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

40S/40E/40M

A Culinary Arts Course



# 8798: MEATS, POULTRY, FISH, AND SEAFOOD (12D) 40S/40E/40M

## 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 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:** 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 12D.1.1.1: Demonstrate appropriate sanitation and personal hygiene practices as they apply to meats, poultry, fish, and seafood.
- SLO 12D.1.1.2: Define terminology associated with personal hygiene and hygienic practices. (A7.1)
- SLO 12D.1.1.3: Describe the procedures used for handwashing. (A7.10)
- SLO 12D.1.1.4: Practise personal hygiene and safe health standards.
- SLO 12D.1.1.5: Adhere to the professional standards of dress, hygiene, and grooming.
- SLO 12D.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 12D.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 12D.1.2.1: Describe safe handling procedures for meats, poultry, fish, and seafood.
- SLO 12D.1.2.2: Identify common food allergies found in meats, poultry, fish, and seafood, and determine appropriate substitutions.
- SLO 12D.1.2.3: Identify types of food-borne illnesses, their causes, and preventative measures. (A7.11)
- SLO 12D.1.2.4: Identify types of food contamination, their causes, and preventative measures. (A7.12)

- SLO 12D.1.2.5: Identify proper food-handling and storage techniques. (A7.13)
- SLO 12D.1.2.6: Describe the procedures used to ensure personal hygiene and clean apparel. (A7.9)
- SLO 12D.1.2.7: Identify and interpret food health regulations and guidelines associated with the practice of personal hygiene. (A7.7)
- SLO 12D.1.2.8: Identify and interpret regulations and guidelines associated with wearing personal items. (A7.8)
- SLO 12D.1.2.9: Describe safety practices and precautions related to serving and handling raw meat. (E1.2)
- SLO 12D.1.2.10: Identify Canadian Food Inspection Agency (CFIA) regulations pertaining to the inspection of meats. (E1.3)
- SLO 12D.1.2.11: Describe safety practices and precautions related to handling raw poultry. (E3.2)
- SLO 12D.1.2.12: Identify Canadian Food Inspection Agency (CFIA) regulations pertaining to the inspection of poultry. (E3.3)
- SLO 12D.1.2.13: Describe safety practices and precautions related to serving and handling raw fish. (F1.2)
- SLO 12D.1.2.14: Identify Canadian Food Inspection Agency (CFIA) regulations pertaining to the inspection of fish. (F1.3)
- SLO 12D.1.2.15: Describe safety practices and precautions related to serving and handling raw seafood. (F2.2)
- SLO 12D.1.2.16: Identify Canadian Food Inspection Agency (CFIA) regulations pertaining to the inspection of seafood. (F2.3)
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**GLO 1.3: Create and maintain a safe and sanitary work environment.**

- SLO 12D.1.3.1: Create and maintain a safe work environment when working with meats, poultry, fish, and seafood.
- SLO 12D.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 12D.1.3.3: Identify and outline workplace fire safety principles. (A3.8) (TSA 19)
- SLO 12D.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 12D.1.3.5: Identify the safety principles for working on and around electrical equipment. (A3.6) (TSA 18)
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SLO 12D.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/](http://www.gov.mb.ca/tce/apprent/apprentice/trade_safety/)>).

No applicable SLOs.

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**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 12D.2.1.1: Demonstrate the safe and proper use and/or operation of the kitchen equipment and cooking utensils used in the preparation of meats, poultry, fish, and seafood.

SLO 12D.2.1.2: Demonstrate the safe and appropriate cleaning and maintenance of the equipment and utensils used in the preparation of meat, poultry, fish, and seafood.

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**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 12D.3.1.1: Describe receiving, storing, and handling procedures for meats, poultry, fish, and seafood.

SLO 12D.3.1.2: Identify the factors to consider when defrosting meats and poultry. (E1.5, E3.6)

SLO 12D.3.1.3: Describe the procedures used to handle and store meats and poultry. (E1.11, E3.11)

SLO 12D.3.1.4: Describe the procedures used to verify the quality of fish and meat cuts. (F1.6)

SLO 12D.3.1.5: Describe the procedures used to handle and store fish and seafood. (F1.11, F2.12)

SLO 12D.3.1.6: Describe the procedures used to verify the quality of seafood. (F2.7)

- SLO 12D.3.1.7: Describe the procedures used to hold live seafood. (F2.8)
- SLO 12D.3.1.8: Demonstrate the appropriate quality assurance of meats, poultry, fish, and seafood.
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**GLO 3.2:** Demonstrate the appropriate **pre-preparation (mise en place), preparation, and presentation** of different types of food and beverage.

- SLO 12D.3.2.1: Identify the factors to consider when cooking meats. (E1.6)
- SLO 12D.3.2.2: Identify methods used to cook meats and describe their associated procedures. (E1.7)
- SLO 12D.3.2.3: Describe the procedures used to carve meats. (E1.8)
- SLO 12D.3.2.4: Demonstrate the procedures used to handle, prepare, and store meats. (E1.12)
- SLO 12D.3.2.5: Identify the factors to consider when cooking poultry. (E3.7)
- SLO 12D.3.2.6: Identify methods used to cook poultry and describe their associated procedures. (E3.8)
- SLO 12D.3.2.7: Describe the procedures used to carve poultry. (E3.9)
- SLO 12D.3.2.8: Demonstrate the procedures used to handle, prepare, and store poultry. (E3.12)
- SLO 12D.3.2.9: Define terminology associated with fish. (F1.1)
- SLO 12D.3.2.10: Describe the procedures used to process fish. (F1.7)
- SLO 12D.3.2.11: Identify the factors to consider when cooking fish. (F1.8)
- SLO 12D.3.2.12: Describe methods used to cook fish and their associated procedures. (F1.9)
- SLO 12D.3.2.13: Demonstrate the procedures used to prepare and present fish using a variety of cooking methods, and to handle and store fish. (F1.12)
- SLO 12D.3.2.14: Describe the procedures used to process and cook seafood and their associated procedures. (F2.9, F2.10)
- SLO 12D.3.2.15: Describe plating and finishing techniques for meats, poultry, fish, and seafood. (E1.10, E3.10, F1.10, F2.11)
- SLO 12D.3.2.16: Demonstrate the procedures used to prepare and present seafood using a variety of cooking methods, and to handle and store seafood. (F2.13)
- SLO 12D.3.2.17: Determine doneness of meats, poultry, fish, and seafood.
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**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 12D.4.1.1: Describe the different aging processes for meats.
  - SLO 12D.4.1.2: Define terminology associated with meats and poultry. (E1.1, E3.1)
  - SLO 12D.4.1.3: Identify types of domestic meats and describe their characteristics and applications. (E1.4)
  - SLO 12D.4.1.4: Describe classifications, grades, and market forms of meats, as well as their characteristics and applications. (E1.9)
  - SLO 12D.4.1.5: Identify types of poultry and describe their characteristics and applications. (E3.4)
  - SLO 12D.4.1.6: Identify classifications, grades, and market forms (pre-prepared and packaged) of poultry, and describe their characteristics and applications. (E3.5)
  - SLO 12D.4.1.7: Describe classifications and types of fish, and their characteristics and applications. (F1.4)
  - SLO 12D.4.1.8: Identify market forms (pre-prepared and packaged) of fish, and describe their characteristics and applications. (F1.5)
  - SLO 12D.4.1.9: Define terminology associated with seafood. (F2.1)
  - SLO 12D.4.1.10: Identify classifications and types of seafood and describe their characteristics and applications. (F2.4)
  - SLO 12D.4.1.11: Identify market forms (pre-prepared and packaged) of seafood, and describe their characteristics and applications. (F2.5)
  - SLO 12D.4.1.12: Identify regional species, and describe their characteristics and applications. (F2.6)
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**GLO 4.2:** Demonstrate an understanding of **recipes, menus, and food costing.**

- SLO 12D.4.2.1: Demonstrate how to follow a recipe for preparing meats, poultry, fish, and seafood.
  - SLO 12D.4.2.2: Demonstrate an understanding of the relative costs of the ingredients used in the preparation of meats, poultry, fish, and seafood.
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**GLO 4.3:** Demonstrate an understanding of **nutrition**.

SLO 12D.4.3.1: Describe the nutrient components of meats, poultry, fish, and seafood.

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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 12D.5.1.1: Read and follow manufacturers' directions and recipes related to the preparation of meats, poultry, fish, and seafood.

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**GLO 5.2:** Apply **mathematics** knowledge and skills relevant to the culinary arts.

SLO 12D.5.2.1: Convert total yield/ratio and portion sizes of meat, poultry, fish, and seafood recipes.

SLO 12D.5.2.2: Demonstrate the proficient use of fractions, ratios, decimals, and percentages.

SLO 12D.5.2.3: Demonstrate the proficient conversion between the metric and standard (or imperial) systems of measurement.

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

No applicable SLOs.

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**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.

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**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.

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

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

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

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

SLO 12D.8.1.4: Demonstrate initiative in performing tasks.

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**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 12D.9.1.1: Identify career and post-secondary opportunities in the area of meats, poultry, fish, and seafood.

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**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 12D.10.1.1: Discuss the evolution and technical progression of, and the emerging trends in meats, poultry, fish, and seafood.

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