

Kitchen Assistant III

Curriculum

April 2010

J. Demarest

Passaic County Technical Institute

Kitchen Assistant III Curriculum

I. Course Description

Kitchen Assistant III 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 III, the student will be learn to plan nutritious menu. They will also be able to explain how Standardized recipes help to maintain product consistency. Measuring and conversion skill will maintain that recipe are standardized, Third year students will explore how to cook and care for foods such as fish, poultry, and meats.

II. Course Objectives / Outline

	2009 New Jersey Core Curriculum Content Standards
1. Culinary Nutrition	A. Agriculture, Food & Natural Resources Career Cluster 1) Food Products and Processing Systems Pathway
Nutrition Basics	
Student will be able to: <ul style="list-style-type: none"> Summarize the six categories of nutrients. List the types and uses of food additives. 	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
Meal Planning Guidelines	
Student will be able to: <ul style="list-style-type: none"> Explain the purpose of the dietary guidelines for Americans, nutrition labels, and My Pyramid Analyze how age, activity level, lifestyle and health influence dietary needs. 	9.4.12.A.(1).2 9.4.12.A.(1).3 9.4.12.A.(1).4 9.4.12.I(1).8
Keep food Nutritious	
Student will be able to: <ul style="list-style-type: none"> Evaluate Cooking methods to prevent nutrient loss. Outline ways to reduce the amount of fat, cholesterol, and sodium recipes 	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 Creating Menus	A. Agriculture, Food & Natural Resources Career Cluster 1) Food Products and Processing Systems Pathway I. Hospitality & Tourism Career Cluster 1) Restaurants & Food & Beverage Services
The Menu	
Student will be able to: <ul style="list-style-type: none"> • Categorize the factors the influence a menu • Describe the types of menus used by foodservice establishments. 	9.4.12.I(1).7 9.4.12.I(1).8
Menu Planning and Design	
Student will be able to: <ul style="list-style-type: none"> • Evaluate basic menu planning principles • Define Menu styles and design guidelines. • Explain different menu categories and how they are typically listed 	9.4.12.I(1).7 9.4.12.I(1).8
Pricing Menu Items	
<ul style="list-style-type: none"> • Identify the influences that impact menu prices • Compare and contrast various menu pricing methods 	9.4.12.I(1).7 9.4.12.I(1).8
3 Using Standardized Recipes	A. Agriculture, Food & Natural Resources Career Cluster 1) Food Products and Processing Systems Pathway I. Hospitality & Tourism Career Cluster 1) Restaurants & Food & Beverage Services
Standardized Recipe Basics	
Students will be able to: <ul style="list-style-type: none"> • Explain how Standardized recipes help to maintain product consistency 	9.4.12.I(1).7 9.4.12.A(1).2
Recipe Measurement and Conversion	
Students will be able to: <ul style="list-style-type: none"> • List different recipe measurements and when each is used • Give examples of the factors that affect recipe conversions 	9.4.12.I(1).7 9.4.12.A(1).2

Fish ,Poultry, and Meats	A. Agriculture, Food & Natural Resources Career Cluster 1) Food Products and Processing Systems Pathway I. Hospitality & Tourism Career Cluster 1) Restaurants & Food & Beverage Services
Fish and shellfish	
Students will be able to: <ul style="list-style-type: none"> • Distinguish between market forms of fish • Identify other types of seafood • Summarize the methods for cooking fish and shellfish 	9.4.12.I(1).7 9.4.12.A(1).2
Poultry Cookery	
<ul style="list-style-type: none"> • Identify different Kind ,classes , and market forms of poultry • Explain how poultry is inspected and graded • Describe how to handle, and prepare poultry for cooking • List various dry and moist poultry cooking techniques • Explain the problems that can occur when stuffing poultry 	9.4.12.I(1).7 9.4.12.A(1).2
Meat Cookery	
<ul style="list-style-type: none"> • Identify the structure and cuts of Meats • Summarize the details of meat inspection, grading, handing and storage • Demonstrate the different cooking methods used for meats 	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. Evaluations

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				
	9TH	10TH	11TH	12TH
Summarize the six categories of nutrients			IDR	
List the types and uses of food additives			IDR	
Explain the purpose of the dietary guidelines for Americans, nutrition labels, and My Pyramid			IDR	
Analyze how age, activity level, lifestyle and health influence dietary needs			IDR	
Evaluate Cooking methods to prevent nutrient loss			IDR	
Outline ways to reduce the amount of fat, cholesterol, and sodium recipes			IDR	
Categorize the factors that influence a menu			IDR	
Describe the types of menus used by foodservice establishments			IDR	
Evaluate basic menu planning principles			IDR	
Define Menu styles and design guidelines			IDR	
Explain different menu categories and how they are typically listed			IDR	
Identify the influences that impact menu prices			IDR	
Compare and contrast various menu pricing methods			IDR	
Explain how Standardized recipes help to maintain product consistency			IDR	
List different recipe measurements and when each is used			IDR	
Give examples of the factors that affect recipe conversions			IDR	

Explain how Standardized recipes help to maintain product consistency			IR	
List different recipe measurements and when each is used			IR	
Give examples of the factors that affect recipe conversions			IR	
Distinguish between market forms of fish			IR	
Identify other types of seafood			IR	
Summarize the methods for cooking fish and shellfish			IR	
Identify different kinds, classes, and market forms of poultry			IR	
Explain how poultry is inspected and graded			IR	
Describe how to handle, and prepare poultry for cooking			IR	
Explain the problems that can occur when stuffing poultry			IR	
List various dry and moist poultry cooking techniques			IR	
Identify the structure and cuts of Meats			IR	
Summarize the details of meat inspection, grading, handling and storage			IR	
Demonstrate the different cooking methods used for meats			IR	

Kitchen Assistant III Student Handout

Course Overview

Kitchen Assistant III 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 3 the student will be learn to plan nutritious menu. They will also be able to explain how Standardized recipes help to maintain product consistency. Measuring and conversion skill will maintain that recipes are standardized, third year students will explore how to cook and care for foods such as fish, poultry, and meats.

Proficiencies

- Summarize the six categories of nutrients
- List the types and uses of food additives
- Explain the purpose of the dietary guidelines for Americans, nutrition labels, and My Pyramid
- Analyze how age, activity level, lifestyle and health influence dietary needs
- Evaluate Cooking methods to prevent nutrient loss
- Outline ways to reduce the amount of fat, cholesterol, and sodium recipes
- Categorize the factors the influence a menu
- Describe the types of menus used by foodservice establishments
- Evaluate basic menu planning principles
- Define Menu styles and design guidelines
- Explain different menu categories and how they are typically listed
- Identify the influences that impact menu prices
- Compare and contrast various menu pricing methods
- Explain how Standardized recipes help to maintain product consistency
- List different recipe measurements and when each is used
- Give examples of the factors that affect recipe conversions
- Distinguish between market forms of fish
- Identify other types of seafood
- Summarize the methods for cooking fish and shellfish
- Identify different Kind ,classes , and market forms of poultry
- Explain how poultry is inspected and graded
- Describe how to handle, and prepare poultry for cooking
- List various dry and moist poultry cooking techniques.
- Explain the problems that can occur when stuffing poultry
- Identify the structure and cuts of Meats
- Summarize the details of meat inspection, grading, handing and storage.
- Demonstrate the different cooking methods used for meats