

Spanish Fork High School 2014- 2015 Don's Learning Targets for ProStart Year 2

I CAN demonstrate the characteristics of breakfast foods and sandwiches.

- I CAN identify the characteristics of milk, cream, butter, butter substitutes and cheese.
- I CAN examine the characteristics of eggs and prepare them with a variety of cooking methods.
- I CAN demonstrate cooking pancakes, crepes, waffles, and French toast.
- I CAN prepare ham, hash, grits, cold cereals, oatmeal, and sausage.
- I CAN explain the components of a sandwich and the different types of sandwiches. As well as prepare sandwiches, spreads and fillings.
- I CAN list the necessary tools and equipment to make sandwiches at a sandwich station.

I CAN examine basic nutritional needs and apply this understanding to the foods I cook and eat daily.

- I CAN list the 6 basic nutrients.
- I CAN describe how phytochemicals and fiber function in the body, as well as the role of digestion in nutrition and health.
- I CAN identify food sources for carbs, fat, cholesterol, proteins, and all their individual functions.
- I CAN describe the major vegetarian diets.
- I CAN examine the functions and food sources of vitamins, minerals, and water.
- I CAN explain what food additives are and how they function in food.
- I CAN describe techniques for food preparation that preserves nutrients.
- I CAN suggest ways to make recipes more healthful and understand recent developments in food production.

I CAN understand the skills needed to control foodservice costs.

- I CAN identify the types of costs incurred by foodservice businesses.
- I CAN explain the purposes of a budget, profit-and-loss report, invoices, food cost and food cost percentage, portion control.
- I CAN analyze methods of profit-and-loss reports.
- I CAN identify tools to help control cost.
- I CAN calculate food cost and food cost percentage.
- I CAN analyze as purchase (AO) and edible portion (EP) amounts.
- I CAN calculate the total cost and portion costs of a standardized recipe.
- I CAN develop a recipe cost card for a standardized recipe.
- I CAN list the steps in the process to control food costs.
- I CAN forecast sales by analyzing and evaluating sales histories, popularity indices, and production sheets.

- I CAN calculate a recipe's yield and the number of portions it will produce.
- I CAN use a conversion factor to calculate a new yield for an existing recipe.
- I CAN explain the standards for controlling production volume.
- I CAN describe the procedures used for controlling production volume.
- I CAN explain the various methods for menu pricing.
- I CAN identify the factors that affect labor cost to a business' success.
- I CAN distinguish between sales volume and labor costs.
- I CAN analyze the difference between a master schedule and a crew schedule, and identify the components to consider when developing labor schedules.

I CAN compare the various types of salads and design attractive salads with various options of garnishes.

- I CAN identify the various ingredients used to make a salad.
- I CAN list the four parts to a salad and explain the roles.
- I CAN design attractive salads.
- I CAN explain the proper procedures for cleaning salad greens and how to store them.
- I CAN differentiate among various oils and vinegars, as well as prepare vinaigrettes and other emulsions.
- I CAN match dressings to salad ingredients.
- I CAN understand the ingredients to a dip and prepare various dips.
- I CAN describe types of garnishes and how to use them

I CAN classify the various purchasing and inventory procedures to properly handle food in the foodservice industry.

- I CAN define purchasing, selection, and procurement.
- I CAN outline the purchasing functions in a foodservice operation.
- I CAN explain the relationship between primary and intermediary sources and retailers and formal and informal buying.
- I CAN identify items a foodservice might purchase.
- I CAN communicate factors that contribute to an operation's quality standards.
- I CAN outline the process for procuring products and services.
- I CAN write purchase orders.
- I CAN identify ways to verify that a supplier meets an operation's needs, analyze factors that affect the food prices, and understand the proper procedures for receiving and storing deliveries.
- I CAN describe perpetual inventory and the difference between perishable and nonperishable food items.

I CAN identify how to purchase, store, and prepare meat, poultry, and seafood, as well as demonstrate the proper techniques for preparing meat, poultry, and seafood.

- I CAN recognize the federal grading systems for meat, poultry, and seafood.
- I CAN describe the various kinds of meat, poultry, and seafood.

- I CAN identify the proper purchasing and storing procedures for meat, poultry, and seafood.
- I CAN list factors that affect purchasing meat, poultry, and seafood.
- I CAN demonstrate basic techniques for cooking meat, poultry, and seafood.
- I CAN match various cooking methods with different forms of meat, poultry, and seafood.
- I CAN identify different types of charcuterie.
- I CAN explain garde manger and how it relates to charcuterie.

I CAN recognize marketing and menu concepts, and perform a marketing assignment using the learned guidelines.

- I CAN define marketing and list the steps in the marketing process.
- I CAN explain the role of marketing in the foodservice industry.
- I CAN compare and contrast factors that affect a market environment.
- I CAN explain the concept of a target market and its importance to a business.
- I CAN identify the parts to SWOT analysis.
- I CAN list ways to attract and keep customers.
- I CAN analyze reasons why promotions are important.
- I CAN distinguish between a promotion mix and a promotion plan.
- I CAN recognize the different types of sales promotions, and the importance of training to promotions.
- I CAN identify opportunities for public relations.
- I CAN assess the importance of a menu to an operation, and how to organize the information.
- I CAN describe a la cart, table d'hote, California, limited, du jour, and cycle menus and when to use them.
- I CAN demonstrate the principles of a menu layout and design.
- I CAN analyze ways to test new menu items.
- I CAN explain the purpose of a menu sales mix analysis.
- I CAN define profitability and target margin.
- I CAN classify menu items according to their popularity.
- I CAN compare basic pricing methods.

I CAN discuss and prepare desserts and baked goods using the various methods for yeast breads, quick breads, icings, soufflés, steamed puddings, etc. . . .

- I CAN use common ingredients in baking.
- I CAN calculate ingredient weights using baker's percentages, and convert baking recipes to a new yield.
- I CAN differentiate between lean doughs, rich doughs, sponge doughs, and sourdoughs.
- I CAN mix yeast dough using the straight mix method.
- I CAN demonstrate how to proof an oven.
- I CAN prepare yeast breads.
- I CAN prepare various quick breads, cake batters, and icings, and what icings are best suited for different baked goods.
- I CAN describe and prepare steamed puddings and dessert soufflés.
- I CAN prepare a pie dough using the 3-2-1 method and the procedure for baking blind.
- I CAN describe roll-in dough, phyllo dough, and pate a choux.
- I CAN prepare cookies using the various makeup methods.

- I CAN explain how chocolate is made, stored, and tempered.
- I CAN explain how crème anglaise, pastry creams, and Bavarian creams are made and used in desserts.
- I CAN list the characteristics of ice cream and other frozen desserts.
- I CAN identify the steps for preparing poached fruits and tortes.
- I CAN demonstrate the guidelines for plating and presenting desserts.

I CAN apply the principles of conservation in foodservice.

- I CAN define the terms sustainability and conservation.
- I CAN explain why water conservation is so important and how a restaurant can improve the efficiency of its water usage.
- I CAN differentiate between renewable and nonrenewable energy sources.
- I CAN explain why using energy efficiently is important and how a restaurant can improve its energy usage.
- I CAN list ways a restaurant can build or make structural improvements to its facility.
- I CAN identify ways to reduce waste.
- I CAN list items a restaurant can reuse and recycle.
- I CAN define local sourcing.
- I CAN list the steps a food service operation should take to purchase and promote the use of sustainable food products.
- I CAN identify issues surrounding the global production of seafood, animals, and organic food.

I CAN identify the characteristics and traditions related to global cuisine of the Americas, and create food items from those areas.

- I CAN identify the major influences, ingredients, flavors, and cooking techniques in the cuisine of the following areas: Northeastern American, Midwestern American, Southern American, Southwestern American, Pacific American, Mexican American, Central American, Caribbean, Brazilian, and Bolivian.

I CAN identify the characteristics and traditions related to global cuisine of European, Mediterranean, and Eastern Cuisines, and create food items from those areas.

- I CAN identify the major influences, ingredients, flavors, and cooking techniques in the cuisine of the following areas: French, Italian, Spanish, Moroccan, Greek, Tunisian, Egyptian, Iranian, Saudi Arabian, Chinese, Japanese, and Indian.