

Culinary Arts
Alignment with NASAFACS Standards (NS)

Topic 1: History

Unit 1: Famous Chefs and Entrepreneurs *(15 strategies)*

(NS 8) 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.
- **8.1.1** Explain the roles, duties, and functions of individuals engaged in food production and services careers.
- **8.1.2** Analyze opportunities for employment and entrepreneurial endeavors.

Unit 2: Historical and Current Trends *(16 strategies)*

(NS 8) Integrate knowledge, skills, and practices required for careers in food production and services.

- **8.4** Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.
- **8.4.1** Use computer based menu systems to develop and modify menus.
- **8.4.2** Apply menu-planning principles to develop and modify 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 tech.
- **8.5.3** 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 a 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.
- **8.5.10** 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.
- **8.5.13** Integrate sustainability in food production and services including menu planning; acquisition, preparation, and serving of food; storage; and recycling and waste management.

Culinary Arts
Alignment with NASAFACS Standards (NS)

- **8.5.14** Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.
- **8.5.9** Prepare sandwiches, canapes and appetizers using safe handling and professional preparation techniques.

(NS 14) 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.
- **14.1.1** Explain physical, emotional, social, psychological, cultural, and spiritual components of individual and family wellness.
- **14.1.2** Investigate the effects of psychological, cultural, and social influences on food choices and other nutrition practices.
- **14.1.4** Analyze the effects of global, regional, and local events and conditions on food choices and practices.
- **14.2** Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.
- **14.2.1** Evaluate the effect of nutrition on health, wellness and performance.
- **14.2.2** Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.
- **14.2.3** Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.
- **14.2.4** Analyze sources of food and nutrition information, including food labels, related to health and wellness.
- **14.3** Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.
- **14.3.1** Apply current dietary guidelines in planning to meet nutrition and wellness needs.
- **14.3.2** Design strategies that address the health and nutritional recommendations for individuals and families, including those with special needs.
- **14.3.3** Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product.
- **14.3.4** Evaluate policies and practices that impact food security, sustainability, food integrity, and nutrition and wellness of individuals and families.

Topic 2: Leadership

Unit 1: Teamwork, Team-Building Skills, and Community Leadership (18 strategies)

(NS 13) Demonstrate respectful and caring relationships in the family, workplace and community.

- **13.5** Demonstrate teamwork and leadership skills in the family, workplace, and community.
- **13.5.1** Create an environment that encourages and respects the ideas, perspectives, and contributions of all group members.

Culinary Arts
Alignment with NASAFACS Standards (NS)

- **13.5.2** Demonstrate strategies to motivate, encourage, and build trust in group members.
 - **13.5.3** Demonstrate strategies that utilize the strengths and minimize the limitations of team members.
 - **13.5.4** Demonstrate techniques that develop team and community spirit.
 - **13.5.5** Demonstrate ways to organize and delegate responsibilities.
 - **13.5.6** Create strategies to integrate new members into the team.
 - **13.5.7** Demonstrate processes for cooperating, compromising, and collaborating.
- (NS 2)** Evaluate management practices related to the human, economic, and environmental resources in a global context.
- **2.1** Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.
 - **2.1.1** Apply time management, organizational, and process skills to prioritize tasks and achieve goals.

Unit 2: Decision Making Skills and Problem Solving Skills (*10 strategies*)

(NS 1) Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.2** Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.
- **1.2.2** Demonstrate job seeking and job keeping skills.

(NS 2) Evaluate management practices related to the human, economic, and environmental resources in a global context.

- **2.1** Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.
- **2.1.1** Apply time management, organizational, and process skills to prioritize tasks and achieve goals.

Unit 3: Appearance and Personal Hygiene (*13 strategies*)

(NS 14) 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.
- **14.1.1** Explain physical, emotional, social, psychological, cultural, and spiritual components of individual and family wellness.
- **14.1.2** Investigate the effects of psychological, cultural, and social influences on food choices and other nutrition practices.

Unit 4: Communications (*7 strategies*)

(NS 8) Integrate knowledge, skills, and practices required for careers in food production and services.

- **8.6** Demonstrate implementation of food service management and leadership functions.
- **8.6.1** Apply principles of purchasing, receiving, and storing in food service operations.
- **8.6.2** Practice inventory procedures including first in/first out concept, date marking, and specific record keeping.

Culinary Arts
Alignment with NASAFACS Standards (NS)

- **8.6.3** Apply accounting procedures in planning and forecasting profit and loss.
- **8.6.4** Examine the areas of risk management and legal liability within the food service industry.
- **8.6.5** Apply human resource policies including rules, regulations, laws, hiring, compensation, overtime, discrimination, and harassment.
- **8.6.6** Apply the procedures involved in staff planning, recruiting, interviewing, selecting, scheduling, performance reviewing, and terminating of employees.
- **8.6.7** Conduct staff orientation, initial training and education, consistent reinforcement of training principles, and on the job training/retraining.
- **8.6.8** Implement marketing plans for food service operations.
- **8.6.9** Design internal/external crisis management and disaster plans and response procedures.
- **8.6.10** Apply principles of inventory management, labor cost and control techniques, production planning and control, sustainability, and facilities management to planning and front and back of the house operations.
- **8.7** Demonstrate the concept of internal and external customer service.
- **8.7.1** Analyze the role of quality service as a strategic component of exceptional performance.
- **8.7.2** Demonstrate quality service techniques and procedures that meet industry standards in the food service industry.
- **8.7.3** Analyze the relationship between employee attitude and skills and customer satisfaction.
- **8.7.4** Apply procedures for addressing and resolving complaints.
- **8.7.5** Demonstrate sensitivity to diversity and special needs.

Unit 5: Managing Time and Energy (7 strategies)

(NS 2) Evaluate management practices related to the human, economic, and environmental resources in a global context.

- **2.1** Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.
- **2.1.1** Apply time management, organizational, and process skills to prioritize tasks and achieve goals.

Topic 3: Professional Ethics and Legal Responsibilities

Unit 1: Laws and Regulations in the Food Service Industry (11 strategies)

(NS 8) Integrate knowledge, skills, and practices required for careers in food production and services.

- **8.6** Demonstrate implementation of food service management and leadership functions.
- **8.6.5** Apply human resource policies including rules, regulations, laws, hiring, compensation, overtime, discrimination, and harassment.

Unit 2: Work Ethic (10 strategies)

(NS 8) Integrate knowledge, skills, and practices required for careers in food production and services.

Culinary Arts
Alignment with NASAFACS Standards (NS)

- **8.1** Analyze career paths within the food production and food services industries.
- **8.1.1** Explain the roles, duties, and functions of individuals engaged in food production and services careers.
- **8.6** Demonstrate implementation of food service management and leadership functions.
- **8.6.5** Apply human resource policies including rules, regulations, laws, hiring, compensation, overtime, discrimination, and harassment.

Unit 3: Workplace Conditions and Safety (21 strategies)

(NS 8) Integrate knowledge, skills, and practices required for careers in food production and services.

- **8.2** Demonstrate food safety and sanitation procedures.
- **8.2.2** Employ food service management safety/sanitation program procedures, including CPR and first aid.
- **8.2.9** Use the Occupational Safety and Health Administration (OSHA) Right to Know Law and Materials Safety Data Sheets (MSDS) and explain their requirements in safe handling and storage of hazardous materials.

Unit 4: Food Safety, Sanitation, and Certification (22 strategies)

(NS 8) Integrate knowledge, skills, and practices required for careers in food production and services.

- **8.2** Demonstrate food safety and sanitation procedures.
- **8.2.1** Identify characteristics of major foodborne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention.
- **8.2.2** Employ food service management safety/sanitation program procedures, including CPR and first aid.
- **8.2.3** Use knowledge of systems for documenting, investigating, reporting, and preventing foodborne illness.
- **8.2.4** Use the Hazard Analysis Critical Control Point (HACCP) and crisis management principles and procedures during food handling processes to minimize the risks of foodborne illness.
- **8.2.5** Practice standard personal hygiene and wellness procedures.
- **8.2.7** Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups.

Topic 4: Proper Use and Care of Commercial Equipment

Unit 1: Proper Use, Care, and Maintenance of Small and Large Equipment (11 strategies)

(NS 8) Integrate knowledge, skills, and practices required for careers in food production and services.

- **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.

Culinary Arts
Alignment with NASAFACS Standards (NS)

- **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.
- **8.3.6** Identify a variety of types of equipment for food.

Topic 5: Food Production and Presentation Skills

Unit 1: Scientific Principles in Culinary Arts (*19 strategies*)

(NS 9) Integrate knowledge, skills, practices required for careers in food science, food technology, dietetics, and nutrition.

- **9.3** Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.
- **9.3.5** Analyze recipe/formula proportions and modifications for food production.

Unit 2: Recipes (*13 strategies*)

(NS 8) Integrate knowledge, skills, and practices required for careers in food production and services.

- **8.4** Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.
- **8.4.7** Apply principles of measurement, portion control, conversions, food cost analysis and control, menu terminology, and menu pricing to menu planning.

Unit 3: Portion Control (*6 strategies*)

(NS 8) Integrate knowledge, skills, and practices required for careers in food production and services.

- **8.5** Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.
- **8.5.3** Demonstrate knowledge of portion control and proper scaling and measurement techniques.

Unit 4: Food Cost Control (*4 strategies*)

(NS 8) Integrate knowledge, skills, and practices required for careers in food production and services.

- **8.4** Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.
- **8.4.7** Apply principles of measurement, portion control, conversions, food cost analysis and control, menu terminology, and menu pricing to menu planning.

Unit 5: Baking Techniques (*32 strategies*)

(NS 8) Integrate knowledge, skills, and practices required for careers in food production and services.

Culinary Arts
Alignment with NASAFACS Standards (NS)

- **8.5** Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.
- **8.5.10** Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.

Unit 6: Preparation Skills Utilized in Food Service Operations (*68 strategies*)
(NS 8) Integrate knowledge, skills, and practices required for careers in food production and services.

- **8.4** Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.
- **8.4.1** Use computer based menu systems to develop and modify menus.
- **8.4.2** Apply menu-planning principles to develop and modify menus.
- **8.4.3** Analyze food, equipment, and supplies needed for menu production.
- **8.4.4** Develop a variety of menu layouts, themes, and design styles.
- **8.4.5** Prepare requisitions for food, equipment, and supplies to meet production requirements.
- **8.4.6** Record performance of menu items to analyze sales and determine menu revisions.
- **8.4.7** Apply principles of measurement, portion control, conversions, food cost analysis and control, menu terminology, and menu pricing to menu planning.
- **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 tech.
- **8.5.3** 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 a 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, canapes and appetizers using safe handling and professional preparation techniques.

Culinary Arts
Alignment with NASAFACS Standards (NS)

- **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.
- **8.5.13** Integrate sustainability in food production and services including menu planning; acquisition, preparation, and serving of food; storage; and recycling and waste management.
- **8.5.14** Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.

Unit 7: Presentation Techniques (*12 strategies*)

(NS 8) Integrate knowledge, skills, and practices required for careers in food production and services.

- **8.5** Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.
- **8.5.12** Demonstrate professional plating, garnishing, and food presentation techniques.

Topic 6: Global Cuisine

Unit 1: Global Cultures (*14 strategies*)

(NS 8) Integrate knowledge, skills, and practices required for careers in food production and services.

- **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 tech.
- **8.5.3** 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 a 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.

Culinary Arts
Alignment with NASAFACS Standards (NS)

- **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, canapes 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.
- **8.5.13** Integrate sustainability in food production and services including menu planning; acquisition, preparation, and serving of food; storage; and recycling and waste management.
- **8.5.14** Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.

Topic 7: Culinary Operations

Unit 1: Types of Departments (*7 strategies*)

(NS 10) Synthesize knowledge, skills and practices required for careers in hospitality, tourism, and recreation.

- **10.1** Analyze career paths within the hospitality, tourism and recreation industries.
- **10.1.1** Explain the roles and functions of individuals engaged in hospitality, tourism, and recreation careers.

Unit 2: Purchasing Specifications and Purchase Orders (*6 strategies*)

(NS 8) Integrate knowledge, skills, and practices required for careers in food production and services.

- **8.6** Demonstrate implementation of food service management and leadership functions.
- **8.6.1** Apply principles of purchasing, receiving, and storing in food service operations.
- **8.6.2** Practice inventory procedures including first in/first out concept, date marking, and specific record keeping.

Unit 3: Receiving, Storage, and Distribution Techniques (*5 strategies*)

(NS 8) Integrate knowledge, skills, and practices required for careers in food production and services.

- **8.6** Demonstrate implementation of food service management and leadership functions.

Culinary Arts
Alignment with NASAFACS Standards (NS)

- **8.6.1** Apply principles of purchasing, receiving, and storing in food service operations.
- **8.6.2** Practice inventory procedures including first in/first out concept, date marking, and specific record keeping.
- **8.6.3** Apply accounting procedures in planning and forecasting profit and loss.
- **8.6.4** Examine the areas of risk management and legal liability within the food service industry.
- **8.6.5** Apply human resource policies including rules, regulations, laws, hiring, compensation, overtime, discrimination, and harassment.
- **8.6.6** Apply the procedures involved in staff planning, recruiting, interviewing, selecting, scheduling, performance reviewing, and terminating of employees.
- **8.6.7** Conduct staff orientation, initial training and education, consistent reinforcement of training principles, and on the job training/retraining.
- **8.6.8** Implement marketing plans for food service operations.
- **8.6.9** Design internal/external crisis management and disaster plans and response procedures.
- **8.6.10** Apply principles of inventory management, labor cost and control techniques, production planning and control, sustainability, and facilities management to planning and front and back of the house operations.

Topic 8: Guest Service and Brand Marketing

Unit 1: Guest Services (*20 strategies*)

(NS 8) Integrate knowledge, skills, and practices required for careers in food production and services.

- **8.7** Demonstrate the concept of internal and external customer service.
- **8.7.1** Analyze the role of quality service as a strategic component of exceptional performance.
- **8.7.2** Demonstrate quality service techniques and procedures that meet industry standards in the food service industry.
- **8.7.3** Analyze the relationship between employee attitude and skills and customer satisfaction.
- **8.7.4** Apply procedures for addressing and resolving complaints.
- **8.7.5** Demonstrate sensitivity to diversity and special needs.

Unit 2: Dining (*12 strategies*)

(NS 8) Integrate knowledge, skills, and practices required for careers in food production and services.

- **8.4** Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.
- **8.4.4** Develop a variety of menu layouts, themes, and design styles.
- **8.7** Demonstrate the concept of internal and external customer service.

Culinary Arts
Alignment with NASAFACS Standards (NS)

- **8.7.1** Analyze the role of quality service as a strategic component of exceptional performance.
- **8.7.2** Demonstrate quality service techniques and procedures that meet industry standards in the food service industry.
- **8.7.3** Analyze the relationship between employee attitude and skills and customer satisfaction.
- **8.7.4** Apply procedures for addressing and resolving complaints.
- **8.7.5** Demonstrate sensitivity to diversity and special needs.

Topic 9: Technology and Computer Applications

Unit 1: Technology in the Kitchen (*14 strategies*)

(NS 8) Integrate knowledge, skills, and practices required for careers in food production and services.

- **8.3** Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.
- **8.3.6** Identify a variety of types of equipment for food.
- **8.4** Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.
- **8.4.1** Use computer based menu systems to develop and modify menus.
- **8.6** Demonstrate implementation of food service management and leadership functions.
- **8.6.8** Implement marketing plans for food service operations.
- **8.6.10** Apply principles of inventory management, labor cost and control techniques, production planning and control, sustainability, and facilities management to planning and front and back of the house operations.

Topic 10: Culinary Careers, Goals, and Opportunities

Unit 1: Industry Positions (*24 strategies*)

(NS 8) 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.
- **8.1.1** Explain the roles, duties, and functions of individuals engaged in food production and services careers.
- **8.1.2** Analyze opportunities for employment and entrepreneurial endeavors.
- **8.1.3** Summarize education and training requirements and opportunities for career paths in food production and services.
- **8.1.4** Analyze the correlation between food production and services occupations and local, state, national, and global economies.

Culinary Arts
Alignment with NASAFACS Standards (NS)

- **8.1.5** Create an employment portfolio to communicate food production and services knowledge and skills.
- **8.1.6** Analyze the role of professional organizations in food production and services.

Unit 2: Balancing Work and Family (*4 strategies*)

(NS 1) Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.1** Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community, and global).
- **1.1.1** Summarize local and global policies, issues, and trends in workplace, community, and family dynamics that affect individuals and families.
- **1.1.2** Analyze the effects of social, economic, and technological changes on work and family dynamics.
- **1.1.3** Analyze ways that individual career goals can affect the family's capacity to meet goals for all family members.
- **1.1.4** Analyze potential effects of various career path decisions on balancing work and family.
- **1.1.5** Determine goals for life-long learning and leisure opportunities for all family members.
- **1.1.6** Develop a life plan, including pathways to acquiring the knowledge and skills needed to achieve individual, family, and career goals.

Unit 3: Interviewing Skills (*7 strategies*)

(NS 8) 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.
- **8.1.1** Explain the roles, duties, and functions of individuals engaged in food production and services careers.
- **8.1.2** Analyze opportunities for employment and entrepreneurial endeavors.
- **8.1.3** Summarize education and training requirements and opportunities for career paths in food production and services.
- **8.1.4** Analyze the correlation between food production and services occupations and local, state, national, and global economies.
- **8.1.5** Create an employment portfolio to communicate food production and services knowledge and skills.
- **8.1.6** Analyze the role of professional organizations in food production and services.