

COURSE: COMMERCIAL FOOD

OVERVIEW OF COURSE

Goal

The goal of the Commercial Food program is to prepare each student with life skills through hands-on experience selected and arranged for self awareness, and learning within the time frame of each educational district.

Description

Base Modules

Career Awareness	Sanitation and Hand Washing
Personal Hygiene	Job Readiness
Safety and Sanitation	Housekeeping
Time Management	Nutrition
Terminology	Receiving and Storing
Tools and Utensils	Trade Methods
Use and Care of Equipment	Computer Usage
	Menu Planning

All Base Modules are reinforced in laboratory sessions of the program.

Each of the remaining modules is designed to be independent of all others. Cross-referencing and recommendations are provided. A detailed chart is attached to show modules necessary for specific jobs. Follow-up modules are provided for special emphasis.

Back of the House-Cook/Chef

Base Modules	Seafood
Weights and Measures	Vegetables
Ingredients	Potatoes
Purchasing	Pasta, Rice, and Other Starches
Soups and Stews	Salads, Dressings, and Sauces
Sauces and Gravies	Sandwiches
Eggs	Appetizers
Cheese	Fruits
Meats	Garnishes
Poultry	Beverages

COURSE: COMMERCIAL BAKING

OVERVIEW OF COURSE

Back of the House - Baker/Baker's Helper

Base Modules
Menu Planning
Weights
Ingredients
Purchasing
Front of the House
Garnishes

Costing/Portion Control
Yeast Made Products
Cakes and Cookies
Pies and Pastries
Puddings and Desserts

Front of the House - Waitperson/Server Person

Base Modules
Ingredients
Salads and Dressings
Sandwiches

Garnishes
Breads
Front of the House

Enhancement Modules for gifted or advanced students are to be taught in addition to the following:

Management Training

Catering
Entrepreneurship

CONTENT OUTLINE

BASE

- I. Care
- II. Personal Hygiene
- III. Safety
- IV. Time Management
- V. Term
- VII. ... of Eggs
- IX. Jo
- XI. Nutrition
- XII. Ordering, Receiving, and Storing
- XIII. ...
- XIV. Menu Planning

CAREER EMPHASIS

- XVII. Ingre
- XVIII. ... Chasing
- XIX. ...
- XX. Sauce ... Gravies
- XXI. Eggs
- XXIII. ...
- XXVI. ...
- XXVII. ... Potatoes
- XXIX. Salads and ...
- XXXI. ...
- XXXIV. Bever
- XXXV. ...
- XXXVI. Front of the House

COURSE: COM

CONTENT

- XXXV.
- XXXVIII.
- XXXIX.
- XL.
- XLI. Pie and Pastry
- XLII. Puddings and Desserts

ENHANCEMENT MODULES

- XLIII. Management Training
- XLIV. Catering
- XLV. Entrepreneurship