

**Course Title: Foods II**

**Schools to Offer Course: Carlin, Elko High School, Jackpot, Owyhee, Spring Creek, West Wendover**

**Grade Levels: 11 and 12**

**Prerequisite: Foods I**

**District Textbook Adoption: Guide to Good Food**

**Publisher: Goodheart-Willcox**

**Student ISBN: 1-59070-107-0**

**TE ISBN: 1-59070-108-9**

**Food for Today**

**Publisher: Glencoe/McGraw-Hill**

**Student ISBN: 0-07861644-1**

**TE ISBN: 0-02-861645-X**

Course Description: This is the second semester of a two semester program. Preparation of food units will continue. With an emphasis on international recipes.

Course Objectives

Product Selection and Cost Control

Select appropriate fruits for intended uses. 12.1.1

Utilize a specification sheet. 12.1.2

Select appropriate starches and grains for intended uses. 12.2.1

Utilize a specification sheet. 12.2.2

Select appropriate vegetables for intended use. 12.3.1

Utilize a specification sheet. 12.3.2

Select appropriate dairy products for intended uses. 12.4.1

Differentiate between dairy products based upon fat content for

appropriate uses.12.4.2

Identify appropriate cuts of beef and pork for intended uses. 12.5.1

Identify cost control methods in production. 12.5.2

Describe proper procedures for purchasing, storing, and fabricating meat. 12.5.3

Identify appropriate butchering methods of meats. 12.5.4

Identify uses of animal by-products. 12.5.5

Outline federal grading system. 12.5.6

Select appropriate cuts for intended uses. 12.6.1

Identify cost control methods in production. 12.6.2

Describe proper procedures for purchasing, storing, and fabricating poultry. 12.6.3

Identify appropriate butchering methods of poultry. 12.6.4

Identify uses of poultry by-products. 12.6.5

Outline federal grading system. 12.6.6

Identify appropriate market forms for intended uses. 12.7.1

Identify cost control methods in production. 12.7.2

Describe proper procedures for purchasing, storing, and fabricating fish  
and shellfish. 12.7.3

Identify appropriate butchering methods of fish and shellfish. 12.7.4

Identify uses of fish and shellfish by-products. 12.7.5

Identify quality and freshness characteristics of whole and fabricating fish  
and shellfish. 12.7.6

## Preparation Techniques

Prepare a variety of fruits. 13.1.1

Utilize cost control methods in production. 13.1.2

Incorporate portion control. 13.1.3

Demonstrate a variety of cooking methods for fruits. 13.1.4

Prepare a variety of starches and grains. 13.2.1

Utilize cost control methods in production. 13.2.2

Incorporate portion control. 13.2.3

Demonstrate a variety of cooking methods for starches and grains. 13.2.4

Prepare a variety of vegetables. 13.3.1

Utilize cost control methods in production. 13.3.2

Incorporate portion control. 13.3.3

Demonstrate a variety of cooking methods for vegetables. 13.3.4

Prepare a variety of dairy products. 13.4.1

Utilize a cost control of methods in production. 13.4.2

Prepare a variety of dairy products based on fat content. 13.4.3

Incorporate portion control. 13.4.4

Demonstrate a variety of cooking methods for dairy products. 13.4.5

Prepare a variety of meats. 13.5.1

Utilize cost control methods in production. 13.5.2

Incorporate portion control. 13.5.3

Demonstrate a variety of cooking methods for meats. 13.5.4

Prepare a variety of poultry. 13.6.1

Utilize cost control methods in production. 13.6.2

Incorporate portion control. 13.6.3

Demonstrate a variety of cooking methods for poultry. 13.6.4

Prepare a variety of fish and shellfish. 13.7.1

Utilize cost control methods in production. 13.7.2

Incorporate portion control. 13.7.3

Demonstrate a variety of cooking methods for fish and shellfish. 13.7.4

Prepare a variety of stocks. 14.1.1

Utilize cost control methods in production. 14.1.2

Incorporate portion control. 14.1.3

Demonstrate a variety of cooking methods for stocks. 14.1.4

Properly cool and store stocks. 14.1.5

Prepare the grand sauces. 14.2.1

Prepare derivative sauces. 14.2.2

Prepare small sauces. 14.2.3

Prepare a variety of thickening methods/agents. 14.2.4

Utilize cost control methods in production. 14.2.5

Incorporate portion control. 14.2.6

Properly cool and store sauces. 14.2.7

Prepare a variety of clear soups. 14.3.1

Prepare a variety of thick soups. 14.3.2

Prepare a variety of specialty soups. 14.3.3

Demonstrate a variety of cooking methods for soups. 14.3.6

Properly cool and store soups. 14.3.7

Demonstrate methods of dry heat cooking with fat. 15.1.1

Demonstrate methods of dry heat cooking without fat. 15.1.2

Demonstrate methods of moist heat cooking. 15.1.3

Demonstrate methods of combination cooking. 15.1.4

Prepare a variety of appetizers. 10.3.1

Prepare a variety of hors d' oeuvres. 10.3.2

Practice portion control. 10.3.3

Demonstrate proper presentation. 10.3.4

Determine appropriate garnishes for specific food items. 10.4.1

### Employability Skills

Solve a work-related problem using the appropriate steps in the problem-solving process.

17.1.1

Demonstrate brainstorming techniques. 17.1.2

Examine and explain the advantages and disadvantages of alternative solutions to one or more problems. 17.1.3

Create an action plan based upon a solution to a work-related problem. 17.1.4

Identify the benefits of solving a work-related problem. 17.1.5

Explain the benefits of effective communication skills in the workplace. 17.3.1

Effectively communicate thoughts, ideas, and information in writing. 17.3.5

Locate, understand and interpret written information in documents such as menus, recipes, specification sheets, manuals, graphs and schedules. 17.3.7

Organize information into appropriate format in accordance with standard practices, which includes prewriting, drafting, proofreading, editing/revising, and preparing final copy. 17.3.8

Demonstrate knowledge of the basic technology systems currently available and how they apply to your field (i.e., cost analysis, nutritional analysis, inventory, menu design).

17.4.4

Work cooperatively with others when given a group project. 17.5.1

Demonstrate respect for team members, team processes and team goals. 17.5.2

Demonstrate appropriate attitudes and behaviors for effective leadership. 17.5.3

Explain traits necessary to effectively lead and influence individuals and groups. 17.5.4

Demonstrate the qualities of an effective leader and team member. 17.5.6

Describe the importance of company dress codes. 17.5.7

Develop personal work ethics and describe the importance of ethics practiced in the workplace. 17.6.2

Demonstrate regular attendance, promptness, and the willingness to follow instructions and complete an assigned task. 17.6.3

Identify and model sound workplace ethics, such as loyalty, punctuality and initiative.

17.9.8

Demonstrate appropriate personal and professional attitudes and behaviors. 17.6.4

Maintain a safe, clean, and organized work area. 17.6.5

Demonstrate awareness of legal responsibilities related to individual performance, safety and customer satisfaction. 17.6.6