



# **Wolcott Public Schools**

**154 Center Street  
Wolcott, Connecticut 06716  
[www.wolcottps.org](http://www.wolcottps.org) – 203-879-8183**

## **High School Curriculum Grades 10 to 12 Professional Food Service and Management Program**



*Children are our Future...*

# PROFESSIONAL FOOD SERVICE AND MANAGEMENT PROGRAM

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## **Mission Statement:**

*The mission of the Wolcott Public Schools is to develop in each student the knowledge, skills, and attitudes necessary to become a productive member of the community and a contributing member to society.*

## **Departmental Philosophy:**

Wolcott High School's Applied Education Department believes its courses are an integral part of the total academic structure that provides students with competencies to be competitive in a service oriented society. The mission of this program is to ensure that students have the opportunity to develop the skills, knowledge, understanding and attitudes necessary for successful participation in postsecondary education and the global economy.

## **Course Description:**

This is a one year program which includes training in the food service industry, food preparation, kitchen and restaurant operation, host & hostess training, waiter & waitress training, kitchen safety, sanitation, and management development. This course is not limited to cooking but covers all aspects of day-to-day restaurant operations. The primary objective of this course is to provide students an opportunity to learn what is involved behind the scenes and over the counter. Students will gain the basic skills needed for a restaurant professional. This will allow students to review opportunities for employment in the restaurant and hospitality industry upon completion of the program. Naugatuck Valley Community College credit can be arranged with the instructor for 11<sup>th</sup> and 12<sup>th</sup> grade students.

\* Students enrolled in the *Professional Food Service and Management Program* or *Understanding the Food Service Industry* are given the opportunity to join and participate in FCCLA (Family, Career and Community Leaders of America) which is an international club that many colleges and universities recognize through scholarships.

+ **Pre-requisite course:** *Understanding the Food Service Industry* is a pre-requisite course for the *Professional Food Service and Management Program* and **must** be taken first. Courses cannot be taken con-currently.

## ***PROFESSIONAL FOOD SERVICE AND MANAGEMENT PROGRAM***

***Content Standard: Food Safety and Sanitation: Demonstrate food safety and sanitation procedures.***

<b><i>Performance Standards</i></b>	<b><i>Sample Activities</i></b>	<b><i>Assessment Strategies</i></b>	<b><i>Resources</i></b>
<ul style="list-style-type: none"> <li>• Identify pathogens found in food and their role in causing illness.</li>   <li>• Employ food service management safety/sanitation program procedures.</li>   <li>• Practice good personal hygiene/health procedures.</li>   <li>• Demonstrate proper receiving and storage of both raw and prepared foods.</li> </ul>	<ul style="list-style-type: none"> <li>• Divide the class into groups and have each group research a food borne illness and present their findings to the class.</li>   <li>• Have students develop a checklist of personal and kitchen cleanliness standards that they can use to evaluate during kitchen labs.</li>   <li>• Have students develop slogans that relate to the hygiene standards covered in class. Then illustrate these slogans on signs and post them around the classroom.</li>   <li>• Using proper procedures discussed in class have students receive and store day to day deliveries.</li> </ul>	<ul style="list-style-type: none"> <li>• Quiz</li> <li>• Research project</li> <li>• School Wide Rubrics</li>   <li>• Quiz</li> <li>• Open Discussions with questions and answers.</li> <li>• School Wide Rubrics</li>   <li>• Have students rate themselves against the set of standards.</li> <li>• Quiz</li> <li>• School Wide Rubrics</li>   <li>• Quiz</li> <li>• Assess student involvement of mock food delivery.</li> <li>• School Wide Rubrics</li> </ul>	<ul style="list-style-type: none"> <li>• Textbook</li> <li>• Handouts</li> <li>• Newspapers</li> <li>• Magazines</li> <li>• Internet</li>   <li>• Textbook</li> <li>• Handouts</li> <li>• Place of employment</li> <li>• Chesprocott Health District</li>   <li>• Textbook</li> <li>• Handouts</li> <li>• Chesprocott Health District</li>   <li>• Textbook</li> <li>• Handouts</li> <li>• Library Books</li> <li>• Internet</li> </ul>

## ***PROFESSIONAL FOOD SERVICE AND MANAGEMENT PROGRAM***

<b><i>Performance Standards</i></b>	<b><i>Sample Activities</i></b>	<b><i>Assessment Strategies</i></b>	<b><i>Resources</i></b>
<p><b><u>Food Safety and Sanitation</u></b> (Continued)</p> <ul style="list-style-type: none"> <li>• Demonstrate food handling and preparation techniques that prevent cross-contamination between raw and cooked foods. Determine conditions and practices that promote safe food handling.</li> <li>• Examine current types and proper uses of cleaning materials and sanitizers.</li> </ul>	<ul style="list-style-type: none"> <li>• Have students develop a checklist for proper sanitation in food preparation, storage, and clean up to be implemented in kitchen labs.</li> <li>• Have each lab group draw a chart illustrating the order in which dishes should be washed using proper cleaners, sanitizers, and test strips.</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare kitchen with unsanitary conditions and have students investigate, analyze, and report.</li> <li>• School Wide Rubrics</li> <li>• Quiz</li> <li>• Chapter Test</li> <li>• Labs</li> <li>• School Wide Rubrics</li> </ul>	<ul style="list-style-type: none"> <li>• Textbook</li> <li>• Handouts</li> <li>• Internet</li> <li>• Newspapers</li> <li>• Magazines</li> <li>• Textbook</li> <li>• Handouts</li> </ul>

## ***PROFESSIONAL FOOD SERVICE AND MANAGEMENT PROGRAM***

***Content Standard: Food Production Equipment: Demonstrate selecting, using and maintaining food production equipment.***

<b><i>Performance Standards</i></b>	<b><i>Sample Activities</i></b>	<b><i>Assessment Strategies</i></b>	<b><i>Resources</i></b>
<ul style="list-style-type: none"> <li>• Operate tools and equipment following safety procedures.</li> </ul>	<ul style="list-style-type: none"> <li>• Have students demonstrate the use of kitchen equipment under the supervision of an instructor.</li> <li>• Have students give a brief oral report about the types of hazards equipment may cause.</li> </ul>	<ul style="list-style-type: none"> <li>• Student demonstrations utilizing proper use of equipment.</li> <li>• Quiz</li> <li>• School Wide Rubrics</li> </ul>	<ul style="list-style-type: none"> <li>• Textbook</li> <li>• Handouts</li> <li>• Lectures</li> <li>• Demonstrations</li> </ul>
<ul style="list-style-type: none"> <li>• Maintain tools and equipment following safety procedures.</li> </ul>	<ul style="list-style-type: none"> <li>• Have students demonstrate safety procedures in maintaining tools and equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• Have students demonstrate the proper procedures for sharpening the blades of the most common cutting tools.</li> <li>• School Wide Rubrics</li> </ul>	<ul style="list-style-type: none"> <li>• Textbook</li> <li>• Handouts</li> <li>• Demonstrations</li> </ul>
<ul style="list-style-type: none"> <li>• Demonstrate procedures for cleaning and sanitizing equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• Have students develop a brochure providing tips for proper cleaning and sanitizing of equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• Have students participate in a lab which will encompass sanitizing all equipment in the kitchen under the instruction of a local Health Department Inspector.</li> <li>• School Wide Rubrics</li> </ul>	<ul style="list-style-type: none"> <li>• Textbook</li> <li>• Handouts</li> <li>• Demonstrations</li> <li>• Guest Speaker</li> </ul>

## ***PROFESSIONAL FOOD SERVICE AND MANAGEMENT PROGRAM***

<b><i>Performance Standards</i></b>	<b><i>Sample Activities</i></b>	<b><i>Assessment Strategies</i></b>	<b><i>Resources</i></b>
<p><b><u>Food Production Equipment</u></b> (Continued)</p> <ul style="list-style-type: none"><li>• Discuss the common hazards which can cause serious cuts and burns.</li></ul>	<ul style="list-style-type: none"><li>• Have students demonstrate the proper use of a knife.</li><li>• Have each student list different types of cuts and burns that might occur in the kitchen and give suggestions for preventing each type.</li></ul>	<ul style="list-style-type: none"><li>• Invite the school nurse to the class to discuss various injuries and also demonstrate basic first aid procedures.</li><li>• Quiz</li><li>• Chapter Test</li><li>• School Wide Rubrics</li></ul>	<ul style="list-style-type: none"><li>• Textbook</li><li>• Handouts</li><li>• Demonstrations</li><li>• Guest Speakers</li></ul>

## ***PROFESSIONAL FOOD SERVICE AND MANAGEMENT PROGRAM***

***Content Standard: Nutritional Needs: Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.***

<b><i>Performance Standards</i></b>	<b><i>Sample Activities</i></b>	<b><i>Assessment Strategies</i></b>	<b><i>Resources</i></b>
<ul style="list-style-type: none"> <li>• Assess the effect of nutrients on health, appearance, and peak performance.</li>   <li>• Assess the impact of food and diet fads, food addictions, and eating disorders on wellness.</li>   <li>• Appraise sources of food and nutrition information, including food labels, related to health and wellness.</li> </ul>	<ul style="list-style-type: none"> <li>• Ask students to write their interpretation of the statement, <i>When you have your health, you have just about everything</i>. Discuss how the health benefits of wise food choices can impact other areas of life.</li>   <li>• Have student use articles and pamphlets about eating disorders to write a brief report about the causes and treatment of anorexia nervosa, bulimia nervosa, and binge eating disorders.</li>   <li>• Have students read the ingredient labels on at least twenty bread and cereal products. Ask them to identify which products contain whole grains and which do not.</li> </ul>	<ul style="list-style-type: none"> <li>• Quiz</li> <li>• Oral report on the affects of proper nutrition</li> <li>• School Wide Rubrics</li>   <li>• Quiz</li> <li>• Written report on either a diet fad or an eating disorder.</li> <li>• School Wide Rubrics</li>   <li>• Quiz</li> <li>• Have students prepare a simple entrée and then analyze the nutritional value.</li> <li>• Chapter Test</li> <li>• School Wide Rubrics</li> </ul>	<ul style="list-style-type: none"> <li>• Textbook</li> <li>• Handouts</li> <li>• Internet</li> <li>• Lectures</li> <li>• Magazines</li>   <li>• Textbook</li> <li>• Handouts</li> <li>• Magazines</li> <li>• Internet</li>   <li>• Textbook</li> <li>• Handouts</li> <li>• Internet</li> </ul>

## ***PROFESSIONAL FOOD SERVICE AND MANAGEMENT PROGRAM***

***Content Standard: Food Preparation: Demonstrate preparation for all menu categories to produce a variety of food products.***

<b><i>Performance Standards</i></b>	<b><i>Sample Activities</i></b>	<b><i>Assessment Strategies</i></b>	<b><i>Resources</i></b>
<ul style="list-style-type: none"> <li>• Demonstrate a variety of cooking methods including roasting, baking, broiling, grilling, sautéing, frying, deep fry braising, stewing, poaching, and steaming.</li> </ul>	<ul style="list-style-type: none"> <li>• Have students demonstrate each culinary technique utilizing proper procedures based on the food product provided.</li> </ul>	<ul style="list-style-type: none"> <li>• Quiz</li> <li>• Student Demonstrations</li> <li>• Question and Answer Session</li> <li>• Kitchen Labs</li> <li>• School Wide Rubrics</li> </ul>	<ul style="list-style-type: none"> <li>• Textbook</li> <li>• Handouts</li> <li>• Lectures</li> <li>• Internet</li> <li>• Magazines</li> </ul>
<ul style="list-style-type: none"> <li>• Prepare various meats, seafood, and poultry.</li> </ul>	<ul style="list-style-type: none"> <li>• Have students research then prepare using proper culinary techniques several meats, seafood, and poultry products.</li> </ul>	<ul style="list-style-type: none"> <li>• Quiz</li> <li>• Kitchen Labs</li> <li>• Red Apple Deli</li> <li>• Catering Function</li> <li>• School Wide Rubrics</li> </ul>	<ul style="list-style-type: none"> <li>• Textbook</li> <li>• Handouts</li> <li>• Lectures</li> <li>• Demonstrations</li> <li>• Internet</li> </ul>
<ul style="list-style-type: none"> <li>• Prepare various stocks, soups, and sauces.</li> </ul>	<ul style="list-style-type: none"> <li>• Have students research then prepare using proper culinary techniques several types of stocks, the Mother Sauces, and the different classifications of soups.</li> </ul>	<ul style="list-style-type: none"> <li>• Quiz</li> <li>• Kitchen Labs</li> <li>• Red Apple Deli</li> <li>• Catering Function</li> <li>• School Wide Rubrics</li> </ul>	<ul style="list-style-type: none"> <li>• Textbook</li> <li>• Handouts</li> <li>• Lectures</li> <li>• Demonstrations</li> <li>• Internet</li> </ul>
<ul style="list-style-type: none"> <li>• Prepare various salads, dressings, and marinades.</li> </ul>	<ul style="list-style-type: none"> <li>• Have students research then prepare using proper culinary techniques several types of salads, dressings, and marinades.</li> </ul>	<ul style="list-style-type: none"> <li>• Quiz</li> <li>• Kitchen Labs</li> <li>• Red Apple Deli</li> <li>• Catering Function</li> <li>• School Wide Rubrics</li> </ul>	<ul style="list-style-type: none"> <li>• Textbook</li> <li>• Handouts</li> <li>• Lectures</li> <li>• Demonstrations</li> <li>• Internet</li> </ul>



## ***PROFESSIONAL FOOD SERVICE AND MANAGEMENT PROGRAM***

<b><i>Performance Standards</i></b>	<b><i>Sample Activities</i></b>	<b><i>Assessment Strategies</i></b>	<b><i>Resources</i></b>
<p style="text-align: center;"><b><u>Food Preparation</u></b> (Continued)</p> <ul style="list-style-type: none"> <li>• Prepare various fruits, vegetables, and starches.</li>   <li>• Prepare sandwiches, canapés, and appetizers.</li>   <li>• Prepare baked goods and desserts.</li>   <li>• Prepare breakfast meats, eggs, cereals, and batter products.</li> </ul>	<ul style="list-style-type: none"> <li>• Have students research then prepare using proper culinary techniques several types of fruits, vegetables, and starches.</li>   <li>• Have students research then prepare using proper culinary techniques several types of sandwiches, canapés, and appetizers.</li>   <li>• Have students research then prepare using proper culinary techniques several types of baked goods and desserts.</li>   <li>• Have students research then prepare using proper culinary techniques several types of breakfast meats, eggs, cereals, and batter products.</li> </ul>	<ul style="list-style-type: none"> <li>• Quiz</li> <li>• Kitchen Labs</li> <li>• Red Apple Deli</li> <li>• Catering Function</li>   <li>• Quiz</li> <li>• Kitchen Labs</li> <li>• Red Apple Deli</li> <li>• Catering Functions</li> <li>• School Wide Rubrics</li>   <li>• Quiz</li> <li>• Kitchen Labs</li> <li>• Red Apple Deli</li> <li>• Catering Functions</li> <li>• School Wide Rubrics</li>   <li>• Quiz</li> <li>• Kitchen Labs</li> <li>• Red Apple Deli</li> <li>• Catering Functions</li> <li>• School Wide Rubrics</li> <li>• Chapter Test</li> </ul>	<ul style="list-style-type: none"> <li>• Textbook</li> <li>• Handouts</li> <li>• Demonstrations</li> <li>• Internet</li>   <li>• Textbook</li> <li>• Handouts</li> <li>• Demonstrations</li> <li>• Internet</li>   <li>• Textbook</li> <li>• Handouts</li> <li>• Demonstrations</li> <li>• Internet</li>   <li>• Textbook</li> <li>• Handouts</li> <li>• Demonstrations</li> <li>• Internet</li> </ul>

## ***PROFESSIONAL FOOD SERVICE AND MANAGEMENT PROGRAM***

<b><i>Performance Standards</i></b>	<b><i>Sample Activities</i></b>	<b><i>Assessment Strategies</i></b>	<b><i>Resources</i></b>
<p style="text-align: center;"><b><u>Food Preparation</u></b> (Continued)</p> <ul style="list-style-type: none"> <li>• Demonstrate food presentation techniques.</li>   <li>• Monitor recipe/formula proportions and modifications for food productions.</li> </ul>	<ul style="list-style-type: none"> <li>• Have students select a garnish from a series of portraits to reproduce using adequate food products and garnishing hand tools.</li>   <li>• Students will develop an original garnish for an entrée which will be assigned at random.</li> <li>• Students will adjust serving sizes from Textbook and Internet recipes to accommodate an increase or decrease of servings or yields.</li> </ul>	<ul style="list-style-type: none"> <li>• Quiz</li> <li>• Kitchen Labs</li> <li>• School Wide Rubrics</li>   <li>• Quiz</li> <li>• Chapter Test</li> <li>• Activity Sheets</li> <li>• School Wide Rubrics</li> </ul>	<ul style="list-style-type: none"> <li>• Textbook</li> <li>• Handouts</li> <li>• Demonstrations</li> <li>• Magazines</li> <li>• Internet</li>   <li>• Textbooks</li> <li>• Handouts</li> <li>• Lectures</li> </ul>

## ***PROFESSIONAL FOOD SERVICE AND MANAGEMENT PROGRAM***

***Content Standard: Apply concepts of service to meet customer expectations***

<b><i>Performance Standards</i></b>	<b><i>Sample Activities</i></b>	<b><i>Assessment Strategies</i></b>	<b><i>Resources</i></b>
<ul style="list-style-type: none"> <li>• Practice service methods.</li>   <li>• Determine the relationship between an employee's actions and customer satisfaction.</li>   <li>• Demonstrate sensitivity to diversity and individuals with special needs.</li> </ul>	<ul style="list-style-type: none"> <li>• Working in small groups, have students use the table appointments available in lab to demonstrate Russian, English, and family service.</li> <li>• Have each student investigate when and where different styles of meal service developed. Each student will share their findings in an oral report.</li>   <li>• Divide each class of students into groups so they can simulate realistic occurrences between customers and employees.</li>   <li>• Students will participate in at least two functions for the Wolcott Senior Center or the Life Skills Class at Wolcott High School.</li> </ul>	<ul style="list-style-type: none"> <li>• Quiz</li> <li>• Student Demonstration</li> <li>• Oral Report</li> <li>• School Wide Rubrics</li>   <li>• Quiz</li> <li>• Student Demonstrations</li> <li>• School Wide Rubrics</li>   <li>• Quiz</li> <li>• Student Demonstration</li> <li>• Student Participation</li> <li>• School Wide Rubrics</li> </ul>	<ul style="list-style-type: none"> <li>• Textbook</li> <li>• Handouts</li> <li>• Demonstration</li> <li>• Lectures</li>   <li>• Textbook</li> <li>• Handouts</li> <li>• Demonstrations</li> <li>• Lectures</li>   <li>• Textbook</li> <li>• Handouts</li> <li>• Demonstrations</li> <li>• Lectures</li> </ul>

# **PROFESSIONAL FOOD SERVICE AND MANAGEMENT PROGRAM**

## **Pacing Guide**

### **September:**

- Start with PowerPoint
- Rules
- Class Expectations
- Safety Rules
- Kitchen Assignments
- “Your” Food Habits
- Chapter 1- Food Industry
  - Talk about hygiene during this chapter
- Chapters 3 & 4- Safety & Sanitation
  - Discuss the ways to properly clean & sanitize
  - Knife demonstration during this lesson

### **October:**

- Chapter 3- Food Borne Illnesses
  - During this unit also discuss safe food handling as well as demonstrating the proper storage of both raw & cooked foods.
- Chapters 7 & 8- Kitchen Tools
  - Quick re-cap of names, functions, and proper maintenance.
- Chapter 13- Basic *mise en place*.
- Chapter 14- Stocks

### **November:**

- Chapters 17, 18, 19, 20 & 21-Cutting methods and cooking methods such as sautéing, roasting, baking, frying, steaming, etc. Similar to what was learned during *Understanding The Food Service Industry* course, students will be expected to create more elaborate dishes using these techniques.
- Chapter 22- Braising and Stewing.

### **December:**

- Chapter 10- Beef
- Chapter 9- Poultry
- Chapter 11- Fish & Seafood

### **January:**

- Chapter 29- Sandwiches
- Chapter 30- Hors D’Oeuvres
- Chapter 31- Garde-Manager

### **February:**

- Chapter 25- Vegetables
- Chapter 28- Salads/Soups & Dressings
- Chapter 26- Cereals, Rice & Pasta

### **March:**

- Chapter 33- Flavor Development
- Chapter 34- Plating and Presentation

### **April:**

- Chapters 35, 36 & 37- Exploring European, Mediterranean, Asian & American Cuisines.

### **May:**

- Unit 2- Nutrition and the Food Pyramid
- Various catering parties

### **June:**

- Various catering parties
- Clean, sanitize & close kitchen

# ***PROFESSIONAL FOOD SERVICE AND MANAGEMENT PROGRAM***

## **Essential Questions**

- 1.) What are the functions of vitamins, minerals, and photochemical in people's diet? Name several foods that contain them.
- 2.) Explain how you would use basic guidelines to select and prepare foods to serve as appetizers or hors d'oeuvres & describe their differences.
- 3.) How would you prepare yeasts & breads and explain how to substitute one form of yeast for another?
- 4.) What is flavor and its elements? Explain the process & techniques of seasoning foods.
- 5.) Explain what presentation is and use food presentation techniques to arrange, sauce & garnish foods; be sure to explain your reasoning.
- 6.) Name the important regions of Europe and list some of the important flavors, ingredients, and techniques used in these regions.
- 7.) What are the several important culinary regions in Asia and list some of the important foods and techniques those regions feature.
- 8.) What are the major culinary regions of the Americas? Name several distinguishing flavors and foods of the cuisines of the Americas; list several factors that influenced cooking in the Americas and describe their effects.
- 9.) How would you select and prepare ingredients and equipment proper for roasting, barbequing, grilling and broiling? Name the similarities and differences between these various techniques.
- 10.) How would you define meat inspection & meat grading based on the guidelines set forth for selecting, receiving, and storing meats?
- 11.) What are the market forms of fish and match the various brands with correct cooking methods; perform basic fish & shellfish fabricating techniques.

# ***PROFESSIONAL FOOD SERVICE AND MANAGEMENT PROGRAM***

## **Skills Objectives**

Students will be able to:

- 1.) Assess the impact of food and diet fads, food addictions, and eating disorders on wellness.
- 2.) Demonstrate sensitivity to diversity and individuals with special needs.
- 3.) Determine the relationship between an employee's actions and customer satisfaction.
- 4.) Prepare various meats, seafood, and poultry.
- 5.) Demonstrate a variety of cooking methods including roasting, baking, broiling, grilling, sautéing, frying, deep fry braising, stewing, poaching, and steaming.
- 6.) Appraise sources of food and nutrition information, including food labels, related to health and wellness.
- 7.) Assess the effect of nutrients on health, appearance, and peak performance.
- 8.) Maintain tools and equipment following safety procedures.
- 9.) Demonstrate proper receiving and storage of both raw and prepared foods.
- 10.) Identify pathogens found in food and their role in causing illness.
- 11.) Employ food service management safety/sanitation program procedures.
- 12.) Prepare foods from across the cuisines.
- 13.) Distinguish foods from many explored cuisines around the world.

# ***PROFESSIONAL FOOD SERVICE AND MANAGEMENT PROGRAM***

## **Assessments**

[That are aligned to the curriculum – this will be done through the data teams throughout the year – no need to do them now, I just wanted to let you know where they will go in the curriculum, as we complete them.

Thanks.]