



8797

MENU PLANNING AND  
FOOD COSTING (12C)

40S/40E/40M

A Culinary Arts Course



# 8797: MENU PLANNING AND FOOD COSTING (12C) 40S/40E/40M

## Course Description

This course is intended for students wishing to pursue the Culinary Arts. Curriculum content focuses on the planning of classical and modern menus; food costing; controlling costs; price changes; receiving, storing, and ordering food; recording inventory; par levels; developing menu prices; determining yield factors; and setting food cost percentages. Students learn the basic principles of nutrition, the Canadian Food Rainbow, and their use in planning healthy menus.

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**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 12C.1.1.1: Demonstrate appropriate sanitation and personal hygiene practices.
- SLO 12C.1.1.2: Define terminology associated with personal hygiene and hygienic practices. (A7.1)
- SLO 12C.1.1.3: Describe the procedures used for handwashing. (A7.10)
- SLO 12C.1.1.4: Practise personal hygiene and safe health standards.
- SLO 12C.1.1.5: Adhere to the professional standards of dress, hygiene, and grooming.
- SLO 12C.1.1.6: Identify and interpret codes, regulations, and federal, provincial/territorial, municipal requirements pertaining to kitchen sanitation and safe food-handling practices. (A7.2)
- SLO 12C.1.1.7: Define terminology associated with personal hygiene and hygienic practices. (A7.1)

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

No applicable SLOs.

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**GLO 1.3: Create and maintain a safe and sanitary work environment.**

- SLO 12C.1.3.1: Create and maintain a safe work environment.
- SLO 12C.1.3.2: 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 12C.1.3.3: Identify and outline workplace fire safety principles. (A3.8) (TSA 19)
- SLO 12C.1.3.4: 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 12C.1.3.5: Identify the safety principles for working on and around electrical equipment. (A3.6) (TSA 18)
- SLO 12C.1.3.6: 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)
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**GLO 1.4: Demonstrate knowledge of the Trade Safety Awareness Manual** (<[www.gov.mb.ca/tce/apprent/apprentice/trade\\_safety/](http://www.gov.mb.ca/tce/apprent/apprentice/trade_safety/)>).

No applicable SLOs.

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**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 12C.2.1.1: Demonstrate the safe and proper use and/or operation of the kitchen equipment and cooking utensils.
- SLO 12C.2.1.2: Demonstrate the safe and appropriate cleaning and maintenance of the equipment and utensils used.
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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 12C.3.1.1: Describe elements of purchasing.

SLO 12C.3.1.2: Identify purchasing criteria for food products.

SLO 12C.3.1.3: Identify purchasing criteria for non-food and beverage items.

SLO 12C.3.1.4: Demonstrate appropriate inventory procedures.

SLO 12C.3.1.5: Evaluate information from inventory counts to prove accurate checks for cost control.

SLO 12C.3.1.6: Identify forms and reports relating to receiving, inspecting, and storing goods, and describe the procedures used to interpret and complete them. (A11.6)

SLO 12C.3.1.7: Demonstrate an understanding of par stock (par level).

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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 12C.3.2.1: Prepare a three-course meal for two people. (A9.12)

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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.

No applicable SLOs.

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

- SLO 12C.4.2.1: Demonstrate an understanding of the relative costs of purchasing the ingredients used in the preparation of food and beverages, as well as the related supplies.
  - SLO 12C.4.2.2: Plan a menu (within a budget) for a three-course meal.
  - SLO 12C.4.2.3: Calculate the cost of recipes and the selling price of menu items.
  - SLO 12C.4.2.4: List factors that affect food prices.
  - SLO 12C.4.2.5: Demonstrate an understanding of classical and modern menu designs.
  - SLO 12C.4.2.6: Identify the styles of menus and describe their characteristics and applications. (A9.10)
  - SLO 12C.4.2.7: Describe the process of recipe costing.
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**GLO 4.3:** Demonstrate an understanding of **nutrition.**

- SLO 12C.4.3.1: Discuss nutrition considerations in menu planning.
  - SLO 12C.4.3.2: Describe the basic principles of nutrition.
  - SLO 12C.4.3.3: Discuss carbohydrates, protein, and fat, and their importance in supplying the body with energy.
  - SLO 12C.4.3.4: Identify the importance of the Canadian Food Rainbow, and its role in planning nutritional menus.
  - SLO 12C.4.3.5: Explain the importance of a balanced diet and a healthy lifestyle.
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**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 12C.5.1.1: Read and follow industry documents related to menu planning and food costing.
  - SLO 12C.5.1.2: Identify types of trade-related documents, and describe their applications. (A5.3)
  - SLO 12C.5.1.3: Identify types of documentation, and describe the procedures used to prepare them. (A5.4)
  - SLO 12C.5.1.4: Prepare and complete trade-related forms and documents. (A5.5)
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**GLO 5.2:** Apply **mathematics** knowledge and skills relevant to the culinary arts.

- SLO 12C.5.2.1: Demonstrate the process of recipe costing and the selling price of menu items.
  - SLO 12C.5.2.2: Demonstrate the proficient use of fractions, ratios, decimals, and percentages.
  - SLO 12C.5.2.3: Demonstrate the proficient conversion between the metric and standard (or imperial) systems of measurement.
  - SLO 12C.5.2.4: Perform basic math functions.
  - SLO 12C.5.2.5: Describe the process of recipe yield adjustment.
  - SLO 12C.5.2.6: Demonstrate knowledge of systems of measurement and their conversions, and of cost controls. (A8.5)
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**GLO 5.3:** Apply **chemistry** knowledge and skills relevant to the culinary arts.

No applicable SLOs.

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**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 12C.6.1.1: Demonstrate the process of recipe costing and the selling price of menu items.
  - SLO 12C.6.1.2: Discuss sustainable portion sizes.
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**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 12C.7.1.1: Discuss the importance of accuracy and integrity in menus and food preparation.
  - SLO 12C.7.1.2: Discuss the deceitful substitution of different or inferior products (lower grade, smaller, or less expensive) for a superior one.
  - SLO 12C.7.1.3: Discuss the legal and ethical implications of unsanitary and unhealthy practices in the culinary industry.
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**Goal 8:** Demonstrate the **employability skills** required in the culinary arts.

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

SLO 12C.8.1.1: Demonstrate employability skills (e.g., being prepared for work on time, setting up workstations, staying on task, accepting responsibility for their actions, etc.).

SLO 12C.8.1.2: Demonstrate professional dress code.

SLO 12C.8.1.3: Demonstrate the skills required to work as a member of a team.

SLO 12C.8.1.4: Demonstrate initiative in performing tasks.

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**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 12C.9.1.1: Create a resume related to one's expertise in the culinary arts.

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**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.

SLO 12C.10.1.1: Discuss the evolution and technical progression of, and the emerging trends in menu planning.

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