

## Food Services 20

### Family and Consumer Sciences

The mission of the Family and Consumer Sciences Department, in conjunction with Fairfield Public Schools, is to inspire and advance the wellness and sustainability of individuals, families & communities by fostering an understanding of a dynamic, global, human ecosystem through collaborative interdisciplinary and experiential learning.

### Culinary Arts 9-12

High school students have opportunities to explore more advanced food preparation techniques and to prepare foods ranging from basic recipes to restaurant food production. Classes progress from the introductory Culinary Arts semester class through more specialized semester courses in Global Foods, Regional American Cuisine and Baking & Pastry. Once a student has successfully completed two semester courses, they can enroll in the Food Service program. Food Service students manage and operate the Falcon's Nest restaurant at FLHS and Barlow's at FWHS.

Students who complete the Food Service program satisfy the experience requirement of the Culinary Institute of America.

### Food Services 20

During this year long course, the Food Service program is responsible for a self-sustained restaurant providing a lunch and catering service within the high school and local community. Food Service students participate in the operation of the restaurant, working as a team, honing interpersonal skills, and developing initiative. Students will continue to develop food preparation skills within the commercial kitchen.

#### **In this course the learner will:**

- acquire the skills and techniques needed to safely operate tools and equipment in a commercial kitchen
- practice individual skills and teamwork necessary for operation of front and back of the house operations of the restaurant
- learn quantity food preparation techniques
- experience the various roles within a food service operation

# National Standards for Family and Consumer Sciences Education

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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.	8.2.1	Identify characteristics of major food borne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention.

		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.
		8.3.4	Analyze equipment purchases based on long-term business needs, specific regulations, and codes related to foods.
		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 services-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.

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### Assessments

Assessments are based on skill objectives.

Student's progress in the Introduction to Culinary Arts Level 10 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, etc.
- Fully equipped commercial kitchen
- Restaurant facility
- Luncheon and catering opportunities within the school and community
- 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:
Safety & Sanitation	<p>What procedures do you use to prevent food borne illness?</p> <p>What is the impact of Hazards Analysis and Critical Control Points (HACCP) in the commercial kitchen?</p>	<ul style="list-style-type: none"> <li>• the importance of workplace safety guidelines.</li> <li>• biological, chemical and physical hazards.</li> <li>• the purpose of the HACCP system.</li> <li>• the importance of workplace safety guidelines.</li> <li>• Understand the importance of FIFO.</li> </ul>	<ul style="list-style-type: none"> <li>• demonstrate appropriate grooming in the workplace, including proper hand washing and use of gloves.</li> <li>• inspect all food products for damage and spoilage when they are received.</li> <li>• identify different physical and chemical hazards in the food service workplace.</li> <li>• demonstrate correct cleaning and sanitizing procedures including</li> </ul>

			<p>cross-contamination during food preparation and service.</p> <ul style="list-style-type: none"> <li>• demonstrate stock rotation.</li> <li>• identify critical control points.</li> </ul>
<b>Commercial Equipment</b>	How does a commercial kitchen differ from a domestic kitchen?	<ul style="list-style-type: none"> <li>• concept of work stations.</li> <li>• the functions of commercial food preparation equipment.</li> <li>• the use of small wares in a commercial kitchen.</li> </ul>	<ul style="list-style-type: none"> <li>• properly assemble a specific work station.</li> <li>• demonstrate accurate weighing and measuring, portion control and proper scaling.</li> <li>• select appropriate equipment and small wares for task.</li> <li>• safely utilize small wares and operate equipment.</li> </ul>
<b>Customer Service</b>	Why do customers return to a restaurant?	<ul style="list-style-type: none"> <li>• the role and duties of all members of the front and back of the house restaurant staff.</li> <li>• the importance of each employee's contribution to customer satisfaction.</li> </ul>	<ul style="list-style-type: none"> <li>• perform all front and back of the house roles.</li> <li>• produce food items to meet customer demand.</li> <li>• provide exceptional customer service.</li> </ul>
<b>Cooking Techniques</b>	<p>How do you decide which method of cooking is appropriate?</p> <p>How do the different methods of cooking affect foods?</p>	<ul style="list-style-type: none"> <li>• cooking methods used in commercial food preparation.</li> <li>• how cooking affects a food's nutritive value, texture, color, aroma and flavor.</li> </ul>	<ul style="list-style-type: none"> <li>• utilize dry, moist and combination cooking techniques.</li> <li>• Select and execute appropriate food preparation techniques to achieve desired results.</li> </ul>
<b>Stocks and Sauces</b>	<p>How are stocks and sauces prepared?</p> <p>How can the flavor of stocks, soups and sauces be enhanced?</p>	<ul style="list-style-type: none"> <li>• the characteristics and uses of a quality stock.</li> <li>• preparation and use of the five mother sauces.</li> </ul>	<ul style="list-style-type: none"> <li>• prepare a variety of stocks, soups and sauces.</li> <li>• use stocks and sauces appropriately.</li> <li>• safely store stocks, sauces and soups for future use.</li> </ul>

	What are the correct methods for holding, cooling, and storing stocks, soups, and sauces?		
<b>Salads &amp; Sandwiches</b>	How are sandwiches prepared and served safely on the commercial level?	<ul style="list-style-type: none"> <li>• guidelines for preparing and plating hot and cold sandwiches.</li> <li>• the variety of foods available for assembling salads.</li> </ul>	<ul style="list-style-type: none"> <li>• prepare sandwiches safely and efficiently.</li> <li>• prepare garnishes and accompaniments for hot and cold sandwiches.</li> <li>• garnish and present sandwiches.</li> <li>• prepare and present a variety of seasonal salads.</li> </ul>
<b>Breakfast Foods</b>	How are breakfast menus determined within a food service operation?	<ul style="list-style-type: none"> <li>• The planning and execution of an appropriate breakfast menu that meets customer's requirements for a specific event.</li> </ul>	<ul style="list-style-type: none"> <li>• create breakfast menus suitable for a planned event.</li> <li>• prepare, plate and serve a variety of breakfast foods.</li> </ul>
<b>Pasta &amp; Grains</b>	How are pastas, rice, and other grains utilized in the food service industry?	<ul style="list-style-type: none"> <li>• the various types of pasta, rice, and other grains now widely available to the consumer.</li> <li>• recent trends to incorporate a wider variety of grains for optimal health.</li> <li>• importance of including various pastas, rice, and grains in the weekly restaurant menu.</li> </ul>	<ul style="list-style-type: none"> <li>• prepare a variety of pasta, rice and grains.</li> <li>• incorporate a variety of grains in the cyclical restaurant menu using appropriate food preparation techniques.</li> </ul>
<b>Breads &amp; Desserts</b>	<p>How are freshly baked breads incorporated into food services?</p> <p>What are appropriate desserts for consumer consumption?</p>	<ul style="list-style-type: none"> <li>• the wide variety of yeast and quick breads useful in the restaurant.</li> <li>• the characteristics and types of desserts appropriate for food service.</li> </ul>	<ul style="list-style-type: none"> <li>• prepare and market a variety of breads for restaurant and catering events.</li> <li>• prepare various desserts for restaurant and catering functions to ensure customer satisfaction.</li> </ul>