

## Culinary Arts

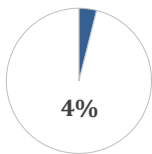
This Blueprint contains the subject matter content for the Career Essentials - Assessment.

**Note:** To fully prepare for the [Culinary Arts](#) SkillsUSA Championships contest, refer to the current year's SkillsUSA Championships Technical Standard, now included with your SkillsUSA Professional Membership. If you need help in accessing this benefit, contact the SkillsUSA Customer Care Team at 844-875-4557 or [customercare@skillsusa.org](mailto:customercare@skillsusa.org)

### Standards and Competencies

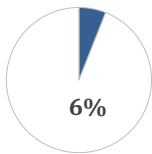
Competencies are weighted throughout the assessment. The percent shown is the weight of the competency. There are 50 questions per assessment.

#### Understand the importance of proper planning as it relates to being prepared to execute professional food production



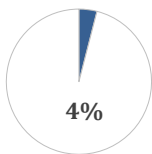
- Envision success by analyzing all available documentation well in advance of the activity and following instructions
- Make lists and develop workflow plans
- Assemble appropriate equipment using a predetermined list of allowed items
- Ensure all proper documents are assembled or prepared according to written instructions
- Demonstrate a polished professional image

#### Maintain knowledge of safety, sanitation policies, procedures and codes in a food preparation setting



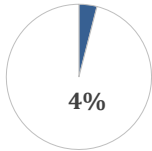
- Ensure that personal certifications are maintained
- Ensure that proper containers are used for storage of food, chemicals and other supplies
- Check that personal attire meets safety standards (e.g., covered hair)
- Ensure that proper cleaning solutions are maintained and used
- Ensure that spills and other safety problems are addressed immediately

#### Maintain personal hygiene and compliance with dress code in a food preparation setting



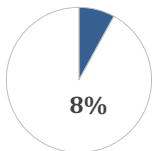
- Demonstrate that uniforms are clean and fit properly
- Demonstrate that hair restraints are used
- Ensure that perfume and cologne use is minimal
- Demonstrate that hands and nails are clean and groomed
- Ensure that use of jewelry meets standards (e.g., only a single watch and/or wedding ring)

### Maintain safe and sanitary work area(s)



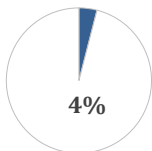
- Show that sanitizers are located at every station
- Show that work area, tools and equipment are cleaned and sanitized after each activity
- Ensure that sharp and hot objects are handled and stored properly
- Take necessary precautions to prevent cross-contamination
- Demonstrate proper communications to ensure the safety of those working around you

### Hold and store food at proper temperature



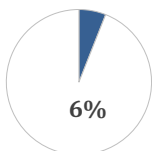
- Show that food products are labeled and dated
- Calibrate thermometers properly
- Ensure that temperature of food and storage areas are within guidelines
- Demonstrate that temperatures are checked regularly
- Prepare food according to specifications

### Review menu, recipes, and instructions



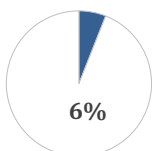
- Demonstrate that clarification is sought when questions arise
- Ensure that recipe reviewed is up to date
- Ensure that quantity of food is verified
- Ensure that menu items are consistent with recipes
- Demonstrate that recipes are available and referenced when needed

### Identify and select the necessary ingredients



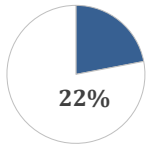
- Identify and use appropriate substitutions if necessary
- Verify ingredient list
- Verify that preparation ingredients are consistent with recipe
- Verify that freshness and proper rotation are checked

### Follow procedures for appropriate cooking techniques



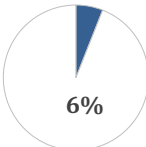
- Demonstrate that proper weights and measurements are used
- Assemble all necessary equipment and ingredients in an efficient and effective manner
- Verify that cooking procedures are followed consistently
- Identify that cooking and serving times are consistent with recipes
- Identify that food is consistent with recipe

### **Demonstrate the proper execution of classical culinary techniques according to specifications**



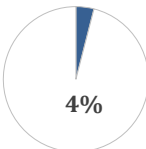
- Execute assigned vegetable cuts utilizing appropriate products and utilize as directed
- Break down proteins according to generally accepted butchery/fabrication techniques
- Produce stock using bones and trim to ensure maximum utilization of ingredients
- Produce an appetizer course including, but not limited to salads, hot appetizers, cold appetizers, etc.
- Produce a soup course including but not limited to cream or clear soup, puree, bisque or chowder
- Produce two main entrees using two different cooking techniques from the following: sauté, roast, braise, stew, poach (shallow or deep) and/or panfry
- Produce two different sauces to be included on the two main entrees. Choose from the following: derivative of a mother sauce, cream, pan sauce, au jus, butter sauce, reduction or contemporary.
- Produce vegetable accompaniment utilizing techniques including but not limited to boiling, steaming, glazing, sauté, roasting and/or panfrying
- Produce starch accompaniments utilizing techniques including but not limited to pilaf, roasted, pureed, panfry, boiled, steamed, legumes
- Demonstrate knowledge of basic baking techniques and produce baked products including, but not limited to flatbread, yeast bread, quick bread, custards and/or pies and tarts.
- Leverage creativity and degree of difficulty to produce appealing plates of well-prepared foods.

### **Assess final product for quality assurance**



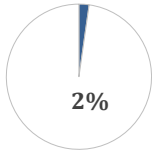
- Verify that the presentation of product is consistent
- Ensure that the final product is prepared at the correct temperature
- Ensure that the final product is seasoned at correct level
- Ensure hot food is served hot and cold food is served cold

### **Gather the necessary equipment in the food preparation setting**



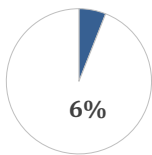
- Use the right tool or piece of equipment for task
- Ensure that tools and equipment are transported to work area safely
- Use checklists to verify equipment

### Verify that equipment and tools are in working order



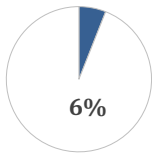
- Inspect equipment and tools visually
- Identify equipment and tools with missing parts
- Ensure that equipment is tested before use (e.g., oven temperature)
- Ensure that defective tools and equipment are reported to competition organizers
- Ensure that tools and equipment that create safety hazards are removed

### Use tools and equipment in a safe and sanitary manner



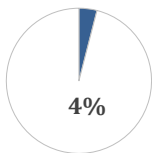
- Verify that tools and equipment are cleaned and sanitized before and after use
- Use proper colored cutting board (e.g., blue/fish, red/raw meat, green/vegetables)
- Use food handler gloves properly
- Verify that knives are sharpened on a regular basis
- Use equipment safety devices
- Follow manufacturer's operating instructions for equipment

### Clean and sanitize equipment and tools after every use



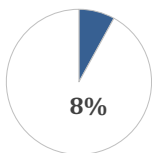
- Use proper chemical mixture to clean and sanitize equipment and tools
- Ensure that cutting boards are properly cleaned and sanitized
- When cleaning tools and equipment, use hot water
- Ensure that policies and procedures for using chemicals and sanitizers are followed

### Store tools and equipment in proper area after use



- Verify that equipment and tools are cleaned, sanitized and covered before storage
- Ensure that cleaning supplies are stored in the proper area
- Return tools and equipment to proper storage place
- Ensure that equipment sanitization storage rules are followed

### Maintain awareness of surroundings in the food preparation setting



- Report security or safety problems promptly to appropriate personnel
- Ensure that hazardous situations are dealt with promptly
- Verify that work area is visually scanned on a regular basis for safety and security problems
- Identify emergency exits and procedures
- Check emergency equipment regularly
- Monitor location of co-workers

## **COMMITTEE IDENTIFIED ACADEMIC SKILLS**

The SkillsUSA national technical committee has identified that the following academic skills are embedded in the Culinary Arts training program and assessment:

### **Math Skills**

- Use fractions to solve practical problems.
- Use proportions and ratios to solve practical problems.
- Simplify numerical expressions.
- Use scientific notation.
- Solve practical problems involving percentages.
- Solve single variable algebraic expressions.
- Solve problems using proportions, formulas and functions.

### **Science Skills**

- Use knowledge of cell theory.
- Use knowledge of patterns of cellular organization (cells, tissues, organs, systems).
- Describe basic needs of organisms.
- Classify living organisms.
- Use knowledge of carbon, water and nitrogen cycles.
- Describe and recognize elements, compounds, mixtures, acids, bases and salts.
- Describe and recognize solids, liquids and gases.
- Describe characteristics of types of matter based on physical and chemical properties.
- Use knowledge of physical properties (shape, density, solubility, odor, melting point, boiling point and color).
- Use knowledge of chemical properties (acidity, basicity, combustibility and reactivity).

### **Language Arts Skills**

- Provide information in conversations and in group discussions.
- Provide information for oral presentations.
- Demonstrate use of such verbal communication skills as word choice, pitch, feeling, tone and voice.
- Demonstrate use of such nonverbal communication skills as eye contact, posture and gestures using interviewing techniques to gain information.
- Demonstrate comprehension of a variety of informational texts.
- Use test structures to aid comprehension.
- Understand the source, viewpoint and purpose of texts.
- Organize and synthesize information of uses in written and oral presentations.
- Demonstrate knowledge of appropriate reference materials.
- Use print, electronic databases and online resources to access information in books and articles.
- Demonstrate narrative writing.
- Demonstrate expository writing.
- Demonstrate information writing.
- Edit writing for correct grammar, capitalization, punctuation, spelling, sentence structure and paragraphing.

## **CONNECTIONS TO NATIONAL STANDARDS**

State-level academic curriculum specialists identified the following connections to national academic standards.

### **Math Standards**

- Numbers and operations
- Algebra
- Geometry
- Measurement
- Problem solving
- Communication
- Connections
- Representation

**Source:** *NCTM Principles and Standards for School Mathematics*. For more information, visit: [www.nctm.org](http://www.nctm.org).

### **Science Standards**

- Understands the structure and function of cells and organisms
- Understands relationships among organisms and their physical environment
- Understands biological evolution and the diversity of life
- Understands the structure and properties of matter
- Understands the sources and properties of energy
- Understands the nature of scientific inquiry

### **Language Arts Standards**

- Students apply a wide range of strategies to comprehend, interpret, evaluate and appreciate texts. They draw on their prior experience, their interactions with other readers and writers, their knowledge of word meaning and of other texts, their word identification strategies, and their understanding of textual features (e.g., sound-letter correspondence, sentence structure, context, graphics).
- Students adjust their use of spoken, written and visual language (e.g., conventions, style, vocabulary) to communicate effectively with a variety of audiences and for different purposes.
- Students employ a wide range of strategies as they write and use different writing process elements appropriately to communicate with different audiences for a variety of purposes.
- Students use a variety of technological and information resources (e.g., libraries, databases, computer networks, video) to gather and synthesize information and to create and communicate knowledge.
- Students use spoken, written and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion and the exchange of information).

**Source:** *IRA/NCTE Standards for the English Language Arts*. To view the standards, visit: [www.ncte.org/standards](http://www.ncte.org/standards).