

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

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CONTENT OUTLINE

BASE MODULES

- I. Career Awareness
- II. Personal Hygiene
- III. Safety and Sanitation
- IV. Time Management
- V. Terminology
- VI. Tools and Utensils
- VII. Use and Care of Equipment
- VIII. Dish and Ware Washing
- IX. Job Readiness
- X. Housekeeping
- XI. Nutrition
- XII. Ordering, Receiving, and Storing
- XIII. Trade Math
- XIV. Computer Usage
- XV. Menu Planning

CAREER EMPHASIS MODULES

- XVI. Weights and Measures
- XVII. Ingredients
- XVIII. Purchasing
- XIX. Soups and Stocks
- XX. Sauces and Gravies
- XXI. Eggs
- XXII. Cheese
- XXIII. Meats
- XXIV. Poultry
- XXV. Seafood
- XXVI. Vegetables
- XXVII. Potatoes
- XXVIII. Pasta, Rice, and Other Starches
- XXIX. Salads and Dressings
- XXX. Sandwiches
- XXXI. Appetizers
- XXXII. Fruits
- XXXIII. Garnishes
- XXXIV. Beverages
- XXXV. Costing and Portion Control
- XXXVI. Front of the House Service

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CONTENT OUTLINE, continued

- XXXVII. Yeast Made Products
- XXXVIII. Quick Breads
- XXXIX. Cakes and Icings
- XL. Cookies
- XLI. Pie and Pastry
- XLII. Puddings and Desserts

ENHANCEMENT MODULES

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