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1-2 YEARS IN PROJECT

Culinary Arts

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Culinary Arts

- Define culinary arts
- Explain the difference between culinary arts and food science
- Define cuisine and list five types of cuisine
- Define the term, "preparation technique"
- Define the terms, "food plating" and "food presentation"

Kitchen Safety

- Identify basic kitchen practices and hygiene (appropriate attire and hairnets, close-toed shoes, washing hands, proper handling of knives)
- Identify basic safety measures and equipment
- Understand kitchen setup and cleanup
- Define the term, "food recall"
- Create a list of emergency telephone numbers to keep in the kitchen (poison control, neighbor, parent/guardian)

Safety and Sanitation

- Understand the basic principles in handwashing techniques
- Discuss initial steps of cleanliness before preparing food (washing fruits and vegetables or washing dirty eggs)
- Recognize the four core concepts of food safety (cook, clean, chill, separate)
- Define the term, "food service industry"
- Define the term, "cross-contamination"
- Define the term, "kitchen hazard"
- Identify potential kitchen hazards

Equipment

- Identify basic kitchen utensils, cookware, appliances by sight
- Identify basic types of knives and their uses
- Identify the different types of cutting boards and their uses
- Understand the uses of basic kitchen utensils, cookware, and appliances
- Identify types of coolers and warmers used to store and transport food

Basic Knowledge

- Practice fundamental tasks such as:
    - Using a peeler
    - Using a cheese grater
    - Cracking eggs
    - Using a manual can opener
    - Boiling water
    - Cutting with knives – slice and chop
- Learn the difference between dry and liquid measuring spoons and measuring cups and how to use them properly
- Learn to read and follow step-by-step instructions in a recipe
- Define the term, “meal-planning”
- Define the term, “meal budget”

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