



# Culinary Arts

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## Culinary Arts

- Research foods from the four regions of the United States (Northwest, Southwest, Northeast, Southeast) and prepare a dish from a different region than you live in
- Select a cuisine of your choice and identify a dish from that cuisine to prepare and serve
- Identify food-styling tools and demonstrate how to use them in a food-plating presentation
- Compare and contrast five different cooking methods (roasting, grilling, griddling, baking, steaming, poaching, sauteing, braising, broiling, simmering, blanching, searing, smoking, microwaving, slow-cooking, stir-frying, and stewing)
- Research the four parts of a stock and the various types and uses of stocks
- Identify three edible garnishes you may use when plating food

## Kitchen Safety

- Research recent food recalls and discuss the impact on the food service industry
- Compare the impact of food recalls on commercial business versus your family needs
- Differentiate who to contact when specific emergencies arise in the kitchen
- Define the term, "food safety audit"
- Work through worst case scenarios of improper kitchen cleanup



## Safety and Sanitation

- Understand the principles of thawing, cooling and reheating foods
- Identify proper sanitation practices within a kitchen
- Identify hazards of cross-contamination of foods such as meats and seafood
- Identify the proper internal temperature for cooking raw commodities
- Analyze the role of the TN Department of Health regarding the food service industry

## Equipment

- Practice using kitchen utensils, cookware, and appliances to become more comfortable in a kitchen
- Practice these types of knife-cutting skills: dicing, cubing, chiffonade, mince
- Ask your 4-H agent about opportunities to participate in FCS Skillathon to become more familiar with specialized kitchen equipment
- Differentiate between appliances used at home versus food-service equipment (i.e. home versus commercial kitchen)

## Presentation Techniques

- Define “contrasting colors” in regard to food presentation
- Explore the “rule of thirds” and create a visual representation of a plate
- Identify tableware to enhance your presentation
- Identify basic tableware utensils
- Set a traditional place-setting for one
- Ask your 4-H agent about opportunities to participate in cooking contests, such as baking competitions, Grill Master Challenge and/or Chopped Challenge

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