

COURSE: COMMERCIAL FOODS

### OVERVIEW OF COURSE

#### Goal

The goal of the Commercial Food program is to prepare each student with life skills through experience selected and arranged for self awareness, and learning within the time frame of each educational district.

#### Description

##### Base Modules

- |                           |                             |
|---------------------------|-----------------------------|
| Career Awareness          | Sanitation and Hand Washing |
| Personal Hygiene          | Job Readiness               |
| Safety and Sanitation     | Housekeeping                |
| Time Management           | Nutrition                   |
| Terminology               | Receiving and Storing       |
| Tools and Utensils        | Trade Math                  |
| Use and Care of Equipment | Computer Usage              |
|                           | Menu Planning               |

All Base Modules are reinforced in laboratory sessions of other modules.

Each of the remaining modules is designed to be independent of all others. Cross modules are recommended. A detailed chart is attached to show modules necessary for specific jobs. Follow for special emphasis.

##### Back of the House-Cook/Chef

- |                      |                                     |
|----------------------|-------------------------------------|
| Base Modules         | Seafood                             |
| Weights and Measures | Vegetables                          |
| Ingredients          | Potatoes                            |
| Purchasing           | Pasta, Rice, and Other Starches     |
| Soups and Stews      | Salads, Dressings, and Vinaigrettes |
| Sauces and Gravies   | Sandwiches                          |
| Eggs                 | Appetizers                          |
| Cheese               | Fruits                              |
| Meats                | Garnishes                           |
| Poultry              | Beverages                           |

COURSE: COMMERCIAL BAKING

OVERVIEW OF COURSE

Back of the House - Baker/Baker's Helper

Base Modules  
Menu Planning  
Weights  
Ingredients  
Purchasing  
Food Safety  
Garnishes

Costing/Portion Control  
Yeast Made Products  
Cakes and Pastries  
Cookies  
Pies and Pastries  
Puddings and Desserts

Front of the House - Waitperson/Server

Base Modules  
Ingredients  
Salads and Dressings  
Sandwiches

Garnishes  
Breads  
Front of the House

Enhancement Modules for gifted or advanced students are to be taught in addition to the following:

Management Training

Catering  
Entrepreneurship

## CONTENT OUTLINE

### BASE

- I. Care
- II. Personal Hygiene
- III. Safety
- IV. Time Management
- V. Temperature
- VII. Quality Control
- IX. Job
- XI. Nutrition
- XII. Ordering, Receiving, and Storing
- XIII. Inventory
- XIV. Menu Planning

### CAREER EMPHASIS

- XVI. Weights and Measures
- XVII. Ingredients
- XVIII. Purchasing
- XIX. Sauces
- XX. Gravies
- XXI. Eggs
- XXII. Meats
- XXIII. Meats
- XXIV. Meats
- XXV. Vegetables
- XXVI. Vegetables
- XXVII. Potatoes
- XXVIII. Salads and Dressings
- XXIX. Salads and Dressings
- XXX. Salads and Dressings
- XXXI. Salads and Dressings
- XXXII. Salads and Dressings
- XXXIII. Beverages
- XXXIV. Beverages
- XXXV. Front of the House

COURSE: COM

CONTENT

- XXXV.
- XXXVIII.
- XXXIX.
- XL.
- XLI. Pie and Pastry
- XLII. Puddings and Desserts

ENHANCEMENT MODULES

- XLIII. Management Training
- XLIV. Catering
- XLV. Entrepreneurship