

# *Wallenpaupack Area School District*

## **COURSE: Food Service Level I**

**GRADE LEVEL:** Grade Tenth - Twelfth

**LENGTH OF COURSE:** Full Year – Every Day

**TEXT:** Culinary Essentials

**PUBLISHER:** Glencoe/McGraw-Hill

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### **COURSE DESCRIPTION:**

This course of study is recommended for the student who plans to pursue further study and employment related to institutional and commercial food services. Specialized learning experiences include theory, laboratory work and experiences planning, selecting, purchasing, preparing and serving of food and food products. Instruction is provided which will lead to employment at the entry level in all areas of food service which is found in restaurants, cafeterias, drive-ins, retail food shops, hotels, motels, industrial plants, hospitals, catering and take-out food establishments.

Level I Food Service does basic restaurant food prep and dining room set-up. These students learn basic knife skills, soup and stock preparation and recipe standardization. Safety and sanitation, cost control, menu planning, and restaurant operation are also taught. Level I does a majority of food preparation for our operating restaurant, The Lakeside Café.

### **CURRICULUM WRITING TEAM:**

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### **DATE OF REVISION:**

2006

# Wallenpaupack Area School District

**Course:** Food Service Level I

**Grade Level:** Grade 10-12

**Unit:** Safety and Sanitation

**PA Standards:** 13.2

13.3

<b>Topics:</b> Working Safely Fire Safety Food Contamination Personal Hygiene Receiving & Storing Food Preparation & Cooking Holding Food Serving Food Safely Cooling Food Safely Reheating Foods Safely	<b>Skills:</b> Students will apply the safety regulations while working with food to ensure the safety of the consumer
<b>Activities:</b> Lecture View Serve Safe Videos Text Chapter 7&8 Teacher created project Worksheets Demonstrations Daily journal entry	<b>Performance Assessments:</b> Class Participation Textbook assignments Worksheets Project Rubric Tests Journal entry

# Wallenpaupack Area School District

**Course:** Food Service Level I

**Grade Level:** Grade 10-12

**Unit:** Restaurant Operation

**PA Standards:** 13.2

13.3

<b>Topics:</b> Front of the House	<b>Skills:</b> Students will perform all of the assigned tasks for the Front of the House restaurant area
<b>Activities:</b> Lecture Demonstrations Students will set-up the assigned Front of the House restaurant area Students will perform the duties of the assigned restaurant area according to the job description list: Waiter/Waitress Set-Up Students will clean-up the assigned restaurant area Daily journal entry	<b>Performance Assessments:</b> Class participation grade Journal grade

# Wallenpaupack Area School District

**Course:** Food Service Level I

**Grade Level:** Grade 10-12

**Unit:** Restaurant Operation

**PA Standards:** 13.2  
13.3

<b>Topics:</b>	<b>Skills:</b>
Back of the House	Students will perform all of the assigned tasks for the Back of the House of the restaurant areas
<b>Activities:</b>	<b>Performance Assessments:</b>
Lecture Demonstrations Students will set-up the assigned Back of the House restaurant area Students will perform the duties of the assigned restaurant area according the job description list: Hot Foods Garde Manger Salad Producer Beverage and Dessert Dishwasher Pot Washer Student Lunch Substitute Students will clean-up the assigned restaurant area Daily journal entry	Class participation grade Journal grade Quality of food items prepared Lab assessment

# Wallenpaupack Area School District

**Course:** Food Service Level I

**Grade Level:** Grade 10-12

**Unit:** Restaurant Operation

**PA Standards:** 13.2  
13.3

<b>Topics:</b>	<b>Skills:</b>
Catering	Students will prepare and package various foods using a variety of cooking techniques
<b>Activities:</b>	<b>Performance Assessments:</b>
Students will prepare and package food items for pickup including but not limited to: Hor d Oeuvres Soups Salads Casseroles Complete Entrees Baked Goods Desserts Special Orders Daily journal entry	Class participation grade Journal grade Lab assessment Quality of food items prepared

# Wallenpaupack Area School District

**Course:** Food Service Level I

**Grade Level:** Grade 10-12

**Unit:** Employability Skills

**PA Standards:** 13.1  
13.2

<b>Topics:</b>	<b>Skills:</b>
Basic Skills Work Ethic	Students will relate the importance of basic job skills to job success
<b>Activities:</b>	<b>Performance Assessments:</b>
Lecture Text Chapter 2 Worksheets Calling In Daily journal	Textbook assignments Tests Class participation Journal grade

# Wallenpaupack Area School District

**Course:** Food Service Level I

**Grade Level:** Grade 10-12

**Unit:** Basic Inventory

**PA Standards:** 13.2

<b>Topics:</b>	<b>Skills:</b>
Receiving Orders using ServSafe Guidelines Checking Orders Putting Orders Away	Students will only accept quality deliveries from suppliers Students will apply the FIFO method so that inventory is kept fresh
<b>Activities:</b>	<b>Performance Assessments:</b>
Students will receive orders using the taught guidelines from ServSafe Students will unpack orders Students will check the quality of the products received Students will ensure that all of the items that have been ordered are received. Students will report on any missing items Students will put away inventory using the FIFO method in the appropriate storage area Text Chapter 8-3 Daily Journal	Lab assessment Test Journal grade Class participation

# Wallenpaupack Area School District

**Course:** Food Service Level I

**Grade Level:** Grade 10-12

**Unit:** Career Exploration

**PA Standards:** 13.1,13.2,13.3

<b>Topics:</b> Service Careers Production Careers Management Careers Education and Training Professional Organization	<b>Skills:</b> Students will identify and research careers related to the food service industry Students will simulate a variety of careers available within the industry
<b>Activities:</b> Lecture Text Chapter 1-1,1-2,1-3 Career project Project presentation Daily journal	<b>Performance Assessments:</b> Text assignments Tests Project rubric Journal grade

# Wallenpaupack Area School District

**Course:** Food Service Level I

**Grade Level:** Grade 10-12

**Unit:** Equipment & Technology

**PA Standards:** 13.2

<b>Topics:</b>	<b>Skills:</b>
Commercial Kitchen Preparation Equipment Cooking Equipment Hand Tools Measuring Equipment Cookware	Students will identify the areas of the commercial kitchen, preparation and cooking equipment
<b>Activities:</b>	<b>Performance Assessments:</b>
Knife Lab CIA Knife video Lecture Kitchen Identification of Work Stations Equipment Identification Text Chapter 9 & 10 Teacher Game Equipment Usage Journal entry	Class participation Textbook assignments Tests Equipment usage Journal grade

# Wallenpaupack Area School District

**Course:** Food Service Level I

**Grade Level:** Grade10-12

**Unit:** Standardization

**PA Standards:** 13.2  
13.3

<b>Topics:</b> Standardized Recipes Parts of a recipe Ingredient Measurements Mise en place	<b>Skills:</b> Students will relate the importance of a standardized recipe to the success of the final food product Students will convert recipes to produce larger or smaller quantities Students will apply the mise en place theory for each lab
<b>Activities:</b> Lecture Text Chapter 13 Standardize class recipe Standardize individual recipe Convert measurements Mise en Place Journal entry	<b>Performance Assessments:</b> Class participation Tests Standardized recipes Following standardized recipe Journal grade

# Wallenpaupack Area School District

**Course:** Food Service Level I

**Grade Level:** Grade 10-12

**Unit:** Laboratory Experience

**PA Standards:** 13.2  
13.3

<b>Topics:</b>	<b>Skills:</b>
Beverages Holiday Cookery	Students will prepare and analyze various foods using a variety of cooking techniques.
<b>Activities:</b>	<b>Performance Assessments:</b>
Students will choose and standardize recipes Students will prepare and sample competency recipes After recipe completion, students will analyze the quality of the product Daily journal	Evaluation of standardized recipe Lab assessment Class participation Journal Grade

# Wallenpaupack Area School District

**Course:** Food Service Level I

**Grade Level:** Grade 10-12

**Unit:** Breakfast Cookery

**PA Standards:** 13.2  
13.3

<b>Topics:</b> Breakfast meats Eggs Breakfast cereals Preparation of breakfast foods	<b>Skills:</b> Students will create and prepare a complete breakfast using a variety of cooking techniques
<b>Activities:</b> Lecture Text Chapter 17 Students will choose and standardize breakfast recipes Students will prepare and sample breakfast foods Students will analyze quality of the finished product Daily journal	<b>Performance Assessments:</b> Evaluation of standardized recipe Lab assessment Class participation Journal grade Test Text assignments Journal grade

# Wallenpaupack Area School District

**Course:** Food Service

**Grade Level:** Grade 10-12

**Unit:** Sandwiches

**PA Standards:** 13.2  
13.3

<b>Topics:</b>	<b>Skills:</b>
Hot sandwiches Cold sandwiches Quantity production	Students will compare and contrast the different types of quality sandwiches Students will analyze the process of creating a new sandwich and relate it to job opportunities in the industry
<b>Activities:</b>	<b>Performance Assessments:</b>
Lecture Text Chapter 19 Students will prepare a variety of hot and cold sandwiches for the Lakeside Café Students will create, standardize and prepare a sandwich Students will analyze the quality of the finished product Students will create and present a sales promotion for the new sandwich Daily journal	Evaluation of created sandwich Lab assessment Sales Promotion Class participation Journal grade Text assignments Test

# Wallenpaupack Area School District

**Course:** Food Service

**Grade Level:** Grade 10-12

**Unit:** Stocks, Sauces & Soup

**PA Standards:** 13.2  
13.3

<b>Topics:</b>	<b>Skills:</b>
Types of stock Types of sauce Types of soup Thickening agents Preparation of stocks, sauces, and soups	Students will apply the theories presented in class to produce quality soups
<b>Activities:</b>	<b>Performance Assessments:</b>
Lecture Text chapter 20 & 21-1 Demonstration of stock and sauce Students will choose and standardize a broth and a thickened soup Students will prepare and sample soups Students will analyze quality of the finished product Daily journal	Evaluation standardized recipe Lab assessment Class participation Journal grade Text assignments Test

# Wallenpaupack Area School District

**Course:** Food Service

**Grade Level:** Grade 10-12

**Unit:** Cooking Techniques

**PA Standards:** 13.2  
13.3

<b>Topics:</b>	<b>Skills:</b>
How cooking alters food Dry Cooking Techniques Moist Cooking Techniques Combination Cooking Techniques	Students will apply the theories presented in class to choose appropriate cooking techniques to produce the most desirable food products
<b>Activities:</b>	<b>Performance Assessments:</b>
Lecture Text chapter 15 Students will create a Cooking Brochure Students will prepare and compare a variety of raw foods and cooked foods using the provided worksheet Students will analyze the quality of the finished product Daily journal	Brochure rubric Lab assessment Class participation Chart completion Journal grade Text assignments Test

# Wallenpaupack Area School District

**Course:** Food Service Level I

**Grade Level:** Grade 10-12

**Unit:** Poultry Basics

**PA Standards:** 13.2  
13.3

<b>Topics:</b> Classifications of poultry Poultry basics Preparation techniques Sanitary handling	<b>Skills:</b> Students will apply the theories presented in class to produce quality poultry dishes using a variety of cooking techniques
<b>Activities:</b> Lecture Text chapter 23 Students will choose and standardize a poultry recipe Students will prepare and sample poultry Students will analyze quality of the finished product Daily journal	<b>Performance Assessments:</b> Evaluation of standardized recipe Lab assessment Class participation Journal grade Text assignments Test

# Wallenpaupack Area School District

**Course:** Food Service Level I

**Grade Level:** Grade 10-12

**Unit:** Meat Basics

**PA Standards:** 13.2  
13.3

<b>Topics:</b>	<b>Skills:</b>
Meat structure Classifications of meat Meat basics Preparation techniques Sanitary handling	Students will apply the theories presented in class to produce quality meat dishes using a variety of cooking techniques
<b>Activities:</b>	<b>Performance Assessments:</b>
Lecture Text chapter 24 Students will choose and standardize a meat recipe Students will prepare and sample meat Students will analyze quality of the finished product Daily journal	Evaluation of standardized recipe Lab assessment Class participation Journal grade Text assignments Test

# Wallenpaupack Area School District

**Course:** Food Service Level I

**Grade Level:** Grade 10-12

**Unit:** Basic Vegetables

**PA Standards:** 13.2  
13.3

<b>Topics:</b>	<b>Skills:</b>
Identification of vegetables Vegetable basics Preparation of vegetables	Students will apply the theories presented in class to produce quality vegetable dishes using a variety of cooking techniques
<b>Activities:</b>	<b>Performance Assessments:</b>
Lecture Text chapter 26-2 Students will choose and standardize a vegetable recipe Students will prepare and sample vegetables Students will analyze quality of the finished product Daily journal	Evaluation of standardized recipe Lab assessment Class participation Journal grade Text assignments Test

# Wallenpaupack Area School District

**Course:** Food Service Level I

**Grade Level:** Grade 10-12

**Unit:** Basic Bakeshop

**PA Standards:** 13.2  
13.3

<b>Topics:</b>	<b>Skills:</b>
<ul style="list-style-type: none"> <li>Baking ingredients</li> <li>Basic pies</li> <li>Basic yeast</li> <li>Basic quick breads</li> <li>Basic cookies</li> <li>Basic cakes and frostings</li> <li>Basic cake decorating</li> <li>Brownies</li> <li>Pate a' choux</li> <li>Custards</li> <li>Production of the basic baked goods</li> </ul>	<p>Students will apply the theories presented in class to produce quality baked goods using a variety of cooking techniques</p>
<b>Activities:</b>	<b>Performance Assessments:</b>
<ul style="list-style-type: none"> <li>Lecture</li> <li>Text chapter 27,28,29-1,29-3,30-3</li> <li>Students will choose and standardize a recipe for each basic bakeshop good</li> <li>Students will prepare and sample each baked good</li> <li>Students will analyze quality of the finished product</li> <li>Daily journal</li> </ul>	<ul style="list-style-type: none"> <li>Evaluation of standardized recipe</li> <li>Lab assessment</li> <li>Class participation</li> <li>Journal grade</li> <li>Text assignments</li> <li>Test</li> </ul>

# Wallenpaupack Area School District

**Course:** Food Service Level I

**Grade Level:** Grade 10-12

**Unit:** Menu Planning Project

**PA Standards:** 13.1  
13.3  
13.4

<b>Topics:</b>	<b>Skills:</b>
Plan an event of the students choice for a group of ten people	Students will coordinate an event using all of the skills utilized throughout the course
<b>Activities:</b>	<b>Performance Assessments:</b>
Lecture Students will create the following for a group of ten people: An event A menu cover A menu with standardized recipes A market order A plate diagram A time schedule for employees and food production Daily journal	Evaluation of the menu using created rubric Class participation – time on task Journal grade