

COURSE: COMMERCIAL FOOD

### OVERVIEW OF COURSE

#### **Goal**

The goal of the Commercial Food program is to prepare each student with lifetime job skills through mastery of communication and computation skills coupled with appropriate hands-on experience selected and arranged from the modules to provide maximum individual growth, self awareness, and learning within the time frame of each educational district.

#### **Description**

Base Modules are needed by all students taking the Commercial Food program:

Career Awareness	Dish and Ware 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 to develop a depth of student ability.

Each of the remaining modules is designed to be independent of all others. Cross teaching of base modules and interspersing of several modules to encourage restaurant style kitchen and dining room setups with students rotating through several operational work stations is recommended. A detailed chart is attached to show modules necessary for specific jobs. Following are four possible breakdowns of modules to provide guidelines for programs with a 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 Stocks	Salads and Dressings
Sauces and Gravies	Sandwiches
Eggs	Appetizers
Cheese	Fruits
Meats	Garnishes
Poultry	Beverages

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OVERVIEW OF COURSE, continued

Back of the House - Baker/Baker's Helper

Base Modules  
Menu Planning  
Weights and Measures  
Ingredients  
Purchasing  
Fruit  
Garnishes

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

Front of the House - Waitperson, Counter Person

Base Modules  
Ingredients  
Salads and Dressings  
Sandwiches

Garnishes  
Beverages  
Costing and Portion Control  
Front of the House Service

Enhancement Modules for gifted or advanced students are to be taught in addition to all other modules.

Management Training

Catering  
Entrepreneurship