



8792

GARDE-MANGER (11A)

30S/30E/30M

A Culinary Arts Course



# 8792 GARDE-MANGER (11A)

## 30S/30E/30M

### Course Description

This course focuses on the cold kitchen. Students will learn to prepare salads and dressings, sandwiches, canapés, and hors d'oeuvres. Garnishing techniques will be emphasized with the presentation of completed products on platters and plates.

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**Goal 1:** Demonstrate an understanding of, and adherence to, **safety, personal hygiene, sanitation, and food safety procedures.**

**GLO 1.1:** Demonstrate an understanding of, and adherence to, **safety, personal hygiene, and sanitation** practices.

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| SLO 11A.1.1.1 | Describe and adhere to professional standards of dress, personal hygiene, and grooming.               |
| SLO 11A.1.1.2 | Create and maintain a safe and sanitary work environment.   |
| SLO 11A.1.1.3 | Demonstrate an understanding of emergency procedures.   |
| SLO 11A.1.1.4 | Demonstrate an understanding of, and comply with, personal protective equipment (PPE) and procedures. |
| SLO 11A.1.1.5 | Demonstrate an adherence to ergonomic principles.   |
| SLO 11A.1.1.6 | Demonstrate an understanding of, and comply with, WHMIS guidelines.                                   |
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**GLO 1.2:** Demonstrate an understanding of, and adherence to, **food safety** procedures.

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| SLO 11A.1.2.1 | Describe the procedures used to disassemble and assemble kitchen tools, equipment, and their accessories for sanitizing purposes. (A3.4)   |
| SLO 11A.1.2.2 | Demonstrate proper kitchen sanitation, personal hygiene, and food handling and storage practices. (A3.8) <ul style="list-style-type: none"><li>■ cleanliness</li><li>■ preventing cross-contamination</li><li>■ maintaining foods at safe temperatures</li></ul> |
| SLO 11A.1.2.3 | Demonstrate an understanding of food allergies and intolerances.   |
| SLO 11A.1.2.4 | Identify and eliminate hazards associated with food allergies and intolerances.  |
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**Goal 2:** Demonstrate an understanding of kitchen **tools** and **equipment**, along with their **use, cleaning, and maintenance**.

**GLO 2.1:** Demonstrate an understanding of kitchen **tools** and **equipment**, along with their **use, cleaning, and maintenance**.

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| SLO 11A.2.1.1 | Demonstrate an understanding of kitchen tools and equipment.                             |
| SLO 11A.2.1.2 | Demonstrate the use, cleaning, and maintenance of kitchen tools and equipment.           |
| SLO 11A.2.1.3 | Demonstrate the knowledge and skills required to make a variety of classical knife cuts. |

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**Goal 3:** Demonstrate the **receiving, handling, quality assurance, and storage** of different types of food and beverages.

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

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| SLO 11A.3.1.1 | Demonstrate the receiving, handling, quality assurance, and storage of different types of food and beverages. |
| SLO 11A.3.1.2 | Perform the procedures used to receive, inspect, and store goods. (A7.6)                                      |

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**Goal 4:** Demonstrate the **pre-preparation** (mise en place), **preparation**, and **presentation** of different types of food and beverage.

**GLO 4.1:** Demonstrate the **pre-preparation** (mise en place), **preparation**, and **presentation** of different types of food and beverage.

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| SLO 11A.4.1.1 | Explain the principles of heat transfer. (A8.2) <ul style="list-style-type: none"><li>■ conduction</li><li>■ convection</li><li>■ radiation</li><li>■ induction</li><li>■ chemical process of cooking</li></ul> |
| SLO 11A.4.1.2 | Describe and demonstrate methods used to cook foods and describe their associated procedures. (A8.3) <ul style="list-style-type: none"><li>■ dry</li><li>■ moist</li><li>■ combination</li></ul>                |

- SLO 11A.4.1.3 Describe and demonstrate methods used to check for doneness of foods and describe their associated procedures. (A8.4)
- probe thermometer
  - visual inspection
- SLO 11A.4.1.4 Identify methods of flavour enhancement and their applications. (A8.5)
- seasonings
  - flavourings
- SLO 11A.4.1.5 Identify basic kitchen practices, food quality indicators, and finishing techniques. (A8.6)
- finishing techniques
  - holding foods
  - plating techniques
  - re-thermalization
  - food quality indicators
    - visual inspection
    - tasting
  - finishing techniques
    - plating
    - presentation
- SLO 11A.4.1.6 Demonstrate the skills required to evaluate the doneness of food items.
- SLO 11A.4.1.7 Differentiate between seasoning and flavouring, and determine which to use with particular food items.
- SLO 11A.4.1.8 Demonstrate the knowledge and skills required to retain the colour, texture, and nutritional value of fruits.
- SLO 11A.4.1.9 Demonstrate an understanding of basic garnishes.
- SLO 11A.4.1.10 Demonstrate the knowledge and skills required to create and apply garnishing techniques.
- SLO 11A.4.1.11 Demonstrate the knowledge and skills required to create and apply a variety of garde-manger platters.

## A12 Salads and Dressings (14 hours)

- SLO 11A.4.1.12 Define terminology associated with salads and dressings. (A12.1)
- SLO 11A.4.1.13 Identify and describe types of hot/cold salads and dressings, and their characteristics. (A12.2)

- SLO 11A.4.1.14 Identify and describe the components of salads and dressings, and factors to consider when selecting their ingredients. (A12.3)
- tossed
  - composed
  - bound
  - pasta
- SLO 11A.4.1.15 Describe the procedures used to handle and store salads and dressings. (A12.4)
- SLO 11A.4.1.16 Describe and demonstrate procedures used to prepare salads and dressings. (A12.5)
- applications
  - ingredient selection
  - preparation procedures
  - assembly
  - finishing
  - plating/buffet
- SLO 11A.4.1.17 Perform the procedures used to prepare salads and salad dressings. (A12.6)
- applications
  - ingredient selection
  - preparation procedures
  - assembly
  - finishing
  - plating/buffet
- A13 Sandwiches (14 hours)**
- SLO 11A.4.1.18 Define terminology associated with sandwiches. (A13.1)
- SLO 11A.4.1.19 Identify types of sandwiches and describe their characteristics. (A13.2)
- open-faced
  - hot/cold
  - fancy (rolled)
  - specialty
  - styles of service
- SLO 11A.4.1.20 Identify and describe the components of sandwiches and factors to consider when selecting sandwich ingredients. (A13.3)

- SLO 11A.4.1.21 Describe and demonstrate the procedures used to handle and store sandwiches and fillings. (A13.4)
- SLO 11A.4.1.22 Describe and demonstrate the procedures used to prepare sandwich ingredients. (A13.5)
- assembly
  - finishing
  - plating/platter
- SLO 11A.4.1.23 Perform the procedures used to prepare sandwiches. (A13.6)
- assembly
  - finishing
  - plating/platter

#### A16 Fruits and Vegetables I (21 hours)

- SLO 11A.4.1.24 Define terminology associated with fruits. (A16.1)
- SLO 11A.4.1.25 Identify and describe the classifications of fruit, and their characteristics and applications. (A16.2)
- fruits
    - stone
    - core
    - pitted
    - berries
    - citrus
    - tropical
    - melons
- SLO 11A.4.1.26 Identify and describe the factors to consider when selecting fruit. (A16.3)
- characteristics
  - applications
  - local
  - season
  - freshness
  - storage life
  - certified organic
  - processed
  - classical cuts (knife skills)
  - preparation procedures

- SLO 11A.4.1.27 Describe the procedures used to handle and store fruit. (A16.4)
- SLO 11A.4.1.28 Describe and demonstrate the procedures used to prepare fruit. (A16.6)
- applications
  - selection (quality)
  - preparation procedures
  - plating and finishing
- SLO 11A.4.1.29 Identify and describe the market forms (pre-prepared and packaged) of fruits, and describe their characteristics and applications. (A16.8)
- SLO 11A.4.1.30 Perform the procedures used to prepare fruit. (A16.9)
- applications
  - selection (quality)
  - preparation procedures for raw fruit
  - plating and finishing
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**Goal 5: Demonstrate an understanding of **food, ingredients, recipes, menus, food costing,** and **nutrition.****

**GLO 5.1:** Demonstrate an understanding of the **characteristics of foods and ingredients**, and how knowledge of these characteristics is taken into consideration in preparing food, and designing recipes and menus.

- SLO 11A.5.1.1 Demonstrate an understanding of the characteristics of various fruits and other garde-manger items.
- SLO 11A.5.1.2 Demonstrate the ability to evaluate fruit for quality, and for various uses.
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**GLO 5.2:** Demonstrate an understanding of **recipes, menus,** and **food costing.**

- SLO 11A.5.2.1 Demonstrate the ability to follow a recipe.
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**GLO 5.3:** Demonstrate an understanding of **nutrition.**

- SLO 11A.5.3.1 Demonstrate an understanding of the nutritional components of various foods.
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**Goal 6:** Apply the transferable, **cross-curricular** knowledge and skills, as they relate to the culinary arts (literacy, numeracy, the arts, the sciences, etc.).

**GLO 6.1:** Apply the transferrable **literacy** cross-curricular knowledge and skills to the culinary arts.

SLO 11A.6.1.1 Demonstrate knowledge and skills in literacy by reading, interpreting, communicating, and applying information.

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**GLO 6.2:** Apply the transferrable **numeracy** cross-curricular knowledge and skills to the culinary arts.

SLO 11A.6.2.1 Demonstrate numeracy knowledge and skills by solving mathematical problems.

SLO 11A.6.2.2 Demonstrate the ability to work with fractions, ratios, decimals, and percentages, and to convert between units of measurement [such as metric and standard (imperial)].

SLO 11A.6.2.3 Describe and demonstrate the procedures used to read and follow recipes. (Adjust recipe yields; Recipe conversions; Calculations and formulas) (A6.3)

- adjust recipe yields
  - recipe conversions
  - calculations and formulas
  - cost control implications
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**GLO 6.3:** Apply the transferrable cross-curricular knowledge and skills from **the arts** to the culinary arts.

SLO 11A.6.3.1 Demonstrate an understanding of a variety of platter presentation techniques.

SLO 11A.6.3.2 Demonstrate creativity while applying a variety of platter presentation techniques.

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**GLO 6.4:** Apply the transferrable cross-curricular knowledge and skills from **the sciences** to the culinary arts.

SLO 11A.6.4.1 Demonstrate an understanding of the use of acids and bases to manipulate the texture, colour, and nutritional levels of fruits or vegetables.

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**Goal 7:** Demonstrate an awareness of **sustainability** as it pertains to the culinary arts.

**GLO 7.1:** Demonstrate an awareness of **sustainability** as it pertains to the culinary arts.

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| SLO 11A.7.1.1 | Demonstrate the ability to minimize and manage waste.               |
| SLO 11A.7.1.2 | Demonstrate an awareness of the disposal and recycling of waste.    |
| SLO 11A.7.1.3 | Demonstrate the ability to rotate stock in a way to minimize waste. |

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**Goal 8:** Demonstrate an awareness of the **ethical and legal standards** that pertain to the culinary arts.

**GLO 8.1:** Identify and follow the **ethical and legal standards** that pertain to the culinary arts.

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| SLO 11A.8.1.1 | Demonstrate an awareness of ethics. |
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**Goal 9:** Demonstrate the **employability skills** required in the culinary arts.

**GLO 9.1:** Demonstrate fundamental **employability skills**.

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| SLO 11A.9.1.1 | Demonstrate employability skills (e.g., being prepared for work on time, setting up workstations, staying on task, working productively, accepting responsibility for one's actions, etc.). |
| SLO 11A.9.1.2 | Demonstrate adherence to a professional dress code.   |
| SLO 11A.9.1.3 | Demonstrate the skills required to work as a member of a team.  |
| SLO 11A.9.1.4 | Demonstrate initiative in performing tasks.   |

**GLO 9.2:** Demonstrate an understanding of the **business operation** of a culinary establishment.

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| SLO 11A.9.2.1 | Demonstrate an awareness of the business characteristics of enterprises such as restaurants, catering establishments, hotels, etc., including the need to generate a profit. |
| SLO 11A.9.2.2 | Demonstrate an awareness of the ways in which employees can contribute to the success of a business.   |
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**GLO 9.3:** Demonstrate the knowledge, skills, and attitudes required to **think critically** in order to solve complex problems.

SLO 11A.9.3.1 Demonstrate the ability to solve problems by focusing only on facts, and not allowing biases to interfere with that process.

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**GLO 9.4:** Demonstrate an awareness of **culture** and **diversity**, and their importance in the workplace.

SLO 11A.9.4.1 Demonstrate an awareness of culture and diversity and their place in the workplace.

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**Goal 10:** Demonstrate an understanding of the **scope** of the culinary arts (along with associated professions), including **working conditions**, and **training** and **career opportunities**.

**GLO 10.1:** Demonstrate an understanding of the **scope** of the culinary arts (along with associated professions), including **working conditions**.

SLO 10.11A.1.1 Demonstrate an awareness of the scope of the culinary arts and associated professions.

SLO 10.11A.1.2 Demonstrate an awareness of the working conditions typically found in the culinary arts and associated professions.

SLO 11A.10.1.3 Demonstrate an awareness of business opportunities related to garde-manger, such as those related to catering.

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**GLO 10.2:** Demonstrate an understanding of **career** and **training opportunities** in the culinary arts and associated professions.

SLO 11A.10.2.1 Demonstrate an awareness of the High School Apprenticeship Program (HSAP), and how it can help students reach their goals.

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**Goal 11:** Demonstrate an understanding of the **evolution** of, and the **innovations and new trends** in, the culinary arts.

**GLO 11.1:** Demonstrate an understanding of the **evolution** of, and the **innovations and new trends** in, the culinary arts.

SLO 11A.11.1.1 Demonstrate an understanding of the evolution of, and the innovations and new trends in, garde-manger.

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