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BREAKFAST AND DAIRY  
(12B)

40S/40E/40M

A Culinary Arts Course



# 8796 BREAKFAST AND DAIRY (12B)

## 40S/40E/40M

### Course Description

This course focuses on the theory behind and preparation of a wide range of breakfast items such as egg-based dishes, pancakes, crepes, waffles, French toast, breakfast pastries, and breakfast meats. Students will also learn about the theory behind and preparation of dairy products and beverages.

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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.

- SLO 12B.1.1.1 Adhere to professional standards of dress, personal hygiene, and grooming.
  - SLO 12B.1.1.2 Create and maintain a safe and sanitary work environment.
  - SLO 12B.1.1.3 Comply with personal protective equipment (PPE) and procedures.
  - SLO 12B.1.1.4 Demonstrate adherence to ergonomic principles.
  - SLO 12B.1.1.5 Comply with WHMIS guidelines.
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**GLO 1.2:** Demonstrate an understanding of, and adherence to, **food safety** procedures.

- SLO 12B.1.2.1 Describe the procedures used to disassemble and assemble kitchen tools, equipment, and their accessories for sanitizing purposes. (A3.4)
- SLO 12B.1.2.2 Demonstrate proper kitchen sanitation, personal hygiene, and food handling and storage practices. (A3.8)
  - cleanliness
  - preventing cross-contamination
  - maintaining foods at safe temperatures
- SLO 12B.1.2.3 Demonstrate an understanding of food allergies and intolerances.

- SLO 12B.1.2.4 Demonstrate the knowledge and skills required to identify and eliminate hazards associated with food allergies and intolerances.
- SLO 12B.1.2.5 Demonstrate an understanding of, and adherence to, safe handling procedures for breakfast and dairy.
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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**.

- SLO 12B.2.1.1 Demonstrate the use of kitchen tools and equipment used in breakfast and dairy.
- SLO 12B.2.1.2 Demonstrate the use, cleaning, and maintenance of kitchen tools and equipment.
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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.

- SLO 12B.3.1.1 Demonstrate the receiving, handling, quality assurance, and storage of different types of food and beverages.
- SLO 12B.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.

- SLO 12B.4.1.1 Explain the principles of heat transfer. (A8.2)
- conduction
  - convection
  - radiation
  - induction
  - chemical process of cooking
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- SLO 12B.4.1.2 Describe and demonstrate methods used to cook foods and describe their associated procedures. (A8.3)
- dry
  - moist
  - combination
- SLO 12B.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 12B.4.1.4 Identify methods of flavour enhancement and their applications. (A8.5)
- seasonings
  - flavourings
- SLO 12B.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 12B.4.1.6 Demonstrate the skills required to evaluate the doneness of food items.
- SLO 12B.4.1.7 Differentiate between seasoning and flavouring, and determine which to use with particular food items.

## A9 Eggs and Poultry (7 hours)

- SLO 12B.4.1.8 Define terminology associated with eggs and dairy products. (A9.1)
- SLO 12B.4.1.9 Identify and describe the composition of eggs. (A9.2)
- grades
  - sizes
  - characteristics
  - applications
- SLO 12B.4.1.10 Describe the procedures used to handle and store eggs and dairy products. (A9.3)
- SLO 12B.4.1.11 Identify and describe the classifications and types of egg and dairy products, and their characteristics and applications. (A9.4)
- cheese and cheese products
  - milk and milk products
  - creams and cream products
  - butters and butter products
- SLO 12B.4.1.12 Identify market forms (pre-prepared and packaged) of eggs, cheese, milk, creams, and butters and describe their characteristics and applications. (A9.5)
- local
  - freshness
  - storage life
  - certified organic
  - applications
  - processed
- SLO 12B.4.1.13 Identify and describe the types of egg and dairy substitutes and describe their characteristics and applications. (A9.6)

## A10 Breakfast Cookery (14 hours)

- SLO 12B.4.1.14 Define terminology associated with breakfast cookery. (A10.1)
- SLO 12B.4.1.15 Describe types of egg-related dishes used in breakfast cookery and demonstrate the procedures for preparing them. (A10.2)
- fried
  - poached
  - boiled
  - scrambled
  - baked
  - omelette
  - quiche
- SLO 12B.4.1.16 Describe types of proteins used in breakfast cookery and demonstrate the procedures for preparing them. (A10.3)
- meat
  - poultry
  - fish
  - other (plant-based and alternative)
- SLO 12B.4.1.17 Describe types of batters used in breakfast cookery and demonstrate the procedures for preparing them. (A10.4)
- pancakes
  - crêpes
  - waffles
- SLO 12B.4.1.18 Describe types of hot and cold cereals used in breakfast cookery and demonstrate the procedures for preparing them. (A10.5)
- SLO 12B.4.1.19 Identify types of hot and cold beverages and describe their applications. (A10.6)
- SLO 12B.4.1.20 Identify market forms (pre-prepared and packaged) of breakfast products and describe their applications. (A10.7)
- SLO 12B.4.1.21 Describe the procedures used to handle and store breakfast items. (A10.8)

- SLO 12B.4.1.22 Perform the procedures used to prepare breakfast dishes. (A10.9)
- selection of ingredients
  - preparation
  - cooking methods
  - applications
    - finishing and plating
    - buffet and service
- SLO 12B.4.1.23 Demonstrate the ability to select and mix ingredients to prepare and cook a dish that includes cheese.
- SLO 12B.4.1.24 Demonstrate an understanding of the characteristics of quick breads.
- SLO 12B.4.1.25 Demonstrate the knowledge and skills required to prepare, bake, and serve/store quick breads.
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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 12B.5.1.1 Demonstrate an understanding of the characteristics of various breakfast and dairy items and their ingredients.
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**GLO 5.2:** Demonstrate an understanding of **recipes, menus, and food costing.**

- SLO 12B.5.2.1 Demonstrate the ability to follow a recipe.
- SLO 12B.5.2.2 Demonstrate an understanding of the costs of the ingredients used in various recipes, including any related supplies.
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**GLO 5.3:** Demonstrate an understanding of **nutrition.**

- SLO 12B.5.3.1 Demonstrate an understanding of the nutritional components of breakfast and dairy 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 12B.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 12B.6.2.1 Demonstrate numeracy knowledge and skills by solving mathematical problems.

SLO 12B.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 12B.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 12B.6.3.1 Demonstrate creativity while applying a variety of presentation techniques.

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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.

SLO 12B.7.1.1 Demonstrate the ability to identify opportunities to minimize waste.

SLO 12B.7.1.2 Demonstrate an understanding of, and compliance to, the disposal and recycling of waste.

SLO 12B.7.1.3 Demonstrate the ability to rotate stock in a way to minimize waste (e.g., FIFO—the first one in is the first one out).

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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.

SLO 12B.8.1.1 Demonstrate an awareness of some of the ethical issues related to breakfast and dairy.

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**Goal 9:** Demonstrate the **employability skills** required in the culinary arts.

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

SLO 12B.9.1.1 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 12B.9.1.2 Demonstrate adherence to a professional dress code.

SLO 12B.9.1.3 Demonstrate the skills required to work as a member of a team.

SLO 12B.9.1.4 Demonstrate initiative in performing tasks.

SLO 12B.9.1.5 Demonstrate the ability to adapt to different situations.

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

No applicable SLOs.

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**GLO 9.3:** Demonstrate the knowledge, skills, and attitudes required to **think critically** in order to solve complex problems.

SLO 12B.9.3.1 Demonstrate the ability to solve problems by focusing only on the facts, and not allowing any biases to interfere with that process.

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

SLO 12B.9.4.1 Demonstrate an awareness of the need for diversity and cultural competence in the workplace.

SLO 12B.9.4.2 Demonstrate an awareness of some of the cultural perspectives surrounding breakfast and dairy.

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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**.

No applicable SLOs.

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

No applicable SLOs.

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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 12B.11.1.1 Demonstrate an understanding of the evolution of, and the innovations and new trends in, breakfast and dairy.

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