



8790

EXPLORATION OF THE
CULINARY ARTS (9)

15S/15E/15M

10S/10E/10M

A Culinary Arts Course

8790: EXPLORATION OF THE CULINARY ARTS (9) 15S/15E/15M AND 10S/10E/10M

Course Description

This is an **optional** course intended for students wishing to explore the culinary arts. The emphasis is on hands-on activities. Students are introduced to sanitation and safety; tools and equipment; knife handling and safety; and general preparation procedures for different types of food and beverage.

Goal 1: Describe and apply appropriate **sanitation, health, and safety** practices as they relate to the culinary arts.

GLO 1.1: Demonstrate appropriate **personal hygiene** practices.

- SLO 9.1.1.1: Define terminology associated with personal hygiene and hygienic practices. (A7.1)
- SLO 9.1.1.2: Describe the procedures used for handwashing. (A7.10)
- SLO 9.1.1.3: Practise personal hygiene and safe health standards.
- SLO 9.1.1.4: Adhere to the professional standards of dress, hygiene, and grooming.
- SLO 9.1.1.5: Identify and interpret codes, regulations, and federal, provincial/territorial, municipal requirements pertaining to kitchen sanitation and safe food-handling practices. (A7.2)
- SLO 9.1.1.6: Describe the procedures used to ensure personal hygiene and clean apparel. (A7.9)
- SLO 9.1.1.7: Identify and interpret food health regulations and guidelines associated with the practice of personal hygiene. (A7.7)
- SLO 9.1.1.8: Identify and interpret regulations and guidelines associated with wearing personal items. (A7.8)

GLO 1.2: Demonstrate safe **food-handling** practices.

- SLO 9.1.2.1: Demonstrate safe food-handling practices.
- SLO 9.1.2.2: Identify common food allergies and determine appropriate substitutions.
- SLO 9.1.2.3: Describe the safe storage of stock equipment in service vehicles. (A3.11)
- SLO 9.1.2.4: Identify types of food-borne illnesses, their causes, and preventative measures. (A7.11)

- SLO 9.1.2.5: Identify types of food contamination, their causes, and preventative measures. (A7.12)
- SLO 9.1.2.6: Identify proper food-handling and storage techniques. (A7.13)
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GLO 1.3: Create and maintain a safe and sanitary work environment.

- SLO 9.1.3.1: Create and maintain a safe work environment in the kitchen.
- SLO 9.1.3.2: Identify regulations pertinent to care and cleanliness in the work area. (A3.3)
- SLO 9.1.3.3: Identify regulations relevant to the safe use of chemicals. (A3.4)
- SLO 9.1.3.4: Identify ergonomics. (A3.5)
- SLO 9.1.3.5: Identify, recognize, and control hazards. (A3.6, A3.10)
- SLO 9.1.3.6: Identify the hazards associated with working in a confined space and the preparation required to work safely in a confined space. (A3.7) (TSA 20)
- SLO 9.1.3.7: Describe safety practices and precautions related to the use of kitchen tools and equipment. (A6.2)
- SLO 9.1.3.8: Describe the importance of emergency planning procedures.
- SLO 9.1.3.9: Describe and follow substance abuse regulations.
- SLO 9.1.3.10: Identify and outline workplace fire safety principles. (A3.8) (TSA 19)
- SLO 9.1.3.11: Discuss the role of Workplace Safety and Health, and the procedures to follow in case of an incident (e.g., slips and falls, improper lifting, etc.).
- SLO 9.1.3.12: Describe the principles of the Workplace Hazardous Materials Information System (WHMIS) and identify the safety requirements as they apply to the culinary arts. (A3.9) (TSA 13)
- SLO 9.1.3.13: Describe how the Workers Compensation Act relates to the profession of chef.
- SLO 9.1.3.14: Describe procedures for dealing with burns and cuts.
- SLO 9.1.3.15: Identify the safety principles for working on and around electrical equipment. (A3.6) (TSA 18)
- SLO 9.1.3.16: Describe the three government levels of food/health inspection and the area each level controls.
- SLO 9.1.3.17: Describe the Hazard Analysis Critical Control Points (HACCP) System and its use in food-service operations. (A7.14)
- SLO 9.1.3.18: Demonstrate proper kitchen sanitation, personal hygiene, and food-handling and storage practices. (A7.15)

- SLO 9.1.3.19: Identify safety and health requirements. (A3.1)
- SLO 9.1.3.20: Describe and use appropriate personal protective equipment (PPE) (e.g., gloves, safety glasses or goggles, hearing protection, respirator mask) and identify PPE and procedures related to PPE. (A3.2) (TSA 16)
- SLO 9.1.3.21: Demonstrate knowledge of safety equipment such as fire extinguisher, first aid kit, and eyewash station. (A3.8)
- SLO 9.1.3.22: Identify sanitizing products and describe their applications and procedures for use. (A7.3)
- SLO 9.1.3.23: Describe the three-sink method of sanitization. (A7.4)
- SLO 9.1.3.24: Describe the procedures used to disassemble and assemble kitchen tools and equipment and their accessories for sanitizing purposes. (A7.5)
- SLO 9.1.3.25: Describe the procedures used to maintain a sanitary food-service operation. (A7.6)
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GLO 1.4: Demonstrate knowledge of the **Trade Safety Awareness Manual** (<www.gov.mb.ca/tce/apprent/apprentice/trade_safety/>).

No applicable SLOs.

Goal 2: Demonstrate the safe and appropriate **operation, cleaning, and maintenance of kitchen equipment and cooking utensils.**

GLO 2.1: Demonstrate the safe and appropriate **operation, cleaning, and maintenance** of kitchen equipment and cooking utensils.

- SLO 9.2.1.1: Identify and demonstrate the safe and appropriate operation and/or use of kitchen equipment, containers, and cooking utensils used in the preparation of food and beverage.
- SLO 9.2.1.2: Demonstrate the safe and appropriate cleaning and maintenance of kitchen equipment and cooking utensils.
- SLO 9.2.1.3: Define terminology associated with kitchen tools and equipment. (A6.1)
- SLO 9.2.1.4: Identify types of knives and describe their characteristics, applications, and procedures for use. (A6.3)
- SLO 9.2.1.5: Identify the tools used to sharpen and hone knives, and describe their applications and procedures for use. (A6.4)
- SLO 9.2.1.6: Describe the procedures used to inspect and store knives. (A6.5)
- SLO 9.2.1.7: Demonstrate the safe and appropriate use of knives.

- SLO 9.2.1.8: Identify types of pots and pans, and describe their characteristics, applications, and procedures for use. (A6.6)
- SLO 9.2.1.9: Describe the procedures used to inspect and store pots and pans. (A6.7)
- SLO 9.2.1.10: Identify types of utensils and describe their characteristics, applications, and procedures for use. (A6.8)
- SLO 9.2.1.11: Describe the procedures used to inspect and store utensils. (A6.9)
- SLO 9.2.1.12: Identify types of equipment and appliances, and describe their accessories, applications, and procedures for use. (A6.10)
- SLO 9.2.1.13: Describe the procedures used to inspect, maintain, and store equipment and appliances. (A6.11)
- SLO 9.2.1.14: Demonstrate proper use of kitchen tools and equipment, and their maintenance and procedures for use. (A6.12)
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Goal 3: Demonstrate the appropriate **receiving, handling, quality assurance, storage, pre-preparation, preparation, and presentation** of different types of food and beverage.

GLO 3.1: Demonstrate the appropriate **receiving, handling, quality assurance, and storage** of different types of food and beverage.

- SLO 9.3.1.1: Demonstrate the procedures used to receive, inspect, handle, and store different types of food and beverage. (A11.7)
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GLO 3.2: Demonstrate the appropriate **pre-preparation (mise en place), preparation, and presentation** of different types of food and beverage.

- SLO 9.3.2.1: Maintain a log of culinary terms.
- SLO 9.3.2.2: Demonstrate general preparation procedures for different types of food and beverage.
- SLO 9.3.2.3: Describe and perform mise en place.
- SLO 9.3.2.4: Identify and perform the standard breading procedure.
- SLO 9.3.2.5: Identify, select, and prepare convenience products.
- SLO 9.3.2.6: Determine doneness of prepared foods.
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Goal 4: Demonstrate an understanding of **food, ingredients, recipes, menus, food costing, and nutrition.**

GLO 4.1: Demonstrate an understanding of **the characteristics of foods and ingredients**, and how these characteristics are used to prepare food, and design recipes and menus.

SLO 9.4.1.1: Define terminology associated with basic cooking principles. (A9.1)

SLO 9.4.1.2: Examine the different types of convenience products available.

SLO 9.4.1.3: Demonstrate an understanding of the characteristics of different foods and ingredients.

GLO 4.2: Demonstrate an understanding of **recipes, menus, and food costing.**

SLO 9.4.2.1: Demonstrate the procedure used to read and follow recipes. (A8.3)

GLO 4.3: Demonstrate an understanding of **nutrition.**

No applicable SLOs.

Goal 5: Apply the transferable, **cross-curricular** knowledge and skills, as they relate to the culinary arts (chemistry, English language arts, food science, French, nutrition, mathematics, etc.).

GLO 5.1: Read, interpret, and communicate information.

SLO 9.5.1.1: Read, interpret, and communicate recipes, menus, and labels.

SLO 9.5.1.2: Identify effective communication practices. (A4.1)

SLO 9.5.1.3: Identify the types of communication methods and equipment, and describe their applications. (A4.2)

SLO 9.5.1.4: Describe the importance of effective verbal, non-verbal, and written communication with customers, suppliers, and employees. (A4.3)

SLO 9.5.1.5: Communicate effectively using verbal and non-verbal techniques. (A4.4)

SLO 9.5.1.6 Demonstrate effective communication principles. (A4.5)

GLO 5.2: Apply **mathematics** knowledge and skills relevant to the culinary arts.

SLO 9.5.2.1: Perform basic math functions.

SLO 9.5.2.2: Demonstrate the proficient use of fractions, ratios, decimals, and percentages.

SLO 9.5.2.3: Demonstrate the proficient conversion between the metric and standard (or imperial) systems of measurement.

GLO 5.3: Apply **chemistry** knowledge and skills relevant to the culinary arts.

No applicable SLOs.

Goal 6: Demonstrate awareness of **sustainability** as it pertains to the culinary arts.

GLO 6.1: Describe the culinary arts industry's **sustainability** practices and impact on the environment.

SLO 9.6.1.1: Identify the waste produced in a culinary arts facility.

SLO 9.6.1.2: Demonstrate the disposal and recycling of waste.

SLO 9.6.1.3: Rotate stock in a way to minimize waste (e.g., FIFO—the first one in is the first one out).

SLO 9.6.1.4: Identify and locate facilities for recycling and waste disposal.

Goal 7: Demonstrate awareness of the **ethical and legal standards** that pertain to the culinary arts.

GLO 7.1: Identify and follow the **ethical and legal standards** that pertain to the culinary arts.

SLO 9.7.1.1: Discuss ethical and legal standards in the culinary arts.

Goal 8: Demonstrate the **employability skills** required in the culinary arts.

GLO 8.1: Demonstrate fundamental **employability skills**.

SLO 9.8.1.1: Demonstrate employability skills (e.g., being prepared for work on time, setting up workstations, staying on task, accepting responsibility for one's actions, and so on).

SLO 9.8.1.2: Demonstrate professional dress code.

SLO 9.8.1.3: Demonstrate the skills required to work as a member of a team.

SLO 9.8.1.4: Demonstrate initiative in performing tasks.

Goal 9: Demonstrate an understanding of **working conditions and career opportunities** in the culinary arts.

GLO 9.1: Demonstrate an understanding of **working conditions and career opportunities** in the culinary arts.

SLO 9.9.1.1: Describe the structure and scope of the culinary arts. (A1.1)

SLO 9.9.1.2: Describe the Manitoba Cook Apprenticeship Program. (A1.2)

Goal 10: Demonstrate an understanding of the **evolution and technological progression of, and the emerging trends in** the culinary arts.

GLO 10.1: Demonstrate an understanding of the **evolution and technical progression of, and the emerging trends in** the culinary arts.

No applicable SLOs.
