



**Academy of Arts, Careers and Technology (AACT)
Culinary and Hospitality Academy
2021/2022
Culinary 3 Syllabus**

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- Link to a brief academy video: <https://youtu.be/s2wc-B7oNEI>

Course Purpose

The purpose of Culinary Arts 3 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 reinforcing previously learned topics such as kitchen safety, sanitation, and nutritional concepts. Students will explore menu writing for restaurant concepts. Students will also apply technical skills by operating commercial equipment, preparing various foods and recipes, and performing various managerial roles within the program. Students will be offered an opportunity for a national certification as well as state Culinary endorsement.

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 and 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.
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.

Course Outline

Unit 1 Nutrition and healthy options

Basics of nutrition

Nutrients

Carbohydrates

Protein

Lipids

Vitamins and Minerals

Water

The digestive system

Food additives

Healthy diet

Specialty diets

Malnutrition

Making menu items more nutritious

Food preparation techniques

Making Menus Healthful

Modifications in soup sauces
and gravies

Reducing excessive fats

Types of produce

Unit 2 Cost Control

Introduction to cost control

Types of costs

Operating Budgets

Profit and Loss reports

Cost control tools

Controlling food costs

Steps

Determining food cost \$ and %

Establishing standard portion costs

As purchased versus Edible portion

Yield

Portion size

Production volume and cost

Pricing the Menu

Controlling Labor costs

Budgeting labor costs

Scheduling

Controlling quality standards

Purchasing, receiving and storage

Food production and service

Inventory

Unit 3 Salads and Garnishing

Salads

Ingredients and parts of a salad

Types of salads

Salads and service

Cleaning and storage of

Dressings and dips

Types of dressings

Dips

Garnishes

Why and how

Desserts

Soups

Unit 4 Breakfast foods and sandwiches

Dairy Products and Eggs

Milk and Milk products

Cheese

Eggs

Breakfast foods

Cakes and Waffles

Meats and Starches

Coffee, Tea and Cocoa

Sandwiches

Basic Kinds of sandwiches

Hot and cold

Components of

Sandwiches stations

Unit 5 Purchasing and Inventory

Introduction to purchasing

Distribution channels

Culinary 3 2021-2022 Open House

Goods and services

Buyers

Purchasing decisions

Determining quality standards

Product specifications

Ordering

Food Prices

Managing purchases

Receiving

Storage

Inventory

Unit 6 Meat, Poultry and Seafood

Meat

Grades of

Cuts

Purchasing and storage

Cooking techniques

Poultry

Grades of

Forms of

Purchasing, fabrication and storage

Cooking techniques

Seafood

Inspection and grade

Purchasing fabrication and storage

Cooking techniques

Charcuterie and Garde Manger

Types of charcuterie

Unit 7 Marketing

Introduction to marketing

Basic marketing concepts

Marketing plans

SWOT

Marketing Analysis, identity and communication

Research methods

Segmentation

Market identity

Market communication

Sales promotions

Public relations

The menu as a marketing tool

Menu overview

Menu types

Organizing a menu

Creating a menu

Pricing the menu

Analyzing the menu

Unit 8 Desserts and Baked Goods

Bakeshop basics

Yeast Breads

Quick breads and cakes

Puddings and souffles

Pies Pastries and Cookies

Chocolate

Specialty Desserts

Unit 9 Sustainability in the Restaurant and foodservice industry

Water conservation

Energy conservation

Waste Management

Recycling

Sustainable food practices

Local sourcing

Seafood

Coffee

Animal products

Unit 10 Global Cuisines

The Americas

North America and Mexico

Central America and the Caribbean

South America

Europe, the Mediterranean, middle east and Asia

Europe

France, Italy, Spain

Mediterranean

Morocco, Greece, and

Tunisia

Middle East

Egypt, Iran and Saudi Arabia

Asia

China, Japan and India

Students are working on their restaurant menus and will be starting a nutrition lesson this week. The syllabus and current information is available on your students teams.