

# Culinary Arts



If food inspires, develop and share that passion



Students prepare food in professionally equipped kitchens. They learn about nutrition, menu planning, catering, dining service, restaurant management, food production, as well as safety and sanitation codes.



## Units of Study

- Introduction to the Restaurant and Food Service Industry
- Sanitation
- Kitchen Safety
- Kitchen Essentials
- Management Essentials
- Business Communication
- Stocks, Sauces, and Soups
- Holiday Gingerbread Display
- Fruits and Vegetables
- Potatoes and Grains
- Service to Customers
- Career Exploration
- ServSafe
- Nutrition
- Cost Control
- Purchasing and Inventory
- Sustainability
- Breakfast Food and Sandwiches
- Salads and Garnishing
- Baked Goods
- Meats, Poultry, and Seafood
- Marketing
- Cakes and Bread
- Desserts
- Plating and Garnishing

## Integrated Academics

- English
- Science

## Licensing / Industry- Based Certifications

- ProStart Certification
- ServeSafe Food Handler and Manager Certification

## Work-Based Learning

CTE programs bring students into the workplace for real life experiences. Businesses that support our Culinary Arts Program:

- Bad Apples Bistro
- Bozza's
- Lidestri
- MCC-Culinary
- Ridgemont Country Club
- Tops Markets
- Wegman's

## College Credits

MCC Dual Enrollment:

- FSA 103: Fundamentals of Food Prep
- FSA 107: Menu Planning

## • Articulation Agreements

- Alfred State
- Monroe Community College
- New York State ProStart
- Niagara County Community College
- Sullivan University
- SUNY Morrisville

## Career Paths

All CTE programs correlate to many career paths.

### ↓ **Start Here**

- Cook

### **Go Here ↓**

*with more education & experience*

- Chef
- Restaurant Owner
- Hospitality Manager
- Dietitian
- Food Scientist

## Explore more:

<https://www.careerzone.ny.gov/>

<https://www.onetonline.org/find/>



WEMOCO Career & Technical Education Center  
Monroe 2-Orleans Board of Cooperative Educational Services  
Monroe2BOCES.org/cte 585-352-2471  
3589 Big Ridge Road, Spencerport, New York 14559



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## Employability Profile

<u>Work-Related Skills</u>	<u>Workplace Safety</u>	<u>Culinary Exploration I</u>
Productivity and Accountability _____	Recognizes and follows safety procedures designed to prevent burns and scalds to self and others _____	Demonstrates preparing and storing salads correctly _____
Follows procedures to meet expectations and deadlines _____	Recognizes and follows safety procedures designed to prevent slips and falls without being told _____	Demonstrates preparing vinaigrettes and other dressings correctly _____
Displays consistent work performance and quality of work _____	Recognizes and follows safety procedures to use and store chemicals properly _____	Demonstrates preparing various common dips correctly _____
Flexibility and Adaptability _____	Holds, uses, and passes knives correctly to prevent injury to self and others _____	Demonstrate preparing and storing various types of sandwiches correctly _____
Works effectively in varied roles and responsibilities _____		Demonstrate set-up of an efficient sandwich station _____
Responds well to and implements feedback _____		Demonstrate pizza preparation _____
Initiative and Self-Direction _____		Demonstrate preparing and storing brown or white stock correctly _____
Identifies, prioritizes, and completes tasks without direct oversight _____	<u>Kitchen Essentials</u>	Demonstrate preparing and storing soups _____
Seeks to learn and develop new knowledge and skills _____	Reads instructions, recipes, menus, and policies quickly and with comprehension _____	Demonstrate preparing Mother sauces and derivative sauces _____
Leadership and Responsibility _____	Weights and measures food and other resources correctly _____	Demonstrate preparing various types of cookies _____
Leverages strengths of others to accomplish a goal _____	Converts weights and measures accurately _____	Demonstrate preparing various types of quick bread _____
Takes ownership of one's work, performance, behavior, and actions _____		
Communication _____	<u>Foodservice Equipment</u>	<u>Serving Guests</u>
Articulates thoughts and ideas clearly and effectively through speaking and writing _____	Uses, handles, and cleans appropriate hand tools and small equipment correctly _____	Greets guests properly _____
Practices active listening skills _____	Uses, handles, and cleans cooking equipment correctly _____	Takes guests' orders accurately _____
Collaboration _____	Uses, handles, and cleans dishwashing equipment correctly _____	Demonstrates knowledge of menu items and can describe them to guests _____
Works effectively with others _____		Answers guests' questions about menu items correctly _____
Open and responsive to new and diverse perspectives _____	<u>Marketing and the Menu</u>	Provides or obtains information for guests who ask about allergens in menu items _____
Critical Thinking and Problem Solving _____	Communicates an operation's theme and style of service _____	Sets a table with flatware, glassware, and condiments _____
Asks questions to lead to better solutions _____	Demonstrates knowledge of an operation's menu mix _____	Presents menu items correctly plated and garnished _____
Identifies possible options and their outcomes _____	Demonstrates knowledge of industry trends through resources such as magazines, reports, surveys _____	Remembers to thank guests for their patronage _____
	<u>Culinary Exploration II</u>	<u>Operational Concerns</u>
	Demonstrates basic egg cooking skills, including, frying, scrambling, and poaching _____	Demonstrates knowledge of sustainable practices _____
	Demonstrates breakfast cooking skills in at least three of the following areas: pancakes, waffles, bacon, sausage, breads, potatoes, and hot cereals _____	Follows sustainable practices _____
	Demonstrates preparing and storing raw and cooked vegetables correctly _____	Recommends healthy options to guests when asked _____
	Demonstrates preparing and storing fruits correctly _____	Obtains information for guests inquiring about menu's nutritional values _____
	Demonstrates preparing and storing potatoes, rice, pasta, and other cooked grains correctly _____	
	Demonstrate proper garnishing procedures to enhance texture, color, and appearance of food _____	<u>Desserts and Baked Goods</u>
<u>Keeping Food Safe</u>		Demonstrates preparing and storing cookies, cakes, and pies correctly _____
Demonstrates frequent and thorough handwashing procedures _____		Demonstrates preparing and storing other dessert items correctly, such as puddings, custards, mousse, or soufflé _____
Demonstrates steps for avoiding contamination and cross-contamination of food _____		
Stores, cooks, and holds different types of food correctly _____		
Cleans and sanitizes foodservice equipment areas correctly _____		
ServSafe Food Handler certified _____		
	<u>Managing Costs</u>	<u>Meat, Poultry and Seafood</u>
	Costs out a recipe accurately _____	Demonstrates preparing and storing meat correctly _____
	Determines a recipe's yield accurately _____	Demonstrates preparing and storing poultry correctly _____
	Demonstrates knowledge of budget and profit & loss statement _____	Demonstrates preparing and storing seafood correctly _____
	Receives food and beverages correctly to ensure security and food safety _____	
	Stores food and beverages correctly to ensure security and food safety _____	