

ProStart I

STANDARD 1013.04 Sanitation and Safety

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| 2 | <ol style="list-style-type: none">1. Display knowledge of cleaning and sanitizing methods2. Explain how to maintain a clean and sanitary operation.3. Identify factors that affect the effectiveness of sanitizers.4. List the elements of a master cleaning schedule5. Outline procedures for managing pests. |
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STANDARD 1013.05 Sanitation and Safety continued

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| 3 | <ol style="list-style-type: none">1. Maintain basic principles of nationally recognized sanitation protocols.2. Define what foodborne illness outbreak is, and cost associated with one.3. Identify factors that affect the growth of pathogens (FAT TOM)4. Identify ways for food becomes unsafe.5. Identify TCS Food and list examples. |
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STANDARD 1013.06 Sanitation and Safety continued

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| 2 | <ol style="list-style-type: none">1. Exhibit understanding of prevention, causes, and response to workplace injuries.2. Describe various types of protective clothing, footwear, and equipment used in a foodservice setting.3. Identify procedures for preventing burns.4. Identify procedures for preventing slips, trips, and falls in a foodservice operation.5. Outline the procedure for cleaning up spills on floors.6. Outline basic first aid concepts and procedures.7. Identify procedures for preventing burns. |
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STANDARD 1013.07 continued.

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| 2 | <ol style="list-style-type: none">1. Describe fire extinguishers and fire safety procedures.2. Identify hazards that contribute to accidental fires.3. Classify various types of fires and fire extinguishers.4. Outline the actions to take in the event of a fire in a foodservice setting. |
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STANDARD 1013.08

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| 3 | <ol style="list-style-type: none">1. Demonstrate personal hygiene2. List the steps to proper handwashing and identify when hands should be washed.3. List personal behaviors that can contaminate food.4. Identify ways to handle ready to eat food safely.5. Identify when food handlers should be prevented from working around food or from working in the operation. |
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STANDARD 1013.09

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| 2 | <ol style="list-style-type: none">1. Identify food allergen characteristics2. Identify the most common allergens and methods for preventing allergic reactions.3. Recognize the need for food defense systems. |
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ProStart I cont.

STANDARD 1013.10

2 days

1. Demonstrate proper food storage techniques.
2. Identify ways to prevent cross contamination.
3. Identify ways to prevent time-temp abuse.
4. Identify criteria for accepting or rejecting food during receiving.
5. Outline procedure for storing food.
6. Outline procedures for holding, cooling and reheating TCS food.

STANDARD 1013.11-12

2 days

1. Display knowledge of cleaning and sanitizing methods
2. Explain how to maintain a clean and sanitary operation.
3. Outline procedures for cleaning and sanitizing tools/equipment.
4. Exhibit knowledge of HACCP policies and procedures
5. Define role of OSHA regulations.
6. State the HCS requirements for employers.
7. List requirements for storing hazardous chemicals in an operation.
8. Explain the purpose the emergency plan.

STANDARD 1013.13 Food Preparation

2 days

1. Explain procedure for buffet preparation and maintenance
2. Identify the kitchen equipment needed for holding and serving food and beverages.
3. list the components of a sandwich station.

STANDARD 1013.14-15 Employability Skills

5 days

1. Exhibit understanding of professional behavior, appearance, and job interview skills.
2. Define professionalism and explain what it means to hospitality professionals.
3. Recognize the connections between your professional life and personal life.
4. Identify how employees roles and jobs impact organization's missions and goals.
5. Demonstrate effective writing, speaking, and listening skills
6. Read and complete a job application form.
7. List the steps to an effective job interview.
8. Outline a plan for an effective job search.
9. Explain the follow up steps for a job interview.
10. list ways to find and apply for scholarships.
11. Display knowledge of various job profiles and chain of command
12. Identify the two segments of the restaurant and foodservice industry
13. Outline the growth of the hospitality industry throughout the history of United States.
14. Identify career opportunities in the restaurant and foodservice industry.
15. List the major positions in a modern, professional kitchen.

STANDARD

STANDARD

ProStart I cont.

STANDARD 1014.01-3 Recipes

5 days

1. Demonstrate an understanding of culinary terminology and techniques.
2. Describe and demonstrate basic preparation techniques.
3. Demonstrate how to read and follow standard recipes.
4. Interpret information on a nutrition and flavoring.
5. Establish recipe mise en place
6. Explain the importance of mise en place
7. Explain the difference in seasoning and flavoring.

STANDARD 1014.04-05 Knife Skills

5 days

1. Identify and distinguish knife types and basic cuts.
2. Identify hand tools and small equipment.
3. List the different types of knives used in the foodservice kitchen and give examples of their uses.
4. Demonstrate the classical knife cuts.
5. Demonstrate knife sharpening skills and safe knife usage and care
6. Demonstrate the correct holding and cutting motions for a chef's knife.

STANDARD 1014.06-09 Food Preparation

10 days

1. Prepare salads and dressings
2. Explain the role of salads
3. Identify and describe the various ingredients used to make salads.
4. List the four parts of a salad and explain the role of each.
5. Identify the cleaning and storage of salad greens.
6. Differentiate among various oils and vinegars.
7. Prepare vinaigrettes and other emulsions.
8. Prepare soups, appetizers and desserts.
9. Prepare the basic ingredients for broth, consomme, puree, clear, and cream soups.
10. Prepare sandwiches, spreads, and fillings
11. Give examples of different types of sandwiches.
12. Explain the role of the three components of a sandwich
13. Prepare several types of sandwiches
14. Give examples of different types of pizzas.
15. Identify the kitchen equipment needed for holding and serving food and beverages

STANDARD 1014.10 Bakery products

3 days

1. Prepare batters and dough using appropriate mixing methods
2. Prepare various types of cookies.
3. Prepare various types of quick breads.

STANDARD

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ProStart I cont.

STANDARD 1014.11-15 Stocks, Sauces, and Hot Soups

10 days

1. Prepare and flavor stocks and reductions
2. Identify the four essential parts of stock and proper ingredients for each.
3. List and explain the various types of stock and their ingredients
4. Demonstrate three methods for preparing bones for stock.
5. Prepare the ingredients for and cook several kinds of stocks.
6. Explain how and why to remove fat from stock.
7. List the ways to cool down stock properly.
8. Prepare Mother sauces
9. Prepare the mother sauces, and describe other sauces made from them.
10. Prepare thickening agents and roux.
11. List and prepare proper ingredients for sauces and explain how to create them.
12. Identify ways to use sauces.
13. Identify and prepare soups.

STANDARD 1014.15-16 Meats and Poultry

5 days

1. Identify various cooking methods
2. List and explain the three types of heat transfer.
3. Describe dry-heat cooking methods and list the foods that are suited.
4. Describe moist-heat cooking methods and list the foods suited.
5. Describe combination-heat cooking methods and foods suited.
6. Describe sous vide and microwave cooking techniques.
7. Determine Proper degrees of doneness.
8. Identify ways to determine if a food has reached correct degree of doneness.

STANDARD 1014.17-20 Culinary Math

3 days

1. Convert standard recipes
2. Convert recipes to yield smaller and larger quantities
3. Calculate ingredient weights
4. Convert baking recipes into new yields.
5. Calculate food costs, percentages, and mark up
6. calculate guest check with tax and gratuity
7. Convert weights and measurements.

STANDARD 1014.21-23 Dining service

2 days

1. Perform basic duties of a wait person
2. Describe various types of service
3. Identify contemporary styles of service.
4. Identify roles of service staff.

STANDARD 1014.24-30 Intro to Management

3 days

1. List the major responsibilities of a mgr
2. Identify the behaviors of leaders.
3. List ways to promote diversity in the workplace
4. Explain what a SMART goal is
5. Explain the purpose of vision statements and mission statements and contrast their difference.