

ProStart II

STANDARD 1019.1 Sanitation and Safety

3 days

Take Physical and perpetual inventory

11.7 List the methods used to account for inventory

STANDARD 1019.2-5 Fruits, Veg, and Starches

10 days

1. Identify and describe different
2. List factors that affect produce selection decisions.
3. Identify procedures for storing fruit.
4. Identify and describe different types of vegetables
5. Identify procedures for storing vegetables.
6. Prepare various types of fruit.
7. Cook various types of fruit using appropriate methods.
8. Demonstrate the preparation of various types of vegetables.
9. Cook various types of vegetables using appropriate methods.
10. Identify ways to hot-hold vegetables for safety and quality.
11. Identify and describe different types of potatoes.
12. Identify procedures for storing potatoes.
13. Prepare potatoes using a variety of methods.
14. Identify and describe different types of grains and legumes.
15. Explain how to store grains and legumes.
16. Prepare various types of gains and legumes.
17. Identify and describe different types of pasta.
18. Prepare pasta using a variety of methods.
19. Prepare dumplings using a variety of methods.

STANDARD 1019.6-9 Breakfast Foods

5 days

1. Describe the types of breakfast starches.
2. Prepare various breakfast starches.
3. Prepare various pancakes, crepes, waffles, and French Toast.
4. Prepare various breakfast meats.
5. Identify and prepare different styles of eggs.
6. List the characteristics of eggs and identify ways to keep them safe.
7. Prepare eggs using a variety of cooking methods.
8. Prepare various breakfast starches.

STANDARD 1019.10-1019.12 Dairy Products

3 days

1. Identify the different forms of cream cheese and their fat content.
2. Identify different forms of cultured dairy products and their fat content.
3. Differentiate between butter and butter substitutes and recognize the characteristics of each other.
4. Describe dairy milk and milk alternatives and their fat content.
5. Identify the varieties and characteristics of chreese and give examples of each.
- 6.

STANDARD 1019.13-23 Intro to Marketing

1. Define the term marketing
2. Describe the components of the traditional marketing mix.

ProStart II

STANDARD 1019.36-41 Purchasing

3 days

1. Describe the purchasing function.
2. Describe the factors that contribute to the purchasing process.
3. List goods and services that might be purchased by a foodservice operation.
4. Explain quality standards and how they should be used.
5. Describe how to determine what and when to order.
6. Explain what happens after goods are purchased.

STANDARD 1020.01-2 Food Preparation

10 days

1. Prepare soups, appetizers, and desserts.
2. Prepare various types of frozen desserts.
3. Prepare various poached fruits and tortes.
4. Describe various types of dessert sauces.
5. Prepare cold garnishes.
6. Explain why and how garnish is used.
7. Describe the guidelines for plating food that has finished cooking.
8. Explain how soups should be garnished.

STANDARD 1020.03-4 Bakery Products

15 days

1. Prepare batters and doughs using appropriate mixing methods.
2. Describe the two basic types of yeast bread dough.
3. Describe the two basic methods used to make yeast breads.
4. List the 10 basic steps to making yeast bread.

5. Prepare standard dessert items.
6. Prepare cake batter using a variety of methods.
7. Prepare various icings.
8. Prepare various soufflés.
9. Prepare pie dough using the 3-2-1 method.
10. Explain what it means to bake blind.
11. Prepare laminated dough.
12. Prepare pâte à choux and phyllo dough.
13. Explain how chocolate is made.
14. Identify storing chocolate procedures.
15. Execute the procedure for melting chocolate.
16. Prepare baked and stirred custards and explain.

STANDARD 1020.05-6 Meats and Poultry

10 days

1. Outline the federal grading systems for meat.
2. Identify receiving and storage procedures for meat.
3. Outline the federal grading systems for poultry.
4. Identify receiving and storage procedures for poultry.

5. Apply basic techniques for cooking meat.
6. Match various cooking methods with different forms of meat.
7. Demonstrate the steps for fabricating poultry.
8. Apply basic techniques for cooking poultry.

STANDARD 1020.07-9 Fish and Seafood

1. Identify market forms of fish and seafood.
2. Outline the federal grading systems for seafood.