



8796

BREAKFAST AND DAIRY (12B)

40S/40E/40M

A Culinary Arts Course

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Course Description

This course is intended for students wishing to pursue the Culinary Arts. Curriculum content 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. They will also examine the theory behind and laws pertaining to the use and serving of alcoholic beverages.

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 12B.1.1.1: Demonstrate appropriate sanitation and personal hygiene practices as they apply to breakfast and dairy products.
 - SLO 12B.1.1.2: Define terminology associated with personal hygiene and hygienic practices. (A7.1)
 - SLO 12B.1.1.3: Describe the procedures used for handwashing. (A7.10)
 - SLO 12B.1.1.4: Practise personal hygiene and safe health standards.
 - SLO 12B.1.1.5: Adhere to the professional standards of dress, hygiene, and grooming.
 - SLO 12B.1.1.6: Identify and interpret codes, regulations, and federal, provincial/territorial, municipal requirements pertaining to kitchen sanitation and safe food-handling practices. (A7.2)
 - SLO 12B.1.1.7: Define terminology associated with personal hygiene and hygienic practices. (A7.1)
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GLO 1.2: Demonstrate safe **food-handling** practices.

- SLO 12B.1.2.1: Describe safe handling procedures for breakfast and dairy.
- SLO 12B.1.2.2: Identify common food allergies found in breakfast and dairy dishes, and determine appropriate substitutions.
- SLO 12B.1.2.3: Identify types of food-borne illnesses, their causes, and preventative measures. (A7.11)
- SLO 12B.1.2.4: Identify types of food contamination, their causes, and preventative measures. (A7.12)

- SLO 12B.1.2.5: Identify proper food-handling and storage techniques. (A7.13)
- SLO 12B.1.2.6: Describe the procedures used to ensure personal hygiene and clean apparel. (A7.9)
- SLO 12B.1.2.7: Identify and interpret food health regulations and guidelines associated with the practice of personal hygiene. (A7.7)
- SLO 12B.1.2.8: Identify and interpret regulations and guidelines associated with wearing personal items. (A7.8)
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GLO 1.3: Create and maintain a safe and sanitary work environment.

- SLO 12B.1.3.1: Create and maintain a safe work environment when working with breakfast and dairy products.
- SLO 12B.1.3.2: 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 12B.1.3.3: Identify and outline workplace fire safety principles (A3.8) (TSA 19)
- SLO 12B.1.3.4: 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 12B.1.3.5: Identify the safety principles for working on and around electrical equipment (A3.6) (TSA 18)
- SLO 12B.1.3.6: 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)
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GLO 1.4: Demonstrate knowledge of the **Trade Safety Awareness Manual (<www.gov.mb.ca/tce/apprent/apprentice/trade_safety/>).**

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 12B.2.1.1: Demonstrate the safe and proper use and/or operation of the kitchen equipment and cooking utensils used in the preparation of breakfast and dairy products.

SLO 12B.2.1.2: Demonstrate the safe and appropriate cleaning and maintenance of the equipment and utensils used in the preparation of breakfast and dairy products.

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 12B.3.1.1: Describe receiving, storing, and handling procedures for breakfast and dairy products.

SLO 12B.3.1.2: Demonstrate appropriate quality assurance of breakfast and dairy products.

SLO 12B.3.1.3: Discuss safe food preparation and handling procedures for breakfast and dairy products.

SLO 12B.3.1.4: Describe the procedures used to handle and store breakfast items, dairy products, and eggs. (H1.12, H2.13)

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

SLO 12B.3.2.1: Select and mix ingredients to prepare and cook cheese dishes.

SLO 12B.3.2.2: Demonstrate the procedures used in the preparation of eggs, dairy products, and their substitutes. (H1.13)

SLO 12B.3.2.3: Identify the mixing methods used to prepare quick breads. (H2.5)

SLO 12B.3.2.4: Describe the procedures used to prepare breakfast dishes. (H2.10)

SLO 12B.3.2.5: Describe plating and finishing techniques. (H2.11)

SLO 12B.3.2.6: Describe buffet and serving techniques. (H2.12)

- SLO 12B.3.2.7: Demonstrate the procedures used to prepare breakfast dishes. (H2.14)
- SLO 12B.3.2.8: Describe characteristics of quick breads.
- SLO 12B.3.2.9: Prepare, bake, and serve/store quick breads.
- SLO 12B.3.2.10: Determine doneness of breakfast and dairy products.

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 12B.4.1.1: Define terminology associated with eggs and dairy products. (H1.1)
- SLO 12B.4.1.2: Describe the composition of eggs. (H1.2)
- SLO 12B.4.1.3: Describe the grades and sizes of eggs, and their characteristics and applications. (H1.3)
- SLO 12B.4.1.4: Identify types of egg substitutes and describe their characteristics and applications. (H1.4)
- SLO 12B.4.1.5: Identify classifications and types of cheese and cheese products, and describe their characteristics and applications. (H1.5)
- SLO 12B.4.1.6: Identify classifications and types of milk and milk products, and describe their characteristics and applications. (H1.6)
- SLO 12B.4.1.7: Describe classifications, types, characteristics, and applications of creams and cream products. (H1.7)
- SLO 12B.4.1.8: Describe classifications and types of butters and butter products, and their characteristics and applications. (H1.8)
- SLO 12B.4.1.9: Identify types of dairy substitutes, and describe their characteristics and applications. (H1.9)
- SLO 12B.4.1.10: Identify market forms (pre-prepared and packaged) of eggs, cheese, milk, creams, and butters, and describe their characteristics and applications. (H1.10)
- SLO 12B.4.1.11: Identify the factors to consider when selecting eggs and dairy products. (H1.11)
- SLO 12B.4.1.12: Define terminology associated with breakfast cookery. (H2.1)
- SLO 12B.4.1.13: Identify types of egg-related dishes used in breakfast cookery and describe their characteristics. (H2.2)
- SLO 12B.4.1.14: Identify types of proteins used in breakfast cookery, and describe their characteristics. (H2.3)

- SLO 12B.4.1.15: Identify types of breads, quick breads, and batters used in breakfast cookery, and describe their characteristics. (H2.4)
- SLO 12B.4.1.16: Identify types of hot and cold cereals used in breakfast cookery, and describe their characteristics. (H2.6)
- SLO 12B.4.1.17: Identify types of fruit and vegetables used in breakfast cookery, and describe their applications. (H2.7)
- SLO 12B.4.1.18: Identify types of hot and cold beverages, and describe their applications. (H2.8)
- SLO 12B.4.1.19: Identify market forms (pre-prepared and packaged) of breakfast products, and describe their applications. (H2.9)
- SLO 12B.4.1.20: Identify purchasing criteria for the ingredients for breakfast and dairy items.
- SLO 12B.4.1.21: List and identify the major international breakfast items.
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GLO 4.2: Demonstrate an understanding of **recipes, menus, and food costing**.

- SLO 12B.4.2.1: Demonstrate how to follow a recipe for preparing breakfast dishes.
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GLO 4.3: Demonstrate an understanding of **nutrition**.

- SLO 12B.4.3.1: Describe the nutrient components of breakfast and dairy dishes.
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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 12B.5.1.1: Read and follow manufacturers' directions and recipes related to the preparation of breakfast and dairy dishes.
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GLO 5.2: Apply **mathematics** knowledge and skills relevant to the culinary arts.

- SLO 12B.5.2.1: Convert total yield/ratio and portion sizes of breakfast and dairy recipes.
- SLO 12B.5.2.2: Demonstrate the proficient use of fractions, ratios, decimals, and percentages.
- SLO 12B.5.2.3: Demonstrate the proficient conversion between the metric and standard (or imperial) systems of measurement.
- SLO 12B.5.2.4: Identify ingredients and calculate ratios used in breakfast and dairy recipes. (B1.7)
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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.

No applicable SLOs.

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.

No applicable SLOs.

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

GLO 8.1: Demonstrate fundamental **employability skills**.

SLO 12B.8.1.1: Demonstrate employability skills (e.g., being prepared for work on time, setting up workstations, staying on task, accepting responsibility for their actions, etc.).

SLO 12B.8.1.2: Demonstrate professional dress code.

SLO 12B.8.1.3: Demonstrate the skills required to work as a member of a team.

SLO 12B.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 12B.9.1.1: Demonstrate an understanding of the career opportunities in breakfast and dairy.

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.

SLO 12B.10.1.1: Discuss the evolution and technical progression of, and the emerging trends in breakfast and dairy.
