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MEATS, POULTRY, FISH,  
AND SEAFOOD (12C)

40S/40E/40M

A Culinary Arts Course



# 8797 MEATS, POULTRY, FISH, AND SEAFOOD (12C) 40S/40E/40M

## Course Description

This course focuses on the theory behind and preparation of a variety of meats, poultry, fish, and seafood. Students will also learn about the composition, structure, quality, grading, and basic cuts of meats, poultry, fish, and seafood.

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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 12C.1.1.1 Adhere to professional standards of dress, personal hygiene, and grooming.
- SLO 12C.1.1.2 Create and maintain a safe and sanitary work environment.
- SLO 12C.1.1.3 Comply with personal protective equipment (PPE) and procedures.
- SLO 12C.1.1.4 Demonstrate adherence to ergonomic principles.
- SLO 12C.1.1.5 Comply with WHMIS guidelines.
- SLO 12C.1.1.6 Identify safety and health requirements. (A2.1)
  - overview of The Workplace Safety and Health Act
    - rights and responsibilities of employees under the Act
    - rights and responsibilities of employers under the Act
    - rights and responsibilities of supervisors under the Act
  - fourteen (14) regulations
  - codes of practice
  - guidelines
  - right to refuse
    - explanation of right to refuse process
    - rights and responsibilities of employees
    - rights and responsibilities of employers
    - rights and responsibilities of supervisors under the Act

- SLO 12C.1.1.7 Identify regulations pertinent to care and cleanliness in the working area. (A2.3)
- SLO 12C.1.1.8 Identify the regulations relevant to the safe use of chemicals. (A2.4)
- SLO 12C.1.1.9 Identify hazards of confined space entry. (A2.7)
- identification of a confined space
  - hazards of a confined space
    - physical
    - biological
  - working in a confined space
  - emergency response plan
  - self-contained breathing apparatus (SCBA)
- SLO 12C.1.1.10 Identify first aid/CPR. (A2.8)
- overview of first aid regulation
  - obligations of employers regarding first aid
    - who is certified to provide first aid?
    - what to do while waiting for help?
    - where is first aid kit?
  - describe basic first aid requirements and techniques
    - scope and limits of first aid intervention
    - specific interventions (cuts, burns, abrasions, fractures, suffocation, shock, electrical shock, etc.)
    - what is it?
    - interface with other services and agencies (e.g., Workers Compensation claims)
  - describe basic CPR requirements and techniques
    - How do you get certified?
    - scope and limits of CPR intervention (include varieties of CPR certification)

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

- SLO 12C.1.2.1 Describe the procedures used to disassemble and assemble kitchen tools, equipment, and their accessories for sanitizing purposes. (A3.4)

- SLO 12C.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 12C.1.2.3 Demonstrate an understanding of food allergies and intolerances.
- SLO 12C.1.2.4 Demonstrate the knowledge and skills required to identify and eliminate hazards associated with food allergies and intolerances.
- SLO 12C.1.2.5 Demonstrate an understanding of, and adherence to, safe handling procedures for meats, poultry, fish, and seafood.
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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 12C.2.1.1 Demonstrate the use of kitchen tools and equipment used in meats, poultry, fish, and seafood.
- SLO 12C.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 12C.3.1.1 Demonstrate the receiving, handling, quality assurance, and storage of different types of food and beverages.
- SLO 12C.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 12C.4.1.1 Explain the principles of heat transfer. (A8.2)
- conduction
  - convection
  - radiation
  - induction
  - chemical process of cooking
- SLO 12C.4.1.2 Describe and demonstrate methods used to cook foods and describe their associated procedures. (A8.3)
- dry
  - moist
  - combination
- SLO 12C.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 12C.4.1.4 Identify methods of flavour enhancement and their applications. (A8.5)
- seasonings
  - flavourings
- SLO 12C.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 12C.4.1.6 Demonstrate the skills required to evaluate the doneness of food items.
- SLO 12C.4.1.7 Differentiate between seasoning and flavouring, and determine which to use with particular food items.

#### A19 Meats, Poultry, and Fin Fish (28 hours)

- SLO 12C.4.1.8 Define terminology associated with meats, poultry, and fin fish. (A19.1)
- SLO 12C.4.1.9 Describe safety practices and precautions related to the storage and handling of meats, poultry, and fin fish. (A19.2)
  - Canadian Food Inspection Agency (CFIA) regulations pertaining to the inspection of meats, poultry, and fin fish
  - cultural considerations
  - storage
- SLO 12C.4.1.10 Identify and describe types of domestic meats, and their characteristics and applications. (A19.3)
  - beef
  - pork
  - veal
  - lamb
  - goat
- SLO 12C.4.1.11 Identify and describe types of poultry, and their characteristics and applications. (A19.4)
  - chicken
  - turkey
  - duck
  - specialty
- SLO 12C.4.1.12 Identify and describe types of fin fish, and their characteristics and applications. (A19.5)
  - flat
  - ground fish
  - lean
  - fatty

- SLO 12C.4.1.13 Identify and describe market forms (pre-prepared and packaged) of meats, poultry, and fin fish, and their applications. (A19.6)
- SLO 12C.4.1.14 Describe and demonstrate the procedures used to prepare meats, poultry, and fin fish. (A19.7)
- pork
  - chicken
  - ground fish
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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 12C.5.1.1 Demonstrate an understanding of the characteristics of various meats, poultry, fish, seafood, and their ingredients.
- SLO 12C.5.1.2 Demonstrate an awareness of different aging processes for meat.
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**GLO 5.2:** Demonstrate an understanding of **recipes, menus, and food costing.**

- SLO 12C.5.2.1 Demonstrate the ability to follow a recipe.
- SLO 12C.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 12C.5.3.1 Demonstrate an understanding of the nutritional components of meats, poultry, fish, and seafood.
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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 12C.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 12C.6.2.1 Demonstrate numeracy knowledge and skills by solving mathematical problems.

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

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

SLO 12C.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 12C.8.1.1 Demonstrate an awareness of ethical issues related to the misleading identification of meats, fish, and seafood species and cuts.

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

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

- SLO 12C.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 12C.9.1.2 Demonstrate adherence to a professional dress code.
  - SLO 12C.9.1.3 Demonstrate the skills required to work as a member of a team.
  - SLO 12C.9.1.4 Demonstrate initiative in performing tasks.
  - SLO 12C.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 12C.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 12C.9.4.1 Demonstrate an awareness of the need for cultural competence in the culinary industry.
  - SLO 12C.9.4.2 Demonstrate an awareness of some of the cultural perspectives surrounding meats, poultry, fish, and seafood.
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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 12C.11.1.1 Demonstrate an understanding of the evolution of, and the innovations and new trends in, meats, poultry, fish, and seafood.

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