

## Colorado CTE Course – Scope and Sequence

| Course Name                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Culinary Essentials I                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Course Details                                                                                                                                                                                                   |                                                                                                                                                                                                                              |                                                                            |                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------|
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Course = 0.50<br>Carnegie Unit Credit                                                                                                                                                                            |                                                                                                                                                                                                                              |                                                                            |                                   |
| Course Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | This course is designed to introduce students to a variety of culinary skills and food preparation. Through instruction and culinary lab practice, this class will provide an opportunity for students to learn food preparation and demonstrate food safety. Some topics include introductory culinary skills and preparation of items such as quick breads, yeast breads, and eggs; as well as meal and menu planning, nutrition, and food borne illnesses. Students will be able to:<br>Demonstrate the correct procedures' and techniques in introductory culinary labs.<br>Analyze nutritional guidelines and plan menus that are nutritionally balanced.<br>Demonstrate food safety standards. |                                                                                                                                                                                                                  |                                                                                                                                                                                                                              |                                                                            |                                   |
| 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 <a href="https://www.cde.state.co.us/standardsandinstruction/essentialskills">https://www.cde.state.co.us/standardsandinstruction/essentialskills</a> . The technical standards for Family and Consumer Sciences are found on the National Administrators for Family and Consumer Sciences website at <a href="#">LEADFCS NATIONAL STANDARDS</a> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                  |                                                                                                                                                                                                                              |                                                                            |                                   |
| Instructional Unit Topic                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Suggested Length of Instruction                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | CTE or Academic Standard Alignment                                                                                                                                                                               | Competency / Performance Indicator                                                                                                                                                                                           | Outcome / Measurement                                                      | CTSO Integration                  |
| <b>I. Sanitation and Workplace Safety</b><br>A. Understanding Food Borne Illness<br>1. Outbreaks<br>2. Contamination<br>B. Safe Food Handling<br>1. Personal Hygiene<br>2. Hair Restraints<br>3. Use of Gloves<br>4. Proper Attire                                                                                                                                                                                                                                                                                            | 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.<br><br>8.2.5 Practice standard personal hygiene and wellness procedures. | Food Safety Poster/ Project/ Assessment<br>Lab Demonstration<br>Assessment | Culinary Arts<br>FCCLA Star Event |

|                                                                                                                                                                                                                                                                                                                                                                        |         |                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                              |                                                                                                     |                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                                                                                                                        |         |                                                                                                                                                                                                                                                                                                       | <i>8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups.</i>                                                                                                                    |                                                                                                     |                                                                                                |
| <b>II. Food Costs and Kitchen Mathematics</b><br><b>A.</b> Reading a Recipe<br><b>B.</b> Measuring Skills<br><b>C.</b> Budget Preparation<br><b>D.</b> Perform Calculations for Costing                                                                                                                                                                                | 4 weeks | <i>8.4 Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.</i>                                                                                                                                                                                  | <i>8.4.5 Prepare requisitions for food, equipment, and supplies to meet production requirements.</i><br><br><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> | Recipe Assessment<br>Lab Demonstration<br>Assessment                                                | Culinary Arts<br>FCCLA Star<br>Event<br><br>Culinary Math<br>Management<br>FCCLA Star<br>Event |
| <b>III. Food Service and Kitchen Preparation Equipment</b><br><b>A.</b> Small Equipment <ol style="list-style-type: none"> <li>knives</li> <li>hand tools</li> <li>cookware</li> </ol> <b>B.</b> Large Equipment <ol style="list-style-type: none"> <li>Preparation Equipment</li> <li>Cooking Equipment</li> <li>Storage Equipment</li> </ol> <b>C.</b> Equipment Use | 2 weeks | <i>8.3 Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.</i><br><br><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><br><br><i>8.3.3 Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils to meet industry standards</i>                             | Equipment Assessment<br>Knife Skills Demonstration<br>Assessment<br>Lab Demonstration<br>Assessment | Culinary Arts<br>FCCLA Star<br>Event                                                           |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |         |                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                         |                              |                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|--------------------------------|
| D. Equipment Sanitation & Maintenance                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |         |                                                                                                                                                              | <p>and OSHA requirements.</p> <p>8.3.5 Demonstrate procedures for safe and secure storage of equipment and tools.</p> <p>8.3.6 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving.</p> <p>8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.</p> |                              |                                |
| <b>IV. Food Preparation</b><br>A. Baking Principles <ol style="list-style-type: none"> <li>1. Ingredients in baking</li> <li>2. Baker's Math <ol style="list-style-type: none"> <li>a. Measurements <ol style="list-style-type: none"> <li>i. Weight</li> <li>ii. Volume</li> </ol> </li> </ol> </li> <li>3. Types of Baked Products</li> </ol> B. Food Preparation of Baked Products <ol style="list-style-type: none"> <li>1. Quick Breads</li> <li>2. Yeast Breads</li> <li>3. Pastry</li> </ol> C. Food Preparation of Dairy and Egg Products | 5 weeks | 8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs. | <p>8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.</p> <p>8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods.</p> <p>8.5.10 Prepare breads, baked goods and desserts</p>                                  | Lab Demonstration Assessment | Culinary Arts FCCLA Star Event |

|                                                                                                                                                                                                                                                                                                                                                                 |         |                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                |                                                                                        |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| <ol style="list-style-type: none"> <li>1. Eggs <ol style="list-style-type: none"> <li>a. Products</li> <li>b. Preparation</li> </ol> </li> <li>2. Dairy <ol style="list-style-type: none"> <li>a. Products</li> <li>b. Preparation</li> </ol> </li> <li>3. Custards and Puddings</li> </ol>                                                                     |         |                                                                                                                                                                                                                                                                                                                                            | <p><i>using safe handling and professional preparation techniques.</i></p> <p><i>8.5.11 Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques.</i></p>                                                                                                                                                                                         |                                                                                |                                                                                        |
| <b>V. Nutrition</b> <ol style="list-style-type: none"> <li>A. USDA Requirements <ol style="list-style-type: none"> <li>a. Food Groups</li> <li>b. Physical Requirements</li> </ol> </li> <li>B. Nutrition Basics <ol style="list-style-type: none"> <li>a. Types of Nutrients</li> <li>b. Functions of Nutrients</li> <li>c. Food Labels</li> </ol> </li> </ol> | 2 weeks | <p><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></p> <p><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></p> | <p><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></p> <p><i>14.3.1 Apply current dietary guidelines in planning to meet nutrition and wellness needs.</i></p> <p><i>14.3.3 Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product.</i></p> | <p>Nutrition poster/project assessment</p> <p>Lab Demonstration Assessment</p> | <p>Culinary Arts FCCLA Star Event</p> <p>Nutrition &amp; Wellness FCCLA Star Event</p> |
| <b>VI. Employability Skills and Workplace Competencies</b>                                                                                                                                                                                                                                                                                                      | 2 weeks | <i>8.1 Analyze career paths within the food</i>                                                                                                                                                                                                                                                                                            | <i>8.1.1 Explain the roles, duties, and functions of</i>                                                                                                                                                                                                                                                                                                                                                         | Culinary Skills & Work Ethic Assessment                                        | Culinary Arts FCCLA Star Event                                                         |

|                                                                                                                                                                                                                                                             |        |                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                               |                         |                                                                                            |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|--------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li><b>a.</b> Identify Career Paths in Food Service</li> <li><b>b.</b> Basic Culinary Skills</li> <li><b>c.</b> Work Ethics/ Communication</li> <li><b>d.</b> Leadership</li> </ul>                                      |        | <p><i>production and food services industries.</i></p> <p><i>8.7 Demonstrate the concept of internal and external customer service.</i></p> | <p><i>individuals engaged in food production and services careers.</i></p> <p><i>8.1.2 Analyze opportunities for employment and entrepreneurial endeavors.</i></p> <p><i>8.7.3 Analyze the relationship between employee attitude and skills and customer satisfaction.</i></p> <p><i>8.7.4 Apply procedures for addressing and resolving complaints.</i></p> |                         | <p>Career Investigation<br/>FCCLA Star Event</p>                                           |
| <p><b>VII. Employment Opportunities</b></p> <ul style="list-style-type: none"> <li><b>a.</b> Restaurants</li> <li><b>b.</b> Hotels/ Banquets</li> <li><b>c.</b> Bakeries</li> <li><b>d.</b> Research and Development</li> <li><b>e.</b> Catering</li> </ul> | 1 Week | <p><i>8.1 Analyze career paths within the food production and food services industries.</i></p>                                             | <p><i>8.1.2 Analyze opportunities for employment and entrepreneurial endeavors.</i></p> <p><i>8.1.3 Summarize education and training requirements and opportunities for career paths in food production and services.</i></p>                                                                                                                                 | Career Research Project | <p>Culinary Arts<br/>FCCLA Star Event</p> <p>Career Investigation<br/>FCCLA Star Event</p> |

## 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 3:** Read a wide range of literary texts to build knowledge and to better understand the human experience.
- **Prepared Graduate 5:** Understand how language functions in different contexts, command a variety of word-learning strategies to assist comprehension, and make effective choices for meaning or style when writing and speaking.

### 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.*