8798
Meats, Poultry, Fish, and Seafood (12D)

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 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.

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)

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)

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)
SLO 12D.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)


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 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.

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.

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.
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)

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

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

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.

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.

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 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.

**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.

**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.