

YCAF 10

Cafeteria 10 Course Framework January 2004

BAA COURSE FRAMEWORK FOR CAFETERIA 10

District Name : Abbotsford

District # : 34

Developed by : A. Fopp & D. Jones

Date Developed : Dec./2003

School Name : Abbotsford Senior Secondary/Rick Hansen Secondary

Principals Name : G. Roger / J. Sarowa

Board/Authority Approval Date : APR - 5 2004

Board/Autority Signature : _____

Course Name : Cafeteria 10

Grade Level of Course : Grade 10

Number of Credits : 4

Number of Hours of Instruction : 120 hours

Prerequisite(s) : None

Special Training, Facilities or Equipment Required : Chef Instructor preferably with B.Ed or at least journeyman's certificate. Facilities and equipment are already in place.

Course Synopsis : Cafeteria 10 focuses on quantity food preparation and service. Students develop skills necessary for commercial food preparation as they participate in activities related to receiving, storing, and presenting nutritious foods. Students also have the opportunity to develop attitudes required by food-service professionals and to practice customer service.

Students consider their own and their customers' safety while handling equipment and supplies, managing the working environment, and preventing food-borne illness. As they experience the creative preparation and presentation of food, they build an awareness of its social and cultural significance. Students also gain a basic understanding of the economics of operating a food-related enterprise. including purchasing, cost accounting, and portion control.

Cafeteria 10 Course Framework January 2004

Students of Cafeteria 10 can apply their skills in their homes as well as in public food service facilities. They often choose to use their training to secure entry-level employment in the growing hospitality industry or to pursue careers in the food industry.

Learning outcomes for this courses are grouped under four interrelated curriculum organizers :

- Safety, Sanitation, and Equipment
- Principles of Food Preparation
- Food Preparation
- Food Service

Rational : This course has been developed to provide students with practical, career-specific experiences in an “commercial” kitchen environment. The skills and knowledge gained will enable students to secure entry-level positions in the hospitality industry or pursue further training (Cafeteria 11/Cafeteria 12/ College or Apprenticeship) leading to a career in the food industry.

Organizational Structure :

Unit	Title	Time
Unit 1	Safety, Sanitation, and Equipment	30 hours
Unit 2	Principles of Food Preparation	30 hours
Unit 3	Food Preparation	30 hours
Unit 4	Food Service	30 hours
Total Hours		120

Unit Descriptions :

Unit 1 : Safety, Sanitation, and Equipment

Time : 30 hours

Students develop an awareness of the need for constant attention to safety and hygiene within public food-service operations. They apply their knowledge of food and equipment handling to personal and public health goals as they create and maintain a safe environment for themselves, their fellow students/workers, and their customers.

Behavioral Objectives

It is expected that students will :

- Identify and practice the three basic rules of kitchen safety
- Be aware of the types of accidents which may occur in the kitchen and their causes
- Use safe working practices to avoid burns, cuts, falls and strains

Cafeteria 10 Course Framework January 2004

- Identify handtools and demonstrate their safe use
- Maintain handtools and equipment
- Identify kitchen knives and demonstrate their usage
- Demonstrate proper sharpening and steeling techniques for kitchen knives
- Identify modern kitchen machines and demonstrate their usage
- Practice safe usage and maintenance of kitchen machinery
- Take the Food Safe program and practice appropriate personal hygiene and food safety rules.

Unit 2 : Principles of Food Preparation

Time : 30 hours

Students gain an understanding of the scientific and aesthetic principals of quantity food preparation that lead to desired product standards. They apply these principals by adapting recipes to a variety of customers needs.

Behavioral Objectives

It is expected that students will :

- Identify the five types of soups (broths, chowders, consommés, cream and specialty).
- Identify types of salad by function (appetizer, accompaniment, main course and dessert).
- Identify types of salad dressing (oil-based, cream etc.).
- Describe composition and procedures for the preparation of basic sandwiches.
- Identify and describe the uses of a variety of meats, poultry and seafoods.
- Identify and practice dry heat cooking methods (baking, grilling, roasting, etc).
- Identify and practice procedures for fat cookery (deep fat frying, sauteing, pan frying etc.).
- Identify and practice moist heat cooking methods (boiling, simmering, poaching, steaming, braising, stewing and blanching).
- Identify mothersauces and their derivatives.
- Select vegetables of a quality appropriate to end use.
- Identify and describe a variety of uses of starch accompaniments and or dishes.
- Identify and select ingredients for the preparation of desserts.
- Describe and practice techniques of esthetically pleasing food presentation.

Unit 3 : Food Preparation

Time : 30 Hours

Students observe and practice a wide variety of quantity food-preparation methods and learn to prepare tasty, attractive, and nutritious foods in a cost- and time-effective manner.

Behavioral Objectives

It is expected that students will :

- Identify ingredients and procedures necessary to prepare various stocks and soups.
- Describe and prepare thickening agents.
- Prepare various types of salads and dressings.
- Prepare various types of sandwiches (hot and cold).
- Prepare a variety of meat-, poultry- and seafood dishes using the appropriate cooking method (dry heat, moist heat etc.).
- Prepare various hot and cold sauces appropriate to the dish.
- Prepare a wide variety of vegetables - cooked and uncooked.
- Prepare various types of starches to the desired degree of doness (pastas, potatoes, rice, etc.).
- Prepare a variety of bakery (breads, rolls etc.) and dessert items (cakes, cookies, pies etc.).

Unit 4 : Food Service

Time : 30 Hours

Students learn about the role of the food-service industry in today's economy and explore career options. They develop the attitudes, skills, and professionalism required by the food-service industry.

Behavioral Objectives

It is expected that students will :

- Practice appropriate personal hygiene as well as "Food Safe" skills.
- Demonstrate and practice the ability to work in a team environment.
- Demonstrate and practice appropriate work habits (attitude, courtesy, honesty, punctuality and responsibility).
- Explore and practice possible career opportunities in the food-service and hospitality industry by participating in various catering functions (basic table setting skills, customer service skills etc.).

Instructional Components :

- direct instruction
- indirect instruction
- interactive instruction
- independent instruction
- modeling
- practical creativity
- brainstorming
- group work
- team work
- analysis of final product

Assessment Components :

- seventy five per cent (75%) of the grade will be based on evaluations conducted throughout the course. This portion of the grade will reflect the students' most consistent level of achievement throughout the courses, although special consideration will be given to the more recent evidence of achievement.
- twenty five per cent (25%) of the grade will be based on culinary theory and the Food Safe program.

- weekly assessment
- teacher anecdotal records
- teacher log
- checklists
- rubrics
- rating scales
- individual projects
- student/instructor or aid dialogue
- self evaluation

Students will be evaluated based on their ability to function at progressively higher levels of independence from direct instruction. This will be demonstrated by a students ability to perform various daily culinary tasks or set-up procedures independently, that is, without direct instruction or supervision.

Learning Resources :

- Books: Professional Cooking, 4th ed., Wayne Gisslen, John Wiley & Sons, 1998.
On Cooking A Textbook of Culinary Fundamentals, Canadian Edition, Labensky et al, Prentice Hall, 1999.
- Multimedia: Foodsafe, Level 1, 3rd Edition, Center for Curriculum, Transfer & Technology, British Columbia, 2002
- Video: Various culinary technique videos.

Additional Course Information : None