

Colorado CTE Course – Scope and Sequence

Course Name	Culinary Essentials II		Course Details		
			Course = 0.50 Carnegie Unit Credit		
Course Description	This intermediate culinary course is designed for students interested in exploring culinary careers, and to advance them to the next level of food preparation. The students will have the opportunity to prepare menu items that involve more detailed procedures, and practice techniques used in the culinary field. They will: Classify pasta types and create fresh pasta dishes. Prepare and evaluate nutritional value of various types of meats. Select herbs and spices to enhance flavors of foods. Apply techniques used in cake and cookie decorating. Develop skills in preparing advanced yeast breads and pastries. Identify the origins and prepare foods from different regions and cultures. Emphasize presentation throughout the course.				
Note:	This is a suggested scope and sequence for the course content. The content will work with any textbook or instructional resource. If locally adapted, make sure all essential knowledge and skills are covered.				
SCED Identification #		Schedule calculation based on 60 calendar days of a 90-day semester. Scope and sequence allows for additional time for guest speakers, student presentations, field trips, remediation, or other content topics.			
All courses taught in an approved CTE program must include Essential Skills embedded into the course content. The Essential Skills Framework for this course can be found at https://www.cde.state.co.us/standardsandinstruction/essentialskills The technical standards for Family and Consumer Sciences are found on the National Administrators for Family and Consumer Sciences website at LEADFCS NATIONAL STANDARDS					
Instructional Unit Topic	Suggested Length of Instruction	CTE or Academic Standard Alignment	Competency / Performance Indicator	Outcome / Measurement	CTSO Integration
Sanitation and Workplace Safety a. Understanding Food Borne Illness b. Safe Food Handling	2 Weeks	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. 8.2.5 Practice standard personal hygiene and wellness procedures. 8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially	Food Safety Poster/ Project/ Assessment Lab Demonstration Assessment	Culinary Arts FCCLA Star Event

			<i>hazardous foods and food groups.</i>		
Kitchen Equipment a. Small Equipment b. Equipment Use c. Small Appliances	2 Weeks	<i>8.3 Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.</i> <i>8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.</i>	<i>8.3.1 Operate tools and equipment following safety procedures and OSHA requirements.</i> <i>8.3.3 Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils to meet industry standards and OSHA requirements.</i> <i>8.3.5 Demonstrate procedures for safe and secure storage of equipment and tools.</i> <i>8.3.6 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving.</i> <i>8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.</i>	Equipment Assessment Knife Skills Demonstration Assessment Lab Demonstration Assessment	Culinary Arts FCCLA Star Event
Preparation of Food Products a. Pantry b. Seasoning and Flavoring c. Stocks, Soups, and Sauces d. Cooking Principles and Methods e. Poultry and Meats f. Grains and Pasta	6 Weeks	<i>8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.</i> <i>8.6 Demonstrate implementation of food service management and leadership functions.</i>	<i>8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.</i> <i>8.5.2 Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sauteing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</i>	Lab Demonstration Assessment	Culinary Arts FCCLA Star Event

g. Pastry and Desserts			<i>8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods.</i> <i>8.5.5 Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques.</i> <i>8.5.6 Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques.</i> <i>8.5.7 Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.</i> <i>8.5.10 Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.</i> <i>8.5.12 Demonstrate professional plating, garnishing, and food presentation techniques.</i> <i>8.6.1 Apply principles of purchasing, receiving, and storing in food service operations</i>		
Food Service Industry a. Hospitality Industry b. Food Costs c. Consumerism	2 Weeks	<i>8.4 Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.</i> <i>10.4 Demonstrate practices and skills</i>	<i>8.4.2 Apply menu-planning principles to develop and modify menus.</i> <i>8.4.3 Analyze food, equipment, and supplies needed for menus.</i>	Menu Creation Project	Culinary Arts FCCLA Star Event

		<i>involved in hospitality and lodging occupations.</i>	<i>8.4.7 Apply principles of Measurement, Portion Control, Conversions, Food Cost Analysis and Control, Menu Terminology, and Menu Pricing to menu planning.</i> <i>10.4.5 Manage use, care, storage, maintenance, and safe operations of equipment, tools, and supplies.</i>		
Nutrition Basics a. Types of Nutrients b. Food Labels c. Recommended Daily Allowances d. Additives USDA Requirements	2 Weeks	<i>8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.</i> <i>14.3 Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.</i>	<i>8.5.14 Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.</i> <i>14.3.1 Apply current dietary guidelines in planning to meet nutrition and wellness needs.</i> <i>14.3.3 Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product.</i>	Nutrition poster/project assessment Lab Demonstration Assessment	Culinary Arts FCCLA Star Event Nutrition & Wellness FCCLA Star Event
Employability Skills and Workplace a. Identify Career Paths in Food Service Industry b. Production c. Work Ethics/Communication	2 Weeks	<i>8.1 Analyze career paths within the food production and food services industries.</i> <i>8.7 Demonstrate the concept of internal and external customer service.</i>	<i>8.1.1 Explain the roles, duties, and functions of individuals engaged in food production and services careers.</i> <i>8.1.2 Analyze opportunities for employment and entrepreneurial endeavors.</i>	Employability Skills & Work Ethic Assessment	Culinary Arts FCCLA Star Event Career Investigation FCCLA Star Event

d. Management and Business			<i>8.7.3 Analyze the relationship between employee attitude and skills and customer satisfaction.</i> <i>8.7.4 Apply procedures for addressing and resolving complaints.</i>		
Employment Opportunities a. Research and Development b. Hospitality Industry c. Entrepreneurs hip	2 Weeks	<i>8.1 Analyze career paths within the food production and food services industries.</i> <i>8.7 Demonstrate the concept of internal and external customer service.</i>	<i>8.1.1 Explain the roles, duties, and functions of individuals engaged in food production and services careers.</i> <i>8.1.2 Analyze opportunities for employment and entrepreneurial endeavors.</i> <i>8.7.3 Analyze the relationship between employee attitude and skills and customer satisfaction.</i> <i>8.7.4 Apply procedures for addressing and resolving complaints.</i> <i>8.1 Analyze career paths within the food production and food services industries.</i> <i>8.1.2 Analyze opportunities for employment and entrepreneurial endeavors.</i> <i>8.1.3 Summarize education and training requirements and opportunities for career paths in food production and services.</i>	Career Research Project	Culinary Arts FCCLA Star Event Career Investigation FCCLA Star Event

Academic Standards Alignment

Colorado CTE courses are required to integrate academic and essential skills into course content. The following academic standards have been identified as aligned to this course and should be integrated throughout instruction.

[CO CTE Academic Standards Resources](#) (Rubrics, integration strategies, etc)

[CDE Colorado Academic Standards Online](#) (Online standards lookup tool)

Reading, Writing, & Communicating

Standard 1: Oral Expression and Listening

- **Prepared Graduate 1:** Collaborate effectively as group members or leaders who listen actively and respectfully; pose thoughtful questions, acknowledge the ideas of others; and contribute ideas to further the group's attainment of an objective.
- **Prepared Graduate 2:** Deliver effective oral presentations for varied audiences and varied purposes.

Standard 2: Reading for All Purposes

- **Prepared Graduate 4:** Read a wide range of informational texts to build knowledge and to better understand the human experience.

Standard 3: Writing and Composition

- **Prepared Graduate 9:** Demonstrate mastery of their own writing process with clear, coherent, and error-free polished products.

Standard 4: Research Inquiry and Design

- **Prepared Graduate 10:** Gather information from a variety of sources; analyze and evaluate its quality and relevance; and use it ethically to answer complex questions.

Note: Mathematics and Science standards will be added in the future. Visit the [Colorado Academic Standards](#) page for the most current version.