

COURSE: COMMERCIAL FOOD

OVERVIEW OF COURSE

Goal

The goal of the Commercial Food program is to prepare each student with life skills through hands-on experience selected and arranged for self awareness, and learning within the time frame of each educational district.

Description

Base Modules

- | | |
|---------------------------|-----------------------------|
| Career Awareness | Sanitation and Hand Washing |
| Personal Hygiene | Job Readiness |
| Safety and Sanitation | Housekeeping |
| Time Management | Nutrition |
| Terminology | Receiving and Storing |
| Tools and Utensils | Trade Methods |
| Use and Care of Equipment | Computer Usage |
| | Menu Planning |

All Base Modules are reinforced in laboratory sessions of the program.

Each of the remaining modules is designed to be independent of all others. Cross training and modules are recommended. A detailed chart is attached to show modules necessary for specific jobs. Follow-up special emphasis.

Back of the House-Cook/Chef

- | | |
|----------------------|-----------------------------------|
| Base Modules | Seafood |
| Weights and Measures | Vegetables |
| Ingredients | Potatoes |
| Purchasing | Pasta, Rice, and Other Starches |
| Soups and Stews | Salads, Dressings, and Condiments |
| Sauces and Gravies | Sandwiches |
| Eggs | Appetizers |
| Cheese | Fruits |
| Meats | Garnishes |
| Poultry | Beverages |

COURSE: COMMERCIAL BAKING

OVERVIEW OF COURSE

Back of the House - Baker/Baker's Helper

Base Modules
Menu Planning
Weights
Ingredients
Purchasing
Food Safety
Garnishes

Costing/Portion Control
Yeast Made Products
Cakes and Cookies
Pies and Pastries
Puddings and Desserts

Front of the House - Waitperson/Server Person

Base Modules
Ingredients
Salads and Dressings
Sandwiches

Garnishes
Breads
Front of the House

Enhancement Modules for gifted or advanced students are to be taught in addition to the following:

Management Training

Catering
Entrepreneurship

CONTENT OUTLINE

BASE

- I. Care
- II. Personal Hygiene
- III. Safety
- IV. Time Management
- V. Temperature
- VII. Quality Control
- IX. Job
- XI. Nutrition
- XII. Ordering, Receiving, and Storing
- XIII. Inventory
- XIV. Menu Planning

CAREER EMPHASIS

- XVII. Ingredients
- XVIII. Purchasing
- XIX. II
- XX. Sauces and Gravies
- XXI. Eggs
- XXII. Meats
- XXIII. Meats
- XXIV. Meats
- XXV. Vegetables
- XXVI. Vegetables
- XXVII. Potatoes
- XXVIII. Potatoes
- XXIX. Salads and Dressings
- XXX. Salads and Dressings
- XXXI. Salads and Dressings
- XXXII. Salads and Dressings
- XXXIII. Salads and Dressings
- XXXIV. Beverages
- XXXV. Beverages
- XXXVI. Front of the House

COURSE: COM

CONTENT

- XXXV.
- XXXVIII.
- XXXIX.
- XL.
- XLI. Pie and Pastry
- XLII. Puddings and Desserts

ENHANCEMENT MODULES

- XLIII. Management Training
- XLIV. Catering
- XLV. Entrepreneurship