**Culinary 3 Competencies & Syllabus**

Here’s what we will be covering in our final year together. We will move around between these competencies as we continue to master what we have covered in culinary 1 and 2. By the end of the year you should be ready for the NOCTI as well as your next great adventure.

**300 Demonstrate Knowledge of the Food Industry**

301 Trace growth and development of the hospitality and tourism industry

302 Describe the various cuisines and their relationship to history and cultural development

303 Identify professional organizations that compare and contrast their purposes and benefits to the industry

304 Evaluate career opportunities utilizing field trips, guest speakers and other industry resources

**900 Demonstrate Knowledge of Nutrition**

901 List food groups and recommended servings in the current USDA Food Guide for My Plate

902 Discuss current dietary guidelines and recommended dietary allowances

903 Interpret food labels in terms of the portion size, ingredients and nutritional value

904 Describe primary functions and major food nutrients

905 List the six food groups in the current USDA Food Guide for My Plate and the recommended daily servings from each group

906 Discuss and demonstrate cooking techniques and storage principles for maximum retention of nutrients

907 Discuss various contemporary nutritional concerns such as allergies, vegetarianism, heart healthy menus, and religious dietary laws

**1400 Prepare Cheese**

1401 Identify various classes of cheese

1402 Select common cheese textures

1403 Properly handle cheese

1404 Identify and prepare food using cheese as main ingredient such as dressing, platters, spreads and fillings

1405 Slice, grate, cube and shape cheese

**1800 Identify Prepare and Cook Meats**

1801 Identify primal, sub-primal and retail cuts and their sources

1802 Prepare beef, veal, pork and lamb

1803 Identify factors affecting the cooking of beef, veal, pork, poultry and seafood

1804 Describe how to cook poultry and seafood using dry and moist heat cooking methods

1805 Demonstrate methods for checking degrees of doneness

1806 Identify types of poultry and their market forms

1807 Identify types of seafood and their market forms

**1900 Demonstrate Skill in Basic Baking Practices**

1911 Identify, prepare and evaluate cake doughnuts

1915 Discuss and demonstrate the procedure for preparing puff pastry

1916 Prepare and evaluate pate a choux

1917 Identify, prepare and evaluate a variety of custards and pudding

1918 Identify, prepare and evaluate a variety of frozen desserts

**2000 Plan and Cost Menus**

2001 Plan and design a menu based upon customer and management needs

2002 List the methods to use for giving variety to a menu

2003 List the reasons for costing recipes

2004 Plan, prepare, produce and serve a complete menu based on customer and management needs