8790
Exploration of the Culinary Arts (9)

15S/15E/15M
10S/10E/10M

A Culinary Arts Course
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: 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 9.1.1.1: Define terminology associated with personal hygiene and hygienic practices. (A7.1)
SLO 9.1.1.2: Describe the procedures used for handwashing. (A7.10)
SLO 9.1.1.3: Practise personal hygiene and safe health standards.
SLO 9.1.1.4: Adhere to the professional standards of dress, hygiene, and grooming.
SLO 9.1.1.5: Identify and interpret codes, regulations, and federal, provincial/territorial, municipal requirements pertaining to kitchen sanitation and safe food-handling practices. (A7.2)
SLO 9.1.1.6: Describe the procedures used to ensure personal hygiene and clean apparel. (A7.9)
SLO 9.1.1.7: Identify and interpret food health regulations and guidelines associated with the practice of personal hygiene. (A7.7)
SLO 9.1.1.8: Identify and interpret regulations and guidelines associated with wearing personal items. (A7.8)

GLO 1.2: Demonstrate safe food-handling practices.

SLO 9.1.2.1: Demonstrate safe food-handling practices.
SLO 9.1.2.2: Identify common food allergies and determine appropriate substitutions.
SLO 9.1.2.3: Describe the safe storage of stock equipment in service vehicles. (A3.11)
SLO 9.1.2.4: Identify types of food-borne illnesses, their causes, and preventative measures. (A7.11)
GLO 1.3: Create and maintain a **safe and sanitary work environment**.

SLO 9.1.3.1: Create and maintain a safe work environment in the kitchen.

SLO 9.1.3.2: Identify regulations pertinent to care and cleanliness in the work area. (A3.3)

SLO 9.1.3.3: Identify regulations relevant to the safe use of chemicals. (A3.4)

SLO 9.1.3.4: Identify ergonomics. (A3.5)

SLO 9.1.3.5: Identify, recognize, and control hazards. (A3.6, A3.10)

SLO 9.1.3.6: 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 9.1.3.7: Describe safety practices and precautions related to the use of kitchen tools and equipment. (A6.2)

SLO 9.1.3.8: Describe the importance of emergency planning procedures.

SLO 9.1.3.9: Describe and follow substance abuse regulations.

SLO 9.1.3.10: Identify and outline workplace fire safety principles. (A3.8) (TSA 19)

SLO 9.1.3.11: Discuss the role of Workplace Safety and Health, and the procedures to follow in case of an incident (e.g., slips and falls, improper lifting, etc.).

SLO 9.1.3.12: 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 9.1.3.13: Describe how the Workers Compensation Act relates to the profession of chef.

SLO 9.1.3.14: Describe procedures for dealing with burns and cuts.

SLO 9.1.3.15: Identify the safety principles for working on and around electrical equipment. (A3.6) (TSA 18)

SLO 9.1.3.16: Describe the three government levels of food/health inspection and the area each level controls.

SLO 9.1.3.17: Describe the Hazard Analysis Critical Control Points (HACCP) System and its use in food-service operations. (A7.14)

SLO 9.1.3.18: Demonstrate proper kitchen sanitation, personal hygiene, and food-handling and storage practices. (A7.15)
SLO 9.1.3.19: Identify safety and health requirements. (A3.1)

SLO 9.1.3.20: 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)

SLO 9.1.3.21: Demonstrate knowledge of safety equipment such as fire extinguisher, first aid kit, and eyewash station. (A3.8)

SLO 9.1.3.22: Identify sanitizing products and describe their applications and procedures for use. (A7.3)

SLO 9.1.3.23: Describe the three-sink method of sanitization. (A7.4)

SLO 9.1.3.24: Describe the procedures used to disassemble and assemble kitchen tools and equipment and their accessories for sanitizing purposes. (A7.5)


No applicable SLOs.

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 9.2.1.1: Identify and demonstrate the safe and appropriate operation and/or use of kitchen equipment, containers, and cooking utensils used in the preparation of food and beverage.

SLO 9.2.1.2: Demonstrate the safe and appropriate cleaning and maintenance of kitchen equipment and cooking utensils.

SLO 9.2.1.3: Define terminology associated with kitchen tools and equipment. (A6.1)

SLO 9.2.1.4: Identify types of knives and describe their characteristics, applications, and procedures for use. (A6.3)

SLO 9.2.1.5: Identify the tools used to sharpen and hone knives, and describe their applications and procedures for use. (A6.4)

SLO 9.2.1.6: Describe the procedures used to inspect and store knives. (A6.5)

SLO 9.2.1.7: Demonstrate the safe and appropriate use of knives.
SLO 9.2.1.8: Identify types of pots and pans, and describe their characteristics, applications, and procedures for use. (A6.6)

SLO 9.2.1.9: Describe the procedures used to inspect and store pots and pans. (A6.7)

SLO 9.2.1.10: Identify types of utensils and describe their characteristics, applications, and procedures for use. (A6.8)

SLO 9.2.1.11: Describe the procedures used to inspect and store utensils. (A6.9)

SLO 9.2.1.12: Identify types of equipment and appliances, and describe their accessories, applications, and procedures for use. (A6.10)

SLO 9.2.1.13: Describe the procedures used to inspect, maintain, and store equipment and appliances. (A6.11)

SLO 9.2.1.14: Demonstrate proper use of kitchen tools and equipment, and their maintenance and procedures for use. (A6.12)

**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 9.3.1.1: Demonstrate the procedures used to receive, inspect, handle, and store different types of food and beverage. (A11.7)

**GLO 3.2:** Demonstrate the appropriate **pre-preparation (mise en place), preparation, and presentation** of different types of food and beverage.

SLO 9.3.2.1: Maintain a log of culinary terms.

SLO 9.3.2.2: Demonstrate general preparation procedures for different types of food and beverage.

SLO 9.3.2.3: Describe and perform mise en place.

SLO 9.3.2.4: Identify and perform the standard breading procedure.

SLO 9.3.2.5: Identify, select, and prepare convenience products.

SLO 9.3.2.6: Determine doneness of prepared foods.
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.

SLO 9.4.1.1: Define terminology associated with basic cooking principles. (A9.1)

SLO 9.4.1.2: Examine the different types of convenience products available.

SLO 9.4.1.3: Demonstrate an understanding of the characteristics of different foods and ingredients.

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

SLO 9.4.2.1: Demonstrate the procedure used to read and follow recipes. (A8.3)

**GLO 4.3:** Demonstrate an understanding of **nutrition**.

No applicable SLOs.

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 9.5.1.1: Read, interpret, and communicate recipes, menus, and labels.

SLO 9.5.1.2: Identify effective communication practices. (A4.1)

SLO 9.5.1.3: Identify the types of communication methods and equipment, and describe their applications. (A4.2)

SLO 9.5.1.4: Describe the importance of effective verbal, non-verbal, and written communication with customers, suppliers, and employees. (A4.3)

SLO 9.5.1.5: Communicate effectively using verbal and non-verbal techniques. (A4.4)

SLO 9.5.1.6: Demonstrate effective communication principles. (A4.5)
GLO 5.2: Apply mathematics knowledge and skills relevant to the culinary arts.

SLO 9.5.2.1: Perform basic math functions.
SLO 9.5.2.2: Demonstrate the proficient use of fractions, ratios, decimals, and percentages.
SLO 9.5.2.3: Demonstrate the proficient conversion between the metric and standard (or imperial) systems of measurement.

GLO 5.3: Apply chemistry knowledge and skills relevant to the culinary arts.

No applicable SLOs.

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 9.6.1.1: Identify the waste produced in a culinary arts facility.
SLO 9.6.1.2: Demonstrate the disposal and recycling of waste.
SLO 9.6.1.3: Rotate stock in a way to minimize waste (e.g., FIFO—the first one in is the first one out).
SLO 9.6.1.4: Identify and locate facilities for recycling and waste disposal.

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 9.7.1.1: Discuss ethical and legal standards in the culinary arts.

Goal 8: Demonstrate the employability skills required in the culinary arts.

GLO 8.1: Demonstrate fundamental employability skills.

SLO 9.8.1.1: 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 9.8.1.2: Demonstrate professional dress code.
SLO 9.8.1.3: Demonstrate the skills required to work as a member of a team.
SLO 9.8.1.4: Demonstrate initiative in performing tasks.
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 9.9.1.1: Describe the structure and scope of the culinary arts. (A1.1)
SLO 9.9.1.2: Describe the Manitoba Cook Apprenticeship Program. (A1.2)

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.

No applicable SLOs.