8797
Menu Planning and Food Costing (12C)

40S/40E/40M

A Culinary Arts Course
Course Description

This course is intended for students wishing to pursue the Culinary Arts. Curriculum content focuses on the planning of classical and modern menus; food costing; controlling costs; price changes; receiving, storing, and ordering food; recording inventory; par levels; developing menu prices; determining yield factors; and setting food cost percentages. Students learn the basic principles of nutrition, the Canadian Food Rainbow, and their use in planning healthy menus.

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 12C.1.1.1: Demonstrate appropriate sanitation and personal hygiene practices.

SLO 12C.1.1.2: Define terminology associated with personal hygiene and hygienic practices. (A7.1)

SLO 12C.1.1.3: Describe the procedures used for handwashing. (A7.10)

SLO 12C.1.1.4: Practise personal hygiene and safe health standards.

SLO 12C.1.1.5: Adhere to the professional standards of dress, hygiene, and grooming.

SLO 12C.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 12C.1.1.7: Define terminology associated with personal hygiene and hygienic practices. (A7.1)

GLO 1.2: Demonstrate safe food-handling practices.

No applicable SLOs.
**GLO 1.3:** Create and maintain a **safe and sanitary work environment**.

- **SLO 12C.1.3.1:** Create and maintain a safe work environment.
- **SLO 12C.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 12C.1.3.3:** Identify and outline workplace fire safety principles. (A3.8) (TSA 19)
- **SLO 12C.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 12C.1.3.5:** Identify the safety principles for working on and around electrical equipment. (A3.6) (TSA 18)
- **SLO 12C.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)

**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 12C.2.1.1:** Demonstrate the safe and proper use and/or operation of the kitchen equipment and cooking utensils.
- **SLO 12C.2.1.2:** Demonstrate the safe and appropriate cleaning and maintenance of the equipment and utensils used.
**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 12C.3.1.1: Describe elements of purchasing.
- SLO 12C.3.1.2: Identify purchasing criteria for food products.
- SLO 12C.3.1.3: Identify purchasing criteria for non-food and beverage items.
- SLO 12C.3.1.4: Demonstrate appropriate inventory procedures.
- SLO 12C.3.1.5: Evaluate information from inventory counts to prove accurate checks for cost control.
- SLO 12C.3.1.6: Identify forms and reports relating to receiving, inspecting, and storing goods, and describe the procedures used to interpret and complete them. (A11.6)
- SLO 12C.3.1.7: Demonstrate an understanding of par stock (par level).

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

- SLO 12C.3.2.1: Prepare a three-course meal for two people. (A9.12)

**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.

No applicable SLOs.
GLO 4.2: Demonstrate an understanding of recipes, menus, and food costing.

SLO 12C.4.2.1: Demonstrate an understanding of the relative costs of purchasing the ingredients used in the preparation of food and beverages, as well as the related supplies.

SLO 12C.4.2.2: Plan a menu (within a budget) for a three-course meal.

SLO 12C.4.2.3: Calculate the cost of recipes and the selling price of menu items.

SLO 12C.4.2.4: List factors that affect food prices.

SLO 12C.4.2.5: Demonstrate an understanding of classical and modern menu designs.

SLO 12C.4.2.6: Identify the styles of menus and describe their characteristics and applications. (A9.10)

SLO 12C.4.2.7: Describe the process of recipe costing.

GLO 4.3: Demonstrate an understanding of nutrition.

SLO 12C.4.3.1: Discuss nutrition considerations in menu planning.

SLO 12C.4.3.2: Describe the basic principles of nutrition.

SLO 12C.4.3.3: Discuss carbohydrates, protein, and fat, and their importance in supplying the body with energy.

SLO 12C.4.3.4: Identify the importance of the Canadian Food Rainbow, and its role in planning nutritional menus.

SLO 12C.4.3.5: Explain the importance of a balanced diet and a healthy lifestyle.

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 12C.5.1.1: Read and follow industry documents related to menu planning and food costing.

SLO 12C.5.1.2: Identify types of trade-related documents, and describe their applications. (A5.3)

SLO 12C.5.1.3: Identify types of documentation, and describe the procedures used to prepare them. (A5.4)

SLO 12C.5.1.4: Prepare and complete trade-related forms and documents. (A5.5)
GLO 5.2: Apply mathematics knowledge and skills relevant to the culinary arts.

- SLO 12C.5.2.1: Demonstrate the process of recipe costing and the selling price of menu items.
- SLO 12C.5.2.2: Demonstrate the proficient use of fractions, ratios, decimals, and percentages.
- SLO 12C.5.2.3: Demonstrate the proficient conversion between the metric and standard (or imperial) systems of measurement.
- SLO 12C.5.2.4: Perform basic math functions.
- SLO 12C.5.2.5: Describe the process of recipe yield adjustment.
- SLO 12C.5.2.6: Demonstrate knowledge of systems of measurement and their conversions, and of cost controls. (A8.5)

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 12C.6.1.1: Demonstrate the process of recipe costing and the selling price of menu items.
- SLO 12C.6.1.2: Discuss sustainable portion sizes.

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 12C.7.1.1: Discuss the importance of accuracy and integrity in menus and food preparation.
- SLO 12C.7.1.2: Discuss the deceitful substitution of different or inferior products (lower grade, smaller, or less expensive) for a superior one.
- SLO 12C.7.1.3: Discuss the legal and ethical implications of unsanitary and unhealthy practices in the culinary industry.
Goal 8: Demonstrate the **employability skills** required in the culinary arts.

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

SLO 12C.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 12C.8.1.2: Demonstrate professional dress code.

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

SLO 12C.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 12C.9.1.1: Create a resume related to one’s expertise in the culinary arts.

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 12C.10.1.1: Discuss the evolution and technical progression of, and the emerging trends in menu planning.