



8790

EXPLORATION OF THE
CULINARY ARTS (9)

15S/15E/15M

10S/10E/10M

A Culinary Arts Course

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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: 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 9.1.1.1 | Describe and adhere to professional standards of dress, personal hygiene, and grooming. |
| SLO 9.1.1.2 | Create and maintain a safe and sanitary work environment. |
| SLO 9.1.1.3 | Demonstrate an understanding of emergency procedures. |
| SLO 9.1.1.4 | Identify personal protective equipment (PPE) and procedures. (A2.2) <ul style="list-style-type: none">■ employer and employee responsibilities as related to personal protective equipment■ standards: ANSI (U.S.A. standards), etc.■ work protective clothing and danger if it fits poorly■ gloves—importance of proper glove selection (when handling chemicals, cold items, slivers, etc.)■ headwear—appropriate protective headwear when required and the approved type of headwear■ eye protection—comparison and distinction of everyday eyeglasses, industrial safety glasses, and safety goggles■ foot protection—when required according to safety standards |

- hearing protection
 - hazards of various noise levels (hearing protection must be worn)
 - laws
 - types of hearing protection
 - respiratory protection—types, overview of proper selection
 - fall protection—Manitoba requirements standards guidelines
 - ANSI (U.S.A. standards), etc.
- SLO 9.1.1.5 Identify ergonomics. (A2.5)
- definition of ergonomics and conditions that may affect the body
 - working postures
 - repetition
 - force
 - lifting
 - tools
 - identify tool and safety equipment
 - causes of hand tool accidents
 - equipment
- SLO 9.1.1.6 Recognize and control hazards. (A2.6)
- safe work practices
 - basic risk assessment
 - injury prevention and control measures
 - identification of hazards involved in pneumatic tool use and explanation of how to guard against them
 - refrigerants
 - toxic chemical (non-refrigerant)
 - high pressure fluids
- SLO 9.1.1.7 Identify the safety requirements as they apply to WHMIS. (A2.9)
- WHMIS is a system
 - provincial regulation under the *Safety and Health Act*
 - Each province has a WHMIS regulation
 - federal *Hazardous Products Act*

- WHMIS generic training:
 - WHMIS defined and the format used to convey information about hazardous materials in the workplace
 - information found on supplier and workplace labeling using WHMIS
 - hazardous materials in accordance with WHMIS
 - compliance with government safety standards and regulations
- description of WHMIS (include varieties of WHMIS certification)
 - typology of WHMIS labels, symbols, and classifications
 - scope and use of Materials Safety Data Sheets (MSDS)

SLO 9.1.1.8 Identify and control hazards. (A2.10)

- basic control measures (injury prevention)
- safe work procedures
- explanation on the importance of industrial housekeeping
- employer responsibilities
- how and where to store materials
- safety measures related to walkways, stairs, and floor openings
- explanation of how to protect the worker and others when working in traffic paths

GLO 1.2: Demonstrate an understanding of, and adherence to, **food safety** procedures.

A3 Food Safety Procedures (7 hours)

SLO 9.1.2.1 Define terminology associated with personal hygiene and hygienic practices. (A3.1)

SLO 9.1.2.2 Identify and interpret codes, public health regulations, and jurisdictional requirements pertaining to kitchen sanitation and safe food handling practices. (A3.2)

SLO 9.1.2.3 Identify sanitizing products and describe their applications and procedures for use. (A3.3)

SLO 9.1.2.4 Describe the procedures used to disassemble and assemble kitchen tools, equipment, and their accessories for sanitizing purposes. (A3.4)

- SLO 9.1.2.5 Describe the procedures used to maintain a sanitary food service operation. (A3.5)
- clean, sanitize, and sterilize
 - three sink method of sanitization
 - manage waste and recycle
 - control pests and rodents
 - prevent cross contamination
 - hand washing
 - personal hygiene and clean apparel
 - Hazard Analysis Critical Control Points (HACCP) system and its use in food service operations.
- SLO 9.1.2.6 Interpret jurisdictional regulations and company guidelines associated with wearing personal items. (A3.6)
- fragrances
 - hair restraints
 - jewelry
 - nail polish
- SLO 9.1.2.7 Identify proper food handling and storage techniques. (A3.7)
- cleanliness
 - preventing cross-contamination
 - maintaining foods at safe temperatures
 - receiving and storing foods (first in, first out—FIFO)
 - food-borne illnesses and contamination, their causes and prevention
 - chemical
 - biological
 - physical
- SLO 9.1.2.8 Demonstrate proper kitchen sanitation, personal hygiene, and food handling and storage practices. (A3.8)
- cleanliness
 - preventing cross-contamination
 - maintaining foods at safe temperatures
- SLO 9.1.2.9 Demonstrate an awareness of food allergies and intolerances.
- SLO 9.1.2.10 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**.

SLO 9.2.1.1 Demonstrate an awareness of kitchen tools and equipment.

SLO 9.2.1.2 Demonstrate the use, cleaning, and maintenance of kitchen tools and equipment.

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 9.3.1.1 Demonstrate the receiving, handling, quality assurance, and storage of different types of food and beverages.

SLO 9.3.1.2 Perform the procedures used to receive, inspect, and store goods. (A7.6)

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 9.4.1.1 Explain the principles of heat transfer. (A8.2)

- conduction
- convection
- radiation
- induction
- chemical process of cooking

SLO 9.4.1.2 Describe and demonstrate methods used to cook foods and describe their associated procedures. (A8.3)

- dry
- moist
- combination

SLO 9.4.1.3	Describe and demonstrate methods used to check for doneness of foods and describe their associated procedures. (A8.4) <ul style="list-style-type: none"> ■ probe thermometer ■ visual inspection
SLO 9.4.1.4	Identify methods of flavour enhancement and their applications. (A8.5) <ul style="list-style-type: none"> ■ seasonings ■ flavourings
SLO 9.4.1.5	Identify basic kitchen practices, food quality indicators, and finishing techniques. (A8.6) <ul style="list-style-type: none"> ■ finishing techniques ■ holding foods ■ plating techniques ■ re-thermalization ■ food quality indicators <ul style="list-style-type: none"> – visual inspection – tasting ■ finishing techniques <ul style="list-style-type: none"> – plating – presentation
SLO 9.4.1.6	Demonstrate the skills required to evaluate the doneness of food items.
SLO 9.4.1.7	Demonstrate an awareness of culinary terms.

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.

No applicable SLOs.

GLO 5.2: Demonstrate an understanding of **recipes, menus,** and **food costing.**

SLO 9.5.2.1 Demonstrate an awareness of recipes.

GLO 5.3: Demonstrate an understanding of **nutrition.**

No applicable SLOs.

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.

No applicable SLOs.

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

No applicable SLOs.

GLO 6.3: Apply the transferrable cross-curricular knowledge and skills from **the arts** to the culinary arts.

No applicable SLOs.

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

No applicable SLOs.

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.

No applicable SLOs.

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.

No applicable SLOs.

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

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

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| SLO 9.9.1.1 | 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 9.9.1.2 | Demonstrate adherence to a professional dress code. |
| SLO 9.9.1.3 | Demonstrate the skills required to work as a member of a team. |
| SLO 9.9.1.4 | Demonstrate initiative in performing tasks. |
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GLO 9.2: Demonstrate an understanding of the **business operation** of a culinary establishment.

No applicable SLOs.

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

No applicable SLOs.

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

No applicable SLOs.

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.

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

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| SLO 9.10.2.1 | Demonstrate an awareness of career and training opportunities in the culinary arts and associated professions. |
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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.

No applicable SLOs.
