consumer Sciences Education

Developed by the National Association of State Administrators of FCS

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<b>Area of Study 8.0</b>			
<b>Food Production and Services</b>			
<b>Comprehensive Standard</b>			
Integrate knowledge, skills, and practices required for careers in food production and services.			
<b>Content Standards</b>		<b>Competencies</b>	
8.1	Analyze career paths within the food production and food services industries.	8.1.3	Summarize education and training requirements and opportunities for career paths in food production and services.
8.2	Demonstrate food safety and sanitation procedures.	8.2.7	Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods, between raw and ready-to-eat foods, and between animal and fish sources and other food products.
8.3	Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.	8.3.1	Operate tools and equipment following safety procedures and OSHA requirements.
		8.3.2	Maintain tools and equipment following safety procedures and OSHA requirements.
		8.3.3	Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils to meet industry standards and OSHA requirements.
		8.3.5	Demonstrate procedures for safe and secure storage of equipment and tools.
		8.3.6	Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving, including hand tools and small ware.
8.4	Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.	8.4.2	Apply menu-planning principles to develop and modify menus.

		8.4.3	Analyze food, equipment, and supplies needed for menus.
8.5	Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.	8.5.1	Demonstrate professional skills in safe handling of knives, tools, and equipment.
		8.5.2	Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.
		8.5.3	Utilize weights and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.
		8.5.4	Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.
		8.5.5	Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques.
		8.5.6	Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques.
		8.5.7	Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.
		8.5.8	Prepare various salads, dressings, marinades, and spices using safe handling and professional preparation techniques.
		8.5.9	Prepare sandwiches, canapés and appetizers using safe handling and professional preparation techniques.
		8.5.10	Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.
		8.5.11	Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques.
		8.5.12	Demonstrate professional plating, garnishing, and food presentation techniques.

<b>Area of Study 10.0</b>			
<b>Hospitality, Tourism, and Recreation</b>			
<b>Comprehensive Standard</b>			
Synthesize knowledge, skills and practices required for careers in hospitality, tourism, and recreation			
<b>Content Standards</b>		<b>Competencies</b>	
10.1	Analyze career paths within the hospitality, tourism and recreation industries.	10.1.2	Analyze opportunities for employment in hospitality, tourism, and recreation careers.
10.4	Demonstrate practices and skills involved in lodging occupations.	10.4.4	Apply basic food preparation and service-skills in catering operations.
		10.4.5	Manage use, care, storage, maintenance, and safe operations of equipment, tools, and supplies.

<b>Area of Study 14.0</b>			
<b>Nutrition and Wellness</b>			
<b>Comprehensive Standard</b>			
Demonstrate nutrition and wellness practices that enhance individual and family well-being.			
<b>Content Standards</b>		<b>Competencies</b>	
14.3	Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span. (Corrected 1-09-09)	14.3.1	Apply various dietary guidelines in planning to meet nutrition and wellness needs.
		14.3.3	Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.
14.4	Evaluate factors that affect food safety from production through consumption.	14.4.1	Analyze conditions and practices that promote safe food handling.

# Family and Consumer Sciences Connecticut Technical Education Standards

## Connecticut Career and Technical Education Performance Standards and Competencies

### Culinary and Food Production

#### A. Career Paths: Analyze career paths within the food production and food services industries.

1. Explain the roles, duties, and functions of individuals engaged in food production and service careers.
2. Summarize education and training requirements and opportunities for career paths in food production and services.

#### B. Food Safety and Sanitation: Demonstrate food safety and sanitation procedures.

3. Identify characteristics of major food-borne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention.
4. Describe food service management safety and sanitation program procedures.
5. Demonstrate good personal hygiene and health procedures and report symptoms of illness.
6. Demonstrate proper purchasing, receiving, storage, and handling of both raw and prepared foods.
7. Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods, between raw and ready-to-eat foods, and between animal and fish sources and other food products.

#### C. Food Service Equipment: Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.

8. Operate and maintain tools and equipment following safety procedures and OSHA requirements.
9. Demonstrate procedures for cleaning, sanitizing, and storing equipment, tools, serving dishes, glassware, and utensils to meet industry standards and OSHA requirements.
10. Identify a variety of equipment used for food processing, cooking, holding, storing, and serving, including hand tools and small ware.

#### D. Menu Planning: Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.

11. Apply menu-planning principles to develop and modify menus.
12. Analyze food, equipment, and supplies needed for menus.

#### E. Professional food Preparation Methods and Techniques: Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.

13. Demonstrate professional skills in safe handling of knives, tools, and equipment.
14. Demonstrate professional skills for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.
15. Utilize weight and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.
16. Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.

17. Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques.
18. Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques.
19. Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.
20. Prepare various salads, dressings, marinades, and seasonings using safe handling and professional preparation techniques
21. Prepare sandwiches, canapés, and appetizers using safe handling and professional preparation techniques.
22. Prepare breads, baked goods, and desserts using safe handling and professional preparation techniques.
23. Prepare breakfast meats, eggs, cereal grains, and batter products using safe handling and professional preparation techniques
24. Demonstrate professional plating, garnishing, and food presentation techniques.

**F. Customer Service: Demonstrate the concept of internal and external customer service.**

25. Demonstrate quality services that meet industry standards in the food service industry.

## Food Service 30

### Assessments

Assessments are based on student's ability to accomplish skill objectives.

Student's progress in Food Services 30 will be measured with both formative and summative performance based assessments.

Common assessments will be used and correlated within each unit.

### Teacher Resources

- Internet, tablets, books, texts, magazines, online resources
- Commercial kitchen equipment
- Restaurant facility
- Visiting presenters from local culinary schools
- Partnerships with PTA, community organizations, local industry, restaurants, and parents

Units	Essential Questions	Central Understandings	Skill Objectives
		Students will understand:	Students will be able to:
<b>Environmental Safety and Sanitation</b>	<p>What steps do we take to ensure proper food safety and sanitation procedures are followed?</p> <p>What factors affect our decisions in evaluating food safety and sanitation procedures?</p>	<ul style="list-style-type: none"> <li>• food safety hazards.</li> <li>• cause and prevention of food borne illness.</li> <li>• hazard analysis of critical control points (HACCP).</li> </ul>	<ul style="list-style-type: none"> <li>• use procedures in the kitchen that prevent food borne illness.</li> <li>• identify and correct health hazards in the restaurant.</li> <li>• apply an accident prevention program as restaurant managers.</li> <li>• convert standardized recipes into HACCP format.</li> </ul>
<b>Menu Planning</b>	<p>What contextual factors should be considered when planning menus to meet customers' needs?</p> <p>What questions do we ask to ensure customer satisfaction?</p>	<ul style="list-style-type: none"> <li>• how to plan luncheon menus.</li> <li>• how to create a menu tailored to a specific event.</li> </ul>	<ul style="list-style-type: none"> <li>• plan a menu which appeals to the target customer(s).</li> </ul>
<b>Management Tasks and Skills</b>	<p>What are the functions of food service management?</p> <p>How can managers communicate effectively within the food service industry?</p>	<ul style="list-style-type: none"> <li>• the importance of effective management.</li> <li>• the responsibilities of the different levels of management.</li> <li>• the importance of profitability.</li> <li>• how to inspect food and follow standard inventory procedures.</li> </ul>	<ul style="list-style-type: none"> <li>• record financial activity.</li> <li>• ensure profitability of the restaurant.</li> <li>• assess customer satisfaction and encourage suggestions.</li> <li>• maintain food quality and control.</li> </ul>
<b>Marketing</b>	<p>Why is marketing essential in the food service industry?</p> <p>What strategies can we use to reach our customers?</p>	<ul style="list-style-type: none"> <li>• who our customer is.</li> <li>• the value of market research.</li> <li>• the importance of communication with the customer.</li> <li>• the need for a marketing plan.</li> </ul>	<ul style="list-style-type: none"> <li>• conduct market research.</li> <li>• draw up a marketing plan.</li> <li>• communicate with the customer.</li> <li>• successfully market and sell a product.</li> </ul>



<p><b>Garde Manger and Hot Appetizers</b></p>	<p>What is the role of garde manger?</p> <p>What food and equipment are necessary for the garde manger station?</p>	<ul style="list-style-type: none"> <li>• the wide variety of salad and dressing ingredients available.</li> <li>• The value of garde manger in the restaurant.</li> <li>• the elements of composition in salads and platters.</li> <li>• the design of a well-balanced grouping of hot appetizers.</li> </ul>	<ul style="list-style-type: none"> <li>• prepare a variety of salads and dressings.</li> <li>• compose and present attractive cold platters and hot appetizers.</li> </ul>
<p><b>Meats, Seafood and Poultry</b></p>	<p>What factors should be considered when preparing meat, seafood, and poultry?</p> <p>What skills are required to make effective use of meat, seafood, and poultry in the restaurant?</p>	<ul style="list-style-type: none"> <li>• the necessity of safety and sanitation when working with meat, seafood, and poultry.</li> <li>• the significance of meat, seafood, and poultry in food service.</li> <li>• the importance of correct purchasing and storage of meat, seafood, and poultry.</li> <li>• the variety of cooking methods applied to meat, seafood, and poultry.</li> </ul>	<ul style="list-style-type: none"> <li>• prepare seafood using at least two different cooking methods.</li> <li>• prepare meats and poultry using appropriate cooking methods.</li> <li>• prepare a variety of cuts of meat using different cooking methods.</li> </ul>
<p><b>Fruit and Vegetables</b></p>	<p>How can seasonal fruits and vegetables be prepared to maintain nutritional value and flavor?</p> <p>How can fruits and vegetables be incorporated into the restaurant menu in an appealing and satisfying manner?</p>	<ul style="list-style-type: none"> <li>• ways fruits, vegetables, and beans can be prepared to add color, texture, flavor, and nutrition to a menu.</li> </ul>	<ul style="list-style-type: none"> <li>• identify a variety of fruits, vegetables, and beans.</li> <li>• prepare an appealing fruit platter.</li> <li>• prepare vegetables and beans so that the result is flavorful and visually appealing.</li> </ul>