

SWEETWATER UNION HIGH SCHOOL DISTRICT  
DIVISION OF ADULT EDUCATION  
Career Technical Education

## **CULINARY ARTS-FOOD AND SANITATION**

**Mission:** The Division of Adult Education, a community-focused organization, promotes and facilitates life-long learning for adults to meet the challenges of the 21<sup>st</sup> century.

### **Student Learning Outcomes**

- Students will establish personal, academic and/or workforce goals and demonstrate progress toward them
- Students will solve problems
- Students will communicate clearly and collaborate with others
- Students will use resources, including technology, to research, organize and communicate information

### **Course approved by the Sweetwater Board of Trustees**

December 15, 2008

### **Course Revision:**

July 26, 2010

July 23, 2012

May 12, 2014

June 27, 2016

# CULINARY ARTS-FOOD AND SANITATION

## Basic Course Information

<b>Course Title:</b>	Culinary Arts-Food and Sanitation		
<b>CTE Industry Sector:</b>	Hospitality, Tourism, and Recreation		
<b>Career Pathway:</b>	Food Service and Hospitality		
<b>Course Level:</b>	x	Introductory	Concentration
<b>Course Number:</b>	<b>2694</b>		
<b>CBEDS Title:</b>	<b>Food &amp; Beverage Production &amp; Preparation</b>		
<b>CBEDS Number:</b>	<b>4421</b>		
<b>Course Hours:</b>	<b>36</b>		
<b>Prerequisites:</b>	<b>None</b>		
<b>Evaluation:</b>	Evaluation of individual achievement is based upon: <ol style="list-style-type: none"> <li>1. Satisfactory levels of attendance, punctuality, appearance and attitude.</li> <li>2. Instructor observation and assessment of student proficiency in assigned tasks use of tools and competency skill levels.</li> <li>3. Satisfactory completion of San Diego County Food Sanitation standardized test with a passing score of no less than 80%.</li> </ol>		
<b>Conditions for Repetition:</b>	Students who have failed to satisfactorily complete the course objectives and/or pass San Diego County Food Sanitation test, may repeat the course with permission to do so.		
<b>Articulation Information:</b>	<b>NA</b>		
<b>Articulation Credit:</b>	<b>NA</b>		
<b>High School elective Credit:</b>	<b>This course is offered on a NON-CREDIT basis</b>		
<b>Advisory Committee Meetings:</b>	<b>Annually</b>		

## Course Description

This Culinary Arts course provides students training for a Food Handlers card. All food handlers are required by San Diego County Code to possess a valid food handler card. In this course the students will be provided with a basic understanding of principals of food safety that can be used in the workplace. Students will learn that people can get sick if the food they eat has not been prepared using safe food handling practices. Students will understand by following simple rules they can keep themselves and others healthy. The students will know the five major risk factors that cause food-borne illnesses. At the end of the course, students will be administered a test to obtain their Food Handler card for San Diego County

## Instructional Strategies

Instruction time will be divided approximately as follows:	
Teacher lecture and demonstration	65%
Class discussions	5%
Small group dynamics	5%
Application of skills	5%



## Instructional Materials

Textbooks: About Professional Baking, 1<sup>st</sup> Edition

## Career Plan: How this Course fits into the Course Sequence

Sequence of Courses	Course Level			Primary Funding Source		Perkins Funded	Total Duration
	Name of Course	Intro.	Concentration	Capstone	District/COE	ROCP	Yes or No (In hours)
Culinary Arts – Food & Sanitation	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Yes	36
<ul style="list-style-type: none"> <li>Student can choose from the following groups:</li> </ul>							
Culinary Arts- Breads, Pastries, Desserts & High End Decoration	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Yes	300
Culinary Arts – Cake Designs, Chocolate & High End Decorating Techniques	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Yes	300
Culinary Arts Theory	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Yes	216
Introduction to Savory Cooking	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Yes	324
Savory Cooking & Restaurant Management	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Yes	324

## Occupations for Identified Pathway

Pathway occupations organized by level of education and training required for workplace entry. (Asterisked occupations require certification or licensure.)	
Postsecondary Training (certification and/or AA degree)	College University (bachelor's degree or higher)
<ul style="list-style-type: none"> <li>Line Cook, Sous-Chef</li> <li>Chef</li> </ul>	<ul style="list-style-type: none"> <li>Food Service Manager</li> <li>Caterer</li> </ul>

## Course Goals

1. Gain an introduction to the background of the Hospitality, Tourism, and Recreation Industry and qualifications of successful food handlers.
2. Develop a practical knowledge of major causes of food-borne illness.
3. Develop an awareness of employee health and hygiene.
4. Develop skills and demonstrate knowledge needed for protection from contamination.
5. Develop knowledge of temperature control.
6. Develop knowledge of consumer advisories.
7. Understand the importance of approved food sources.
8. Develop skills and demonstrate knowledge in proper use of equipment and utensils.
9. Develop skills and demonstrate knowledge in pest control.
10. Understand the basic principles of handling garbage and refuse.
11. Understand signs and other requirements in food handling and sanitation.

## Instructional Module/Unit

Unit 1	Introduction	Class Hrs.	2	Lab Hrs.	
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### Description:

Students gain an introduction to the course and learn class expectations. They are introduced to the common traits exhibited by people successfully working in this field, personal qualifications, interests, aptitudes, and knowledge of skills necessary to succeed this career pathway. Students examine the historical and economic

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background of this field as well as current opportunities available. In addition students will examine the personal, professional, and educational requirements needed to meet their goals.

**Unit 1 Competency:** Upon Completion of this unit, the student is able to:

1. Identify the personal qualifications, interests, aptitudes, knowledge and skills of successful food handlers.

2. Demonstrate an understanding of personal, professional, and educational requirements of this career field.

**Anchor: KPAS 3.0-3.1-8** Career planning and management.

**Pathway: HTR.B.1.0-** Demonstrates an understanding of major aspects and understanding of major aspects of the food service and hospitality industry and the role of the industry in local , state , national and global economics.

**Academics: LS 11-12.1, 11-12.2, 11-12.3 RCCR.7.0-**Integrate and evaluate content presented in diverse media and formats including visually and quantitatively, as well as in words.

**WH10.3.2-** Examine how technological changes and new forms of energy brought about massive social, economic, and cultural change (e.g., the inventions and discoveries of James Watt, Eli Whitney, Henry Bessemer, Louis Pasteur, Thomas Edison). **WH 10.3.5-** Understand the connections among natural resources, entrepreneurship, labor and capital in an industrial economy.

<b>Unit 2</b>	<b>Food-borne Illness</b>	Class Hrs.	5	Lab Hrs.	
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Description:

Students will gain an introduction to the causes of food-borne illness.

**Unit 2 Competency:** Upon Completion of this unit, the student is able to:

1. Discuss and demonstrate poor personal hygiene.

2. Discuss improper food holding temperatures.

3. Discuss improper cooking temperatures.

4. Discuss contaminated equipment.

5. Discuss foods from unsafe sources.

6. Discuss what makes people sick from food.

7. Discuss what are germs, toxins, and chemicals.

8. Discuss what the toxins in food are that make people sick are.

9. Discuss how germs get into food:

1. Food that contain germs naturally

2. Cross contamination

3. Food handlers are the #1 cause of the spread of germs to food

4. Raw whole fruits and vegetables must be washed

**Anchor: 2.1, 2.3, 2.4, 4.0-**Technology **5.0-**Problem solving and critical thinking skills **6.0-**health and safety **10.0-** Technical knowledge and skills.

**Pathway: HTR.B.2.0-**Demonstrate the basics of safe work habits, security, and emergency procedures required in food service and hospitality establishments.

**HTR.B.3.0-** Interpret the basic principles of sanitation and safe food handling.

**HTR.B.6.0-** Illustrate and apply the basics of food preparation and safety and sanitation in professional and institutional kitchens.

**Academics: LS 11-12.1, 11-12.2, 11-12.3 WHST.6-8.9-**Draw evidence from informational texts to support analysis, verification, and research

<b>Unit 3</b>	<b>Employee Health &amp; Hygiene</b>	Class Hrs.	5	Lab Hrs.	
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Description

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Students will be introduced to how food handlers can spread disease and precautions that they can take to prevent this from happening.

**Unit 3 Competency:** Upon Completion of this unit, the student is able to:

1. Discuss how food handlers can spread disease.
  2. Discuss how to prevent food-borne illness.
  3. Discuss why and how to wash hands.
  - 4.. Demonstrate proper hand washing.
  5. Discuss how gloves are used.
  6. Discuss what is required if food handler is sick.
  7. Discuss what the Person in Charge (PIC) is required to do if a food handler is sick.
- Anchor: 2.1, 2.3, 2.4, 4.0-Technology 5.0-Problem solving and critical thinking skills 6.0-health and safety 10.0- Technical knowledge and skills.**
- Pathway: HTR.B.2.0-**Demonstrate the basics of safe work habits, security , and emergency procedures required in food service and hospitality establishments.  
**HTR.B.3.0-** Interpret the basic principles of sanitation and safe food handling.  
**HTR.B.6.0-** Illustrate and apply the basics of food preparation and safety and sanitation in professional and institutional kitchens.
- Academics: LS 11-12.1, 11-12.2, 11-12.3 WHST.6-8.9-**Draw evidence from informational texts to support analysis, verification, and research

<b>Unit 4</b>	<b>Contamination</b>	Class Hrs.	5	Lab Hrs.	
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Description

Students will be instructed on the various ways that food can be contaminated as well as methods to prevent contamination.

**Unit 4 Competency:** Upon Completion of this unit, the student is able to:

1. Discuss storage of food to protect from contamination.
  2. Discuss preparation of food to protect from contamination.
  3. Discuss protection of food from chemical contamination.
  4. Discuss food from physical hazards.
- Anchor: 2.1, 2.3, 2.4,**
- Pathway: HTR.B.2.0-**Demonstrate the basics of safe work habits, security, and emergency procedures required in food service and hospitality establishments.  
**HTR.B.3.0-** Interpret the basic principles of sanitation and safe food handling.  
**HTR.B.6.0-** Illustrate and apply the basics of food preparation and safety and sanitation in professional and institutional kitchens.
- Academics: Academics: LS 11-12.1, 11-12.2, 11-12.3 WHST.6-8.9-**Draw evidence from informational texts to support analysis, verification, and research

<b>Unit 5</b>	<b>Temperature Control</b>	Class Hrs.	5	Lab Hrs.	
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Description

Students will be instructed on the part that temperature plays in food safety.

**Unit 5 Competency:** Upon Completion of this unit, the student is able to:

1. Discuss and demonstrate required holding temperatures.
  2. Demonstrate temperature logs and their use.
  3. Calibrate a thermometer.
  4. Discuss adequate cooking.
  5. Discuss proper cooling procedures.
  6. Discuss safe reheating and food thawing
- Anchor: 2.1, 2.3, 2.4, 6.0-Health and Safety 6.1-6.7**
- Pathway: HTR.B.2.0-**Demonstrate the basics of safe work habits, security and

emergency procedures required in food service and hospitality establishments.  
**HTR.B.6.0-**Illustrate and apply the basics of food preparation and safety and sanitation in professional and institutional kitchens.  
**Academics: LS11-12.1-** Demonstrates command of the conventions of standard of English grammar and usage when writing or speaking. **LS11-12.4-** Determine or clarify meaning of unknown and multiple –meaning words and phrases based on grades 11-12 reading and content, choosing flexibility from a range of strategies. **WS11-12.2—**Write informative /explanatory texts, including the narration of historical events, scientific procedures/experiments, or technical processes.

<b>Unit 6</b>	<b>Consumer Advisories</b>	<b>Class Hrs.</b>	1	<b>Lab Hrs.</b>	
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Description

Students will be instructed on meaning of an \*(asterisk) on public menus and how to identify \*(asterisk).

**Unit 6 Competency:** Upon Completion of this unit, the student is able to:

1. Student will learn to identify \*(asterisk) on public menus.

**Anchor: HTR.KPAS.6.0-** Health and safety **HTR.KPAS.10.0-** Technical knowledge and skills.

**Pathway: HTR.B.2.0-** Demonstrates the basics of safe work habits, security, and emergency procedures required in food service and hospitality establishments.

**HTR.B.6.0-**Illustrate and apply the basics of food preparation and safety and sanitation in professional and institutional kitchens.

**Academics: LS 11-12.1, 11-12.2, 11-12.3 RFK.K.1 RFK.1.1-** Reading Informational text.

<b>Unit 7</b>	<b>Approved Food Sources</b>	<b>Class Hrs.</b>	2	<b>Lab Hrs.</b>	
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Description

Students will be instructed on how to acquire food from safe sources. They will also be instructed on food handling.

**Unit 7 Competency:** Upon Completion of this unit, the student is able to:

1. Discuss food served or sold at a food facility.

2. Discuss shellfish (i.e., oysters, mussels, clams) must be from safe sources and handled safely.

**Anchor Standard: 2.1, 2.3, 2.4**

**Pathways: HTR.B.2.0-** Demonstrate the basics of safe work habits security, and emergency procedures required in food service and hospitality establishments.

**Academic Standard: LS 11-12.1, 11-12.2, 11-12.3 RFK.K.1 RFK.1.1-** Reading Informational text.

<b>Unit 8</b>	<b>Equipment &amp; Utensils</b>	<b>Class Hrs.</b>	4	<b>Lab Hrs.</b>	
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Description

Students will be instructed on the proper sanitization of equipment and utensils used with food preparation and serving.

**Unit 8 Competency:** Upon Completion of this unit, the student is able to:

1. Discuss importance of washing and sanitizing dishes and utensils.

2. Demonstrate washing multiuse utensils by hand.

3. Demonstrate washing dishes and utensils by machine.

4. Discuss utensils storage.

5. Discuss what else needs to be kept clean in a kitchen.

6. Demonstrate proper use of wiping cloths.

<b>Pathways: HTR.B.2.0-</b> Demonstrate the basics of safe work habits security, and emergency procedures required in food service and hospitality establishments.
<b>HTR.3.0-</b> Interpret the basic principles of sanitation and safe food handling.
<b>HTR.B.6.0-</b> Illustrate and apply the basics of food preparation and safety and sanitation in professional and institutional kitchens.
<b>Academic: RF.K.1.0-</b> Demonstrate understanding of the organization and basic features of print.
<b>RF.1.1-</b> Demonstrate understanding of the organization and basic features of print.
<b>Anchor: 2.1, 2.3, 2.4, HTR.KPAS.6.0-</b> Health and Safety <b>6.1-6.7</b>

<b>Unit 9</b>	<b>Pest Control</b>	Class Hrs.	4	Lab Hrs.	
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Description

Students will be instructed on the methods to detect potential “pest” in the kitchen as well as techniques to prevent infestation.

**Unit 9 Competency:** Upon Completion of this unit, the student is able to:

**1.** Discuss what can be done to control cockroaches, flies, mice, and rats:

**a.** Starving and keeping them out

**b.** Eliminating hiding places

**c.** Keeping them from multiplying.

**Anchor: 4.0-**Technology **5.0-**Problem solving and critical thinking skills **6.0-**health and safety **10.0-** Technical knowledge and skills.

**Pathway: HTR.B.2.0-**Demonstrate the basics of safe work habits, security, and emergency procedures required in food service and hospitality establishments.

**HTR.B.3.0-** Interpret the basic principles of sanitation and safe food handling.

**HTR.B.6.0-** Illustrate and apply the basics of food preparation and safety and sanitation in professional and institutional kitchens.

**Academics: Academics: WHST.6-8.9-**Draw evidence from informational texts to support analysis, verification, and research

<b>Unit 10</b>	<b>Garbage Disposal</b>	Class Hrs.	1	Lab Hrs.	
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Description

Students will be instructed on the proper way to dispose of trash.

**Unit 10 Competency:** Upon Completion of this unit, the student is able to:

**1** Discuss how often trash should be taken out.

**Anchor: HTR.KPAS.6.0-** Health and Safety **6.1-6.7**

**Pathways: HTR.B.2.0-** Demonstrate the basics of safe work habits security, and emergency procedures required in food service and hospitality establishments.

**HTR.3.0-** Interpret the basic principles of sanitation and safe food handling.

**HTR.B.6.0-** Illustrate and apply the basics of food preparation and safety and sanitation in professional and institutional kitchens.

**Academic: RF.K.1.0-** Demonstrate understanding of the organization and basic features of print.

**RF.1.1-** Demonstrate understanding of the organization and basic features of print.

<b>Unit 11</b>	<b>Signs &amp; Other Requirements</b>	Class Hrs.	2	Lab Hrs.	
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Description

Students will be instructed on the proper way to post signs in an establishment. They will also be introduced to inspection reports and their importance.

**Unit 11 Competency:** Upon Completion of this unit, the student is able to:



1. Discuss required signs that must be posted.
2. Discuss inspection reports.
<b>Anchor: HTR.KPAS.6.0-</b> Health and safety <b>HTR.KPAS.10.0-</b> Technical knowledge and skills.
<b>Pathway: HTR.B.2.0-</b> Demonstrates the basics of safe work habits, security, and emergency procedures required in food service and hospitality establishments. <b>HTR.B.6.0-</b> Illustrate and apply the basics of food preparation and safety and sanitation in professional and institutional kitchens.
<b>Academics: RFK.K.1 RFK.1.1-</b> Reading Informational text.

<b>Totals</b>	<b>Theory Hrs.</b>	<b>36</b>	<b>Lab Hrs.</b>	<b>0</b>	<b>Total Hrs.</b>	<b>36</b>
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**APPENDIX A:**

**MATRIX FOR ALL ASPECTS OF THE INDUSTRY**

All Aspects of the Industry is a key element of the Carl D. Perkins Vocational and Applied Technology Education Act and the School-to Work Opportunities Act. Both acts emphasize giving students a comprehensive perspective and range of skills across an industry. The Perkins Act requires programs to “provide students with strong experience in and understanding of all aspects of the industry students are preparing to enter”. The Act identifies eight aspects in particular, which are common to any business or industry. Programs receiving Perkins funds are required to include the teaching of these concepts to provide students with the skills necessary to be successful in their employment.

**STRATEGIES**

Below is a matrix showing the components of “All Aspects of the Industry for the *CULINARY ARTS PROGRAM*.” A list of strategies is provided for each component.

<b>ASPECTS</b>	<b>SEQUENCE OF COURSES</b>
	<b>Course 1: CULINARY ARTS – Food and Sanitation</b>
<b>Planning</b>	Students are taught to prepare sanitation/cleanup schedules.
<b>Management</b>	Students are taught the proper chain of command when working in a food facility. Students learn what to do and who to report an incident if someone is sick and working in a food facility.
<b>Finance</b>	Students learn the financial costs of improper food handling and storage of food.
<b>Technical &amp; Production Skills</b>	Students learn the steps necessary to protect food from a variety of contamination sources. They also learn about temperature control and sanitation processes for equipment and utensils.
<b>Underlying Principles Of Technology</b>	Students are taught required holding temperatures and how to use temperature recording logs. Students also learn how to calibrate a thermometer to get the right temperature.
<b>Labor Issues</b>	Students become aware of the laws and agencies governing food safety. They also know which agency to contact if there is a violation.
<b>Community Issues</b>	Students discuss the negative affects to business and community when a food facility fails to follow safe food handling procedures.
<b>Health, Safety, &amp; Environmental Issues</b>	Students learn major causes of foodborne illnesses and how to protect food from contamination.