

Kitchen Assistant 1

Curriculum

April 2010

Joanne Demarest

Passaic County Technical Institute

Kitchen Assistant I Curriculum

I. Course Description

Kitchen Assistant I, the student will be prepared to work under the supervision of chefs and other food service professionals as kitchen support staff and commercial food preparation workers.

In year 1 the student will be introduced to the professional working of a commercial kitchen. The student will learn safety and sanitation principles. The student will be introduced to the use, maintenance and sanitation of kitchen tools and equipment. Student will learn the proper use and care of kitchen knives. Food preparation principles such as preparation of salads, sandwiches, and breakfast cookery, will be taught. Student will be exposed to a variety of food; their uses, storage, and preparation.

II. Course Objectives / Outline:	2009 New Jersey Core Curriculum Content Standards
1 Culinary Safety	A. Agriculture, Food & Natural Resources Career Cluster 1. Food Products and Processing Systems Pathway
Safety and Sanitation Principles	
Student will be able to: <ul style="list-style-type: none"> • Identify possible culinary workplace safety issues. • Explain fire safety equipment and emergency procedures. • Describe first aid measures for burns, wound, choking. • Describe the sources of food contamination • Identify sources of chemical food contamination. • Illustrate how to manage pest in a kitchen setting 	9.4.12.A.36 9.4.12.A.38 9.4.12.A.43 9.4.12.A.(1).4 9.4.12.I(1).8
HACCP Applications	
Student will be able to: <ul style="list-style-type: none"> • Demonstrate appropriate personal hygiene for the workplace. • Illustrate proper personal health practices to avoid the spread of foodborne illness. • Explain the purpose of the HACCP system • Outline the processes of monitoring, corrective action, record keeping, and verification. • Summarize the steps in safely receiving and storing food • Explain how to properly clean, and sanitize, and store dishes and glassware 	9.4.12.A.(1).2 9.4.12.A.(1).3 9.4.12.A.(1).4 9.4.12.I(1).8

2 The Professional Kitchen	A. Agriculture, Food & Natural Resources Career Cluster 1. Food Products and Processing Systems Pathway I. Hospitality & Tourism Career Cluster 1) Restaurants & Food & Beverage Services
Equipment and Technology	
Student will be able to: <ul style="list-style-type: none"> • Explain the roles of the different stations in a professional kitchen. • Categorize the different types of Professional receiving and storage equipment. • Explain the Maintenance and sanitation preparation equipment. • Compare the uses of different types of clean- up equipment. • Identify the uses of hot food holding equipment. • Evaluate the uses of service equipment. 	9.4.12.I(1).7 9.4.12.I(1).8
Knives and Smallwares	
Student will be able to: <ul style="list-style-type: none"> • Categorize Knives by their specific tasks • Demonstrate basic knife skills. • Explain proper knife safety and storage • Select appropriate tools and Smallwares for specific tasks. • Illustrate proper Smallwares cleaning and sanitation. 	9.4.12.I(1).7 9.4.12.I(1).8
3 Food Preparation	A. Agriculture, Food & Natural Resources Career Cluster 1. Food Products and Processing Systems Pathway I. Hospitality & Tourism Career Cluster 1) Restaurants & Food & Beverage Services
Salads and Dressing	
Students will be able to: <ul style="list-style-type: none"> • List the main types of salads serves during a meal. • Outline the preparation techniques for salad greens. • Describe the different types of salad dressings. 	9.4.12.I(1).7 9.4.12.A(1).2
Cold platters	
Students will be able to: <ul style="list-style-type: none"> • Summarize the steps to make deferent types of cold salad 	9.4.12.I(1).7 9.4.12.A(1).2

Sandwiches	
Students will be able to: <ul style="list-style-type: none"> • Identify different types of sandwiches. • Distinguish between various breads and spreads for sandwiches • Select appropriate sandwich fillings • Outline the steps in making and plating different types of hot sandwiches • Explain the procedure for making various types of cold sandwiches 	9.4.12.I(1).7 9.4.12.A(1).2
Breakfast cookery	
Students will be able to: <ul style="list-style-type: none"> • Give examples of breakfast protein choices and their characteristics. • Explain how to prepare breakfast meats. • Describe at least five ways to cook eggs. • List the food items commonly served in quick-service breakfasts. • Categorize the different types of breakfast quick breads and cereals 	9.4.12.I(1).7 9.4.12.A(1).2

III Textbook and Instructional Materials

Culinary Essentials, Johnson & Wales University, Glencoe, 2010 Textbook
 Lab manual, online text, online resources

IV. Instructional Strategies

Strategies used:

- Lecture
- Small groups Individual Demonstration
- Videos
- PowerPoint's

V. Evaluation

The student will be evaluated using the following criteria:

1. Class participation 30%
2. Professional appearance 10%
3. Safety and sanitation 10%
4. Homework/Notebook 10%
5. Test 40%

VI. Scope and Sequence

Scope and Sequence				
Key: I - Introduce D - Developed in Depth R – Reinforced	9 TH	10 TH	11 TH	12 TH
Identify possible culinary workplace safety issues.	ID			
Explain fire safety equipment and emergency procedures.	ID			
Describe first aid measures for burns, wound, choking.	ID			
Describe the sources of food contamination	ID			
Identify sources of chemical food contamination.	ID			
Demonstrate appropriate personal hygiene for the workplace.	ID			
Illustrate proper personal health practices to avoid the spread of foodborne illness.	ID			
Explain the purpose of the HACCP system	ID			
Outline the processes of monitoring, corrective action, record keeping, and verification.	ID			
Summarize the steps in safely receiving and storing food	ID			
Explain how to properly clean, and sanitize, and store dishes and glassware	ID			
Explain the roles of the different stations in a professional kitchen.	ID			
Categorize the different types of Professional receiving and storage equipment.	ID			
Explain the Maintenance and sanitation preparation equipment.	ID			
Compare the uses of different types of clean- up equipment.	ID			
Identify the uses of hot food holding equipment.	ID			
Evaluate the uses of service equipment	ID			
Categorize Knives by their specific tasks	ID			
Demonstrate basic knife skills.	ID			
Explain proper knife safety and storage	ID			
Select appropriate tools and Smallwares for specific tasks.	ID			

Illustrate proper Smallwares cleaning and sanitation	ID			
List the main types of salads serves during a meal.	ID			
Outline the preparation techniques for salad greens.	ID			
Describe the different types of salad dressings	ID			
Identify different types of sandwiches.	ID			
Distinguish between various breads and spreads for sandwiches	ID			
Select appropriate sandwich fillings	ID			
Outline the steps in making and plating different types of hot sandwiches	ID			
Explain the procedure for making various types of cold sandwiches	ID			
Give examples of breakfast protein choices and their characteristics.	ID			
Explain how to prepare breakfast meats.	ID			
Describe at least five ways to cook eggs.	ID			
List the food Items commonly served in quick-service breakfasts.	ID			
Categorize the different types of breakfast quick breads and cereals.	ID			

Kitchen Assistant I Curriculum

Student Handout

Course Overview

Kitchen Assistant Year 1 the student will be prepared to work under the supervision of chefs and other food service professionals as kitchen support staff and commercial food preparation workers.

In year I, the student will be introduced to the professional working of a commercial kitchen. The student will learn safety and sanitation principles. The student will be introduced to the use, maintenance and sanitation of kitchen tools and equipment. Students will learn the proper use and care of kitchen knives. Food preparation principles such as preparation of salads, sandwiches, and breakfast cookery, will be taught. Student will be exposed to a variety of food; their uses, storage, and preparation.

Proficiencies

- Identify possible culinary workplace safety issues
- Explain fire safety equipment and emergency procedures
- Describe first aid measures for burns, wound, choking
- Describe the sources of food contamination
- Identify sources of chemical food contamination
- Illustrate how to manage pest in a kitchen setting
- Demonstrate appropriate personal hygiene for the workplace
- Illustrate proper personal health practices to avoid the spread of foodborne illness
- Explain the purpose of the HACCP system
- Outline the processes of monitoring, corrective action, record keeping, and verification
- Summarize the steps in safely receiving and storing food
- Explain how to properly clean, and sanitize, and store dishes and glassware
- Explain the roles of the different stations in a professional kitchen
- Categorize the different types of Professional receiving and storage equipment
- Explain the Maintenance and sanitation preparation equipment
- Compare the uses of different types of clean- up equipment
- Identify the uses of hot food holding equipment
- Evaluate the uses of service equipment
- Categorize Knives by their specific tasks
- Demonstrate basic knife skills
- Explain proper knife safety and storage
- Select appropriate tools and Smallwares for specific tasks
- Illustrate proper Smallwares cleaning and sanitation
- List the main types of salads serves during a meal
- Outline the preparation techniques for salad greens
- Describe the different types of salad dressings
- Summarize the steps to make deferent types of cold salad

- Identify different types of sandwiches
- Distinguish between various breads and spreads for sandwiches
- Select appropriate sandwich fillings
- Outline the steps in making and plating different types of hot sandwiches
- Explain the procedure for making various types of cold sandwiches
- Give examples of breakfast protein choices and their characteristics
- Explain how to prepare breakfast meats
- Describe at least five ways to cook eggs
- List the food items commonly served in quick-service breakfasts
- Categorize the different types of breakfast quick breads and cereals