

## Prostart year 1

### **COURSE OBJECTIVES & LEARNING OUTCOMES**

1. Students will explore the history and careers of the food service, tourism and lodging industries.
2. Students will keep food safe through the use of proper sanitation techniques.
3. Students will consistently implement workplace safety.
4. Students will identify professional kitchen essentials and understand standardized recipes.
5. Students will identify professional kitchen equipment and techniques.
6. Students will discuss, prepare and present a quality stock, sauce and soup.
7. Students will describe and identify various effective communication processes.
8. Students will identify the essentials of effective management in the work place.
9. Students will explore and utilize fruits and vegetables.
10. Students will discuss the importance of serving your guests.
11. Students will properly identify the selection, storage and use of potatoes and grains.
12. Students will explore building a successful career in the hospitality industry.

## Prostart year 2

### **COURSE OBJECTIVES & LEARNING OUTCOMES**

Upon successful completion of the course, students should prepare, understand and/or be able to perform the following:

1. Understand the concept of mise en place and describe the purpose of recipes and how to use them.
2. Understand sanitation and safety in the kitchen workplace, and the uses of typical foodservice equipment.
3. Demonstrate different cooking methods and portion control techniques.
4. Prepare stocks, sauces, and soups.
5. Explain how to cook meat and poultry, and follow recipes using cooked meat and poultry.
6. Categorize, handle, and cook fish.
7. Practice nutritious handling and cooking of vegetables in order to meet defined quality standards.
8. Prepare potatoes, rice and pasta.
9. Have a working knowledge of basic bakeshop production.