

# Kitchen Assistant II

## Curriculum

April 2010

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# Passaic County Technical Institute

## Kitchen Assistant II Curriculum

### I. Course Description

Kitchen Assistant II the student will be prepared to work under the supervision of chefs and other food service professionals as kitchen support staff and commercial food preparation workers.

In year 2 the student will continue to review safety and sanitation principles used in food preparation. The student will study various cooking techniques. They will be working with a variety of seasonings and flavorings that will enhance the flavor of the food. Soups and stocks are also on the menu, as well as Legumes, pasta and rice cookery.

### II. Course Objectives / Outline

	<b>2009 New Jersey Core Curriculum Content Standards</b>
1 Culinary Safety	<b>A. Agriculture, Food &amp; Natural Resources Career Cluster</b> <b>1) Food Products and Processing Systems Pathway</b>
Safety and Sanitation Principles	
Student will be able to: <ul style="list-style-type: none"> <li>• Identify possible culinary workplace safety issues.</li> <li>• Explain fire safety equipment and emergency procedures.</li> <li>• Describe first aid measures for burns, wound, choking.</li> <li>• Describe the sources of food contamination</li> <li>• Identify sources of chemical food contamination.</li> <li>• Illustrate how to manage pest in a kitchen setting</li> </ul>	9.4.12.A.36 9.4.12.A.38 9.4.12.A.43 9.4.12.A.(1).4 9.4.12.I(1).8
HACCP Applications	
Student will be able to: <ul style="list-style-type: none"> <li>• Demonstrate appropriate personal hygiene for the workplace.</li> <li>• Illustrate proper personal health practices to avoid the spread of foodborne illness.</li> <li>• Explain the purpose of the HACCP system</li> <li>• Outline the processes of monitoring, corrective action, record keeping, and verification.</li> <li>• Summarize the steps in safely receiving and storing food</li> <li>• Explain how to properly clean, and sanitize, and store dishes and glassware</li> </ul>	9.4.12.A.(1).2 9.4.12.A.(1).3 9.4.12.A.(1).4 9.4.12.I(1).8

2 Culinary Applications	<b>A. Agriculture, Food &amp; Natural Resources Career Cluster</b> <b>1. Food Products and Processing Systems Pathway</b> <b>I. Hospitality &amp; Tourism Career Cluster</b> <b>1) Restaurants &amp; Food &amp; Beverage Services</b>
How Cooking Alters Food	
Student will be able to: <ul style="list-style-type: none"> <li>• Compare and contrast different cooking methods</li> <li>• Explain how cooking affects a food's, nutritive value, texture, color, aroma, and flavor</li> </ul>	9.4.12.I(1).7 9.4.12.I(1).8
Dry cooking techniques	
Student will be able to: <ul style="list-style-type: none"> <li>• Demonstrate dry cooking techniques.</li> </ul>	9.4.12.I(1).7 9.4.12.I(1).8
Moist Cooking Techniques	
<ul style="list-style-type: none"> <li>• Demonstrate moist cooking techniques.</li> <li>• Describe combination cooking techniques</li> </ul>	9.4.12.I(1).7 9.4.12.I(1).8
3 Seasonings and Flavorings	<b>A. Agriculture, Food &amp; Natural Resources Career Cluster</b> <b>1. Food Products and Processing Systems Pathway</b> <b>I. Hospitality &amp; Tourism Career Cluster</b> <b>1) Restaurants &amp; Food &amp; Beverage Services</b>
Enhancing food	
Students will be able to: <ul style="list-style-type: none"> <li>• Describe the varieties of uses of seasonings and flavorings</li> </ul>	9.4.12.I(1).7 9.4.12.A(1).2
Herb and Spices	
Students will be able to: <ul style="list-style-type: none"> <li>• Compare and contrast the uses and storage for different herbs</li> </ul> Describe the uses of storage for different spices	9.4.12.I(1).7 9.4.12.A(1).2
Condiments, Nuts, And Seeds	
Students will be able to: <ul style="list-style-type: none"> <li>• Describe various condiments and the foods they and accompany</li> <li>• Identify a Variety of nuts and seeds.</li> <li>• Summarize the three sensory properties of food.</li> <li>• Illustrate how sensory factors can affect a customer's enjoyment of food.</li> </ul>	9.4.12.I(1).7 9.4.12.A(1).2

Pasta Grains and legumes	<b>A. Agriculture, Food &amp; Natural Resources Career Cluster</b> <b>1) Food Products and Processing Systems Pathway</b> <b>I. Hospitality &amp; Tourism Career Cluster</b> <b>1) Restaurants &amp; Food &amp; Beverage Services</b>
Students will be able to: <ul style="list-style-type: none"> <li>• Identify the types, characteristics, and proper storage of pasta.</li> <li>• Outline the best ways to cook pasta.</li> <li>• Explain how to serve pasta</li> <li>• Describe different varieties of rice.</li> <li>• I identify common grains.</li> <li>• Demonstrate various cooking methods used for rice and other grains</li> <li>• List the various types and quality characteristics of legumes.</li> <li>• Describe the process of preparing and cooking legumes.</li> </ul>	9.4.12.I(1).7 9.4.12.A(1).2

### III. Textbook and Instructional Materials

Culinary Essentials, Johnson & Wales University, Glencoe, 2010

Textbook

Lab manual

online text

online resources

### IV. Instructional Strategies

Strategies used:

- Lecture
- Small groups Individual Demonstration
- Videos
- PowerPoint's

### V. Evaluations

The student will be evaluated using the following criteria:

- |                            |     |
|----------------------------|-----|
| 1. Class participation     | 30% |
| 2. Professional appearance | 10% |
| 3. Safety and sanitation   | 10% |
| 4. Homework/Notebook       | 10% |
| 5. Test                    | 40% |

## VI. Scope and Sequence

Scope and Sequence	9 <sup>TH</sup>	10 <sup>TH</sup>	11 <sup>TH</sup>	12 <sup>TH</sup>
Identify possible culinary workplace safety issues		IDR		
Explain fire safety equipment and emergency procedures		IDR		
Describe first aid measures for burns, wound, choking		IDR		
Describe the sources of food contamination		IDR		
Identify sources of chemical food contamination		IDR		
Demonstrate appropriate personal hygiene for the workplace		IDR		
Illustrate proper personal health practices to avoid the spread of foodborne illness		IDR		
Explain the purpose of the HACCP system		IDR		
Outline the processes of monitoring, corrective action, record keeping, and verification		IDR		
Summarize the steps in safely receiving and storing food		IDR		
Explain how to properly clean, and sanitize, and store dishes and glassware		IDR		
Explain the roles of the different stations in a professional kitchen		IDR		
Categorize the different types of Professional receiving and storage equipment		IDR		
Explain the Maintenance and sanitation preparation equipment		IDR		
Compare the uses of different types of clean- up equipment		IDR		
Identify the uses of hot food holding equipment		IDR		
Evaluate the uses of service equipment		IDR		
Compare and contrast different cooking methods		IR		
Explain how cooking affects a food's, nutritive value, texture, color, aroma, and flavor		IR		
Demonstrate dry cooking techniques		IR		
Demonstrate moist cooking techniques		IR		
Describe combination cooking techniques		IR		

Describe the varieties of uses of seasonings and flavorings		IR		
Compare and contrast the uses and storage for different herbs		IR		
Describe the uses of storage for different spices		IR		
Describe various condiments and the foods they and accompany		IR		
Identify a Variety of nuts and seeds		IR		
Summarize the three sensory properties of food		IR		
Illustrate how sensory factors can affect a customer's enjoyment of food		IR		
Identify the types, characteristics, and proper storage of pasta		IR		
Outline the best ways to cook pasta		IR		
Explain how to serve pasta		IR		
Describe different varieties of rice		IR		
Identify common grains		IR		
Demonstrate various cooking methods used for rice and other grains		IR		
List the various types and quality characteristics of legumes		IR		
Describe the process of preparing and cooking legumes		IR		

# **Kitchen Assistant II Student Handout**

## **COURSE OVERVIEW**

Kitchen Assistant Year II the student will be prepared to work under the supervision of chefs and other food service professionals as kitchen support staff and commercial food preparation workers.

In year 2, the student will continue to review safety and sanitation principles used in food preparation. The student will study various cooking techniques. They will be working with a variety of seasonings and flavorings that will enhance the flavor of the food. Soups and stocks are also on the menu, as well as Legumes, pasta and rice cookery.

## **PROFICIENCIES**

- Identify possible culinary workplace safety issues.
- Explain fire safety equipment and emergency procedures.
- Describe first aid measures for burns, wound, choking.
- Describe the sources of food contamination
- Identify sources of chemical food contamination.
- Illustrate how to manage pest in a kitchen setting
- Demonstrate appropriate personal hygiene for the workplace
- Illustrate proper personal health practices to avoid the spread of foodborne illness
- Explain the purpose of the HACCP system
- Outline the processes of monitoring, corrective action, record keeping, and verification
- Summarize the steps in safely receiving and storing food
- Explain how to properly clean, and sanitize, and store dishes and glassware
- Explain the roles of the different stations in a professional kitchen
- Categorize the different types of Professional receiving and storage equipment
- Explain the Maintenance and sanitation preparation equipment
- Compare the uses of different types of clean- up equipment
- Identify the uses of hot food holding equipment
- Evaluate the uses of service equipment
- Compare and contrast different cooking methods
- Explain how cooking affects foods, nutritive value, texture, color, aroma, and flavor
- Demonstrate dry cooking techniques
- Demonstrate moist cooking techniques
- Describe combination cooking techniques
- Describe the varieties of uses of seasonings and flavorings
- Compare and contrast the uses and storage for different herbs
- Describe the uses of storage for different spices
- Describe various condiments and the foods they and accompany
- Identify a Variety of nuts and seeds
- Summarize the three sensory properties of food
- Illustrate how sensory factors can affect a customer's enjoyment of food
- Identify the types, characteristics, and proper storage of pasta
- Outline the best ways to cook pasta

- Explain how to serve pasta
- Describe different varieties of rice
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- Demonstrate various cooking methods used for rice and other grains
- List the various types and quality characteristics of legumes
- Describe the process of preparing and cooking legumes