



**Academy of Arts, Careers and Technology (AACT)
Culinary and Hospitality Academy
2021/2022
Culinary 1 information**

Instructors Name and Contact Information:

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- **Link to Brief Video:** <https://youtu.be/s2wc-B7oNEI>

Course Purpose

The purpose of Culinary Arts 1, is to train students to apply hands-on skills and knowledge in the food service industry. The program will begin to prepare students for an entry-level position within the culinary industry by introducing topics such as kitchen safety, sanitation, and nutritional concepts. Students will also apply technical skills by operating commercial equipment, preparing various foods and recipes, and performing various roles within catering and restaurant operation. Upon completion of the Culinary 1 students will be able to continue within the Culinary or Baking pathways.

This industry is one that makes a \$1,000,000 a minute, with the current and projected growth of tourism and hospitality business. The demand continues to be great for qualified, food and beverage management graduates with motivation, experience and formal education. By examining real life situations related to restaurant operations, the students can make decisions based on knowledge of the theory, rather than being told what to do.

Course Objectives

1. Students will be able to explain the history of the foodservice industry, how it effects foodservice today.
2. Students will be able to demonstrate safety and sanitation procedures that follow state and local health regulations in the food preparation area at all times, as well as complete the food handler certification exam with an 80% or higher, and the Serve Safe Manager exam with a 75% or higher.
3. Students will be able to perform safety procedures and practices, including fire prevention and the proper use of Safety Data Sheets (SDS), for the protection of guests and employees at all times in foodservice area.
4. Students will be able to identify, explain the uses and characteristics of, and demonstrate the proper use of various pieces of equipment, cookware, and bakeware.
5. Students will be able to identify various types of knives, their care and uses, as well as demonstrate 8 various industry knife cuts with 100% accuracy.
6. Students will practice proper station set up and mise en place and remain professional at all times while in the kitchen.
7. Students will be able to identify, describe and demonstrate the principles of cooking as applied to grain and starch products including cereals, rice, and pasta.

Culinary 1 2021-2022 Open House

8. Students will be able to identify, describe and demonstrate the principles of cooking as applied to fruit and vegetable products.
9. Students will be able to identify, describe and demonstrate the principles of cooking as applied to chicken and seafood.
10. Students will be able to describe and demonstrate the dry, moist, and combination cooking methods and their appropriate uses.
11. Students will be able to identify, describe and demonstrate basic baking principles of yeast breads, quick breads and muffins.
12. Students will be able to describe and demonstrate the principles of stocks, and sauces including the 5 mother sauces and demonstrate at least two derivatives of each.
13. Students will be able to read, utilize, change yield and adapt recipes for use in kitchen production.
14. Students will be able to demonstrate dining room set-up and place settings for American service.

Class Outline

Unit 1 Food Handler Certification

- How food becomes unsafe
- Good personal hygiene
- Controlling time and temperature
- Preventing cross contamination
- Cleaning and sanitizing
- Food preparation

Unit 2- Overview of the Foodservice Industry

- Career Opportunities
- Professional Expectations
- Communication Skills
- Starting your Career

Unit 3 Safe Kitchen Operation

- Flow of Food
- Risk Management
- Osha regulations
- Hazardous Communications
- Handling fire hazards
- Slips, trips and falls
- Lifting and carrying
- Preventing cuts
- First aid

Unit 4 Introduction to the Kitchen

- Workstation
- Equipment
- Kitchen Basics
- Culinary Math

Unit 5 Fonds De Cuisine (Kitchen Foundations)

Cooking methods

- Heat transfer
- Dry-heat cooking methods
- Dry heat with fat
- Moist heat cooking methods
- Combination cooking methods
- Other cooking methods

Poultry Fabrication

Stocks, Sauces, and Soups

Recipe sources

Common recipe vs standard recipe

Anatomy of a standard recipe

Converting a recipe to standard

Working with recipe yields

Unit 7 Cold Station exploration

Salads

Dressings and dips

Sandwiches

Pizza

Unit 8 Fruits and vegetables

Unit 9 Potatoes and grains

Unit 10 Quick breads, cookies, and muffins

Unit 11 Service and Management

Great Service

Front of the House Basics

Introduction to Management

So far, we have begun knife cuts in the kitchen and learned about basic sanitation, the history, and careers in foodservice. We will all be in uniforms in September and will start more complex kitchen labs.

Complete syllabus and other current information available on your students' teams.