Unit 4: Restaurant & Food/Beverage Services Pathway
Food and Beverage- Kitchen Area Unit

Competency

1. **Follow safe food handling and sanitation procedures**

Performance Standard Condition

   **Competence will be demonstrated**
   - at the worksite and classroom

Performance Standard Criteria

   **Performance will be successful when the learner:**
   - Maintain principles of nationally recognized sanitation protocols (e.g., ServSafe®)
   - Use protective gloves and clothing
   - Use and safely maintain hand tools
   - Avoid contamination and cross-contamination of food
   - Maintain safe kitchen and surroundings
   - Wash hands as required
   - Maintain food items at appropriate storage requirements
   - Thaw, prepare, cook, and reheat food items according to appropriate requirements as applicable
   - Practice good personal hygiene
   - Clean and sanitize areas and equipment as required

Learning Objectives

- Define the three hazards for food contamination (chemical, physical, & biological)
- Outline compliance requirements of sanitation and health inspections
- Detail operating procedures for food quality
- Describe good personal hygiene and how it affects food safety
- Demonstrate proper hand-washing
- Illustrate correct food handling and production techniques
- Detail ways to monitor quality of prepared food.
- Categorize microbes that cause food-borne illness
- List the signs of food spoilage
- Distinguish among the causes of food spoilage
- State factors that affect the shelf life of food products
- Outline the dangers of food-borne illness
- Explain how to prevent food-borne illness
- Explain how time and temperature guidelines reduce growth of microbes
- Describe common food allergens and their impact in food preparation and storage
- Describe how food can be contaminated or cross-contaminated
- Define cleaning and sanitizing
- List common agents used to clean and sanitize in food preparation
- Explain how equipment, utensils are stored to reduce contamination
- Describe how pests are controlled in your facility
- Explain how to store and use pesticides properly

Comments:
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Competency
2. Follow inventory procedures

Performance Standard Condition
   Competence will be demonstrated
   • at the worksite and classroom

Performance Standard Criteria
   Performance will be successful when the learner:
   • Take physical inventory of food and supplies periodically as required
   • Review inventories and records to determine ordering limits
   • Order food and supplies as needed to maintain physical inventory as required
   • Receive food and supplies from supplier
   • Verify actual shipment received with purchase order
   • Forward documentation to appropriate person(s)
   • Assist to inspect food received
   • Store items according to storage requirements in appropriate timeframes
   • Use First In, First Out (FIFO) method of inventory rotation

Learning Objectives
   • Differentiate between inspecting and grading
   • Outline receiving and storage procedures
   • Explain how to inspect food received for quality and contamination
   • List factors that affect prices
   • Explain how production records are used in purchasing decisions
   • List criteria for selecting appropriate suppliers
   • Distinguish between perishable and non-perishable items
   • Describe how to use scales and carts to receive food
   • Explain how to store and retrieve foods in a variety of settings (cold, hot, dry, etc.)
   • Compare different types of storage areas
   • Describe general storage guidelines for food items
   • List food items and requirements for Refrigerated Storage
   • List food items and requirement for Frozen Storage
   • List food items and requirements for Dry Storage

Comments:
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Competency

3. Operate foodservice equipment

Performance Standard Condition

Competence will be demonstrated
• at the worksite and classroom

Performance Standard Criteria

Performance will be successful when the learner:
• Exhibit appropriate selection, use, and care of small hand tools and utensils
• Exhibit appropriate use and care of small and large equipment
• Use measuring devices
• Use scales and other food service equipment
• Uses thermometers to monitor food temperature
• Use pots and pans for different food preparations
• Cut and mix food using standard equipment
• Handle equipment in manner to prevent burns and scalding
• Sharpen knives safely
• Use and sanitize equipment (mixing, storage, cleaning) as required

Learning Objectives
• Identify and describe the correct use of restaurant kitchen equipment
• Demonstrate understanding of modern kitchen organization
• Identify and define general culinary terms
• Compare and contrast cooking with steamers, broilers, griddles, grills, ranges, fryers, and ovens
• Compare types of thermometers and how to use them
• Identify and distinguish knife types and related terminology
• Demonstrate knife sharpening skills and proper knife care
• Demonstrate basic knife cuts
• Illustrate correct use of knives and kitchen equipment
• Describe ways to prevent burns

Comments:
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Competency

4. Coordinate food orders

Performance Standard Condition

Competence will be demonstrated
• at the worksite and classroom

Performance Standard Criteria

Performance will be successful when the learner:
• Assemble eating and serving equipment
• Prepare plates as required by order and storage requirements
• Prepare garnishes
• Garnish and plate menu items
• Use portion control devices
• Plate all menu items correctly and properly garnished
• Place prepared order in appropriate area
• Maintain appropriate serving temperatures

Learning Objectives
• Identify global cultures and traditions related to food
• Detail characteristics of American, French, English, Russian, Bistro style and other forms of service
• Outline the order in which food and supplies flow through a food service
• Detail operating procedures for food plating and presentation
• Explain how garnishing enhances texture, color and appearance of food
• Describe ingredients commonly used as garnishes
• Explain how to store and retrieve foods in a variety of settings (cold, hot, dry, etc.) as it is being readied for service

Comments:
Competency

5. Assist to prepare menu items

Performance Standard Condition

Competence will be demonstrated
• at the worksite and classroom
• While assisting a worksite professional

Performance Standard Criteria

Performance will be successful when the learner:
• Obtain standardized recipe
• Assemble ingredients, weights and measures, utensils, pans, herbs, spices, and seasonings
• Choose appropriate cooking procedures (sauté, broil, bake, etc.)
• Set up and preheat heating units
• Weigh and measure ingredients accurately
• Convert recipe yield to desired yield accurately as needed
• Prepare menu item as required using safe food handling practices
Learning Objectives

- Define food science and nutrition
- Define the elements of a recipe
- Recognize measurements and abbreviations commonly used in food recipes
- Define basic cooking terminology
- State principles for and apply techniques to modify a recipe
- Explain how to show consistent appearance in prepared foods
- Describe the basic food groups
- Describe healthy cooking techniques
- Distinguish among conventional, convection, and microwave cooking
- Explain the impact of factors affecting cooking rates and results
- Describe sources of nutrients and their effects
- Describe different techniques for food preparation such as dry-heat, moist-heat, and combination methods and foods to which they are suited
- Interpret the Food Pyramid
- Interpret a Nutrition Facts Label
- Identify fruits and vegetables
- Explain USDA quality grades for fresh fruits and vegetables
- Explain use of variety of sauces
- Explain the use of store stocks and glace
- Discuss the use of leavening, roux, and thickening agents
- Identify cuts of meat, poultry, fish, and seafood
- Outline the grading system for meat, poultry, fish and seafood
- Determine proper degrees of doneness
- List common spices and herbs and describe their uses
- Explain factors that influence food choice
- Identify various ethnicities and their dining habits and rules
- Identify various countries and their native food resources

Comments:
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Competency
6. Perform kitchen steward tasks

Performance Standard Condition

Competence will be demonstrated
• at the worksite and classroom

Performance Standard Criteria

Performance will be successful when the learner:
• Sweep/mop floors
• Clean stainless steel surfaces
• Clean floor mats
• Use garbage disposals
• Empty and clean trash cans
• Follow recycling programs
• Wash dishes, silverware, and glasses
• Wash pots and pans
• Wash walls and ceilings
• Burnish silverware
• Clean cooking equipment
• Clean kitchen hoods and ventilation grills
• Clean milk and juice dispensers
• Clean coffee urns/coffee makers
• Clean and sanitizes cutting boards
• Clean and sanitizes can openers
• Clean reach-in/walk-in freezers/refrigerators
• Clean and treats drains
• Clean food storerooms
• Clean large trash bins/surrounding areas

Learning Objectives
• Explain the importance of a clean kitchen area and cooking equipment
• Compare and contrast features of dishwashing machines
• Explain proper cleaning and sanitizing of food service equipment and utensils
• Compare and contrast cleaning and sanitizing methods for equipment used in food preparation and cooking
• Describe how pests are controlled in the kitchen area

Comments:
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Competency
7. Assist with management tasks

Performance Standard Condition

**Competence will be demonstrated**
- at the worksite and classroom
- While assisting a worksite professional

Performance Standard Criteria

**Performance will be successful when the learner:**
- Calculate recipe costs
- Calculate food cost and ways to meet goals
- Calculate labor cost and ways to meet goals
- Determine the values of inventory or stock
- Determine menu pricing
- Use sales information to analyze how menu items are selling
- Interpret calculations of food, labor, and pricing to ensure profitability
- Purchase food and beverage items
- Assist with Hazard Analysis and Critical Control Point (HACCP) procedures

Learning Objectives
- Describe staff positions within the food and beverage department
- Describe the basic elements of kitchen layout and design
- Explain how the flow of kitchen operations is set up for maximum efficiency
- Define portion control and how that impacts pricing and profitability
- Outline proper techniques for portion control, including standard portion size, standardized recipe, and standard portion cost
- Cost out a recipe
- Determine a recipe’s yield
- Compare as purchased portion to edible portion cost amounts
- List guidelines for purchasing and cutting costs when preparing foods
- Explain Company Procedures for Time and Motion Efficiency to reduce labor costs
- Exhibit knowledge of the 7 HACCP principles
- Describe how nutritional guidelines and values are involved in menu decisions and food preparation
- Discuss marketing techniques using menu design and marketing trends

Comments: