

**ACALANES UNION HIGH SCHOOL DISTRICT**  
**VOCATIONAL/CAREER EDUCATION**  
**Culinary Arts Program**

**Adopted: 12/17/03**

COURSE TITLE: FOODS 2

COURSE CODE: T0811E

GRADE LEVEL: Grades 10-12

COURSE LENGTH: One Year

PREREQUISITE: Foods 1

CREDIT: 10 Units

UC/CSU CREDIT: None

GRADUATION REQUIREMENT: Fulfills 10 units of Foreign Language/Visual & Performing Arts/Technical Education credit required for graduation.

STANDARDS AND BENCHMARKS: Culinary Arts: 1C, 1D, 2E, 3B, 3C, 3E, 4C, 5C, 5D, 6D, 7I, 8E, 8G, 8H, 8I, 9D, 9F, 10A, 10B, 11B, 13A

COURSE DESCRIPTION: Foods 2 is the second course in a comprehensive standard-based culinary arts sequence. The class builds on student's knowledge of nutrition, preparation techniques, equipment use and care, consumerism. The class will provide hands on experience in all elements of food preparation including various international foods recipes.

COURSE GOALS: The student will:

1. Understand the breadth of the food service and hospitality industry.
2. Understand the principles of safe and sanitary food handling.
3. Understand the operational procedures of a clean plant.
4. Understand techniques and equipment used in food preparation.
5. Use appropriate techniques to set tables and serve meals.
6. Understand approved dietary guidelines, cost analysis and ways in which food preparation meets these factors.

TEXTBOOK MATERIALS: Culinary Essentials, Johnson & Wales, Glencoe/McGraw Hill, 2002.  
Guide to Good Food, Largen/Bence, Goodhart Wilcox 2002.

TEACHER RESOURCES: Food TV – Channel 35, [www.foodtv.com](http://www.foodtv.com); [www.foodnetwork.com](http://www.foodnetwork.com); Culinary Academy, HomeChef; FENI; [www.epicurious.com](http://www.epicurious.com)

**Acalanes Union High School District  
Course Content and Performance Objectives  
FOODS 2**

	CAT-6	HSEE	Standards & Benchmarks	Standards Based Test (CST)	Assessment	Timeline
<b>Food Service Industry</b> <b>1.0 Students will understand the breadth of the food service and hospitality industry.</b>  1.1 Explain the importance of teamwork to the success of a food service organization. 1.2 Describe the range of career opportunities, income, career paths, and strategies for obtaining employment and advancing in the food service and hospitality industry. 1.3 Understand the use technology in the management of the food service and hospitality industry. 1.4 Explain the difference between <i>vision</i> and <i>mission</i> in the food service industry. 1.5 Define <i>marketing</i> and <i>product development</i> as it relates to the food service industry. 1.6 Identify issues and problems in the food service and hospitality industry and offer possible solutions.	N/A	N/A	1.0, 2.0, 3.0, 5.0, 10.0, 13.0 1C  1D  5D  10A  10B  13A	N/A	Written Assignment, Teacher observation, Test	10% Integrated throughout the course
<b>Sanitation and Safe Food Handling</b> <b>2.0 Students will understand the principles of safe and sanitary food handling.</b>  2.1 Describe procedures for emergencies and disasters. 2.2 Use safe, appropriate, and sanitary procedures in all food handling, including food receiving, storage, production, service, and cleanup.	N/A	N/A	2.0, 3.0  2E  3B	N/A	Labs, Teacher observation, Tests	15% Integrated throughout the course

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<p><b>The Plant</b></p> <p><b>3.0 Students will understand the operational procedures of a clean plant.</b></p> <p>3.1 Maintain standards in personal grooming and hygiene.</p> <p>3.2 Describe types of food contamination, their potential causes, and methods of prevention.</p>	N/A	N/A	3.0	N/A	Written Assignments, Teacher grading sheet	10% of class time
<p><b>Food Preparation and Techniques</b></p> <p><b>4.0 Students will understand techniques and equipment used in food preparation.</b></p> <p>4.1 Use computer applications in food production.</p> <p>4.2 Organize work and maintain workstations for efficiency.</p> <p>4.3 Prepare icings, fillings and meringues.</p> <p>4.4 Prepare, decorate, and display bakery items, including breads and other baked items, as well as desserts using appropriate procedures and techniques.</p> <p>4.5 Prepare a variety of food items, including pastas, fruit and vegetable dishes, dairy-based products, soups, salads, meat, poultry, seafood, sandwiches, and beverages.</p> <ul style="list-style-type: none"> <li>▪ candy making</li> <li>▪ egg cookery</li> <li>▪ food preservation</li> <li>▪ variety of international foods</li> </ul>	N/A	N/A	4.0, 5.0 8.0	N/A	Teacher grade sheets, Observation, Practical Exams	40% of class time

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<b>Food Presentation</b> <b>5.0 Students will use appropriate techniques to set tables and serve meals.</b>  5.1 Answer customers' and guests' questions about the menu. 5.2 Use safe, efficient and proper procedures for setting, serving, maintaining, and bussing tables. 5.3 Plate and garnish foods attractively.	N/A	N/A	6.0, 9.0	N/A	Assignments, Portfolio, Teacher observation	10% of class time
<b>Dietary Guidelines</b> <b>6.0 Students will understand approved dietary guidelines, cost analysis and ways in which food preparation meets these factors.</b>  6.1 Describe nutritional principles and concepts related to menu applications outlined in the American Dietetic Association (ADA) guidelines. 6.2 Discuss the advantages and disadvantages of foods made from scratch and of convenience products in terms of cost, preparation, and quality. 6.3 Calculate recipe costs and prices per portion.	N/A	N/A	7.0, 8.0, 11.0	N/A	Tests Quizzes	15% of class time

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**TEACHING STRATEGIES AND PROCEDURES**

- Videos
- Lab work (hands on)
- Field Trips
- Projects
- Reading and Book work
- Demos with overheads
- Lectures
- Computer work.

**GRADING GUIDELINES**

Lab work	40%
Class Participation	5-10%
Projects	10%
Quizzes/Tests	10-15%
Classwork/Homework	20%
Portfolio	10%