



Introduction to Culinary Careers

Complete Task List:

Task Number	Description	Hours	Level
<i>*State Approved Program of Study</i>			
100	Safety and Sanitation Procedures		
101	Wear and maintain culinary apparel.		
102	RESERVED		
103	Lift and carry heavy objects up to 50 pounds.		
104	Prevent accidents and injuries in the foodservice industry.		
105	Follow emergency procedures for injuries and accidents.		
106	Explain and identify various fire suppression systems in the foodservice area.		
107	RESERVED		
108	RESERVED		
109	RESERVED		
110	Review Safety Data Sheets (SDS) and apply their requirements in handling hazardous materials and describe personal protective equipment (PPE).		
111	Describe and apply ServSafe certification requirements.		
200	RESERVED		
300	The Food Industry		
301	RESERVED		
302	RESERVED		
303	Investigate professional organizations within the foodservice industry.		
304	Investigate career opportunities in the foodservice industry.		
305	Analyze the kitchen brigade system.		
306	RESERVED		
400	Purchasing, Receiving, and Storage		
401	Follow procedures for purchasing, receiving, and storing of foodservice supplies.		
402	Label foodservice products for storage.		
403	RESERVED		
404	Inventory foodservice supplies.		
405	RESERVED		
500	Garde Manger (Cold Food Preparation)		
501	RESERVED		
502	RESERVED		
503	Create cold food plate presentations and displays.		
504	Prepare garnishes.		
505	Prepare cold hors d'oeuvres, canapes, and appetizers.		
506	Prepare cold sandwiches.		

Task Number	Description	Hours	Level
507	RESERVED		
508	Classify types of cheese.		
509	RESERVED		
510	Prepare categories and types of salads.		
511	RESERVED		
512	Prepare salad dressings.		
513	Set-up, maintain, and breakdown salad bars.		
514	Classify and examine dairy products and dairy alternatives.		
600	Knife Skills		
601	Identify parts of a knife and practice knife skills.		
602	Perform knife cuts batonnet, julienne, small/medium/large dice, brunoise, chiffonade, and mince.		
603	RESERVED		
604	Sharpen and hone knives.		
605	Identify various types of knives and their uses.		
700	Food Service Tools and Equipment		
701	Operate, clean, and sanitize large equipment.		
702	RESERVED		
703	Operate, clean, and sanitize small equipment.		
704	RESERVED		
705	RESERVED		
706	RESERVED		
707	RESERVED		
708	RESERVED		
709	RESERVED		
710	RESERVED		
711	RESERVED		
712	RESERVED		
713	RESERVED		
714	RESERVED		
715	RESERVED		
716	RESERVED		
717	Pass safety tests for all equipment.		
718	Identify and use hand tools and smallwares.		
800	Standardized Recipes and Measurement		
801	Prepare food following standardized recipes within industry time limits		
802	RESERVED		
803	RESERVED		
804	Cite US standard weight and volume measurement equivalencies.		
805	Measure ingredients using US standard weight and volume.		
806	Scale recipes.		
900	Nutrition		

Task Number	Description	Hours	Level
901	RESERVED		
902	Research dietary guidelines.		
903	Interpret food labels in terms of the portion size, ingredients, and nutritional value.		
904	Identify major nutrients, their sources, and functions.		
905	RESERVED		
906	RESERVED		
907	Research nutritional concerns, food allergies/intolerances, and dietary restrictions.		
1000	Breakfast Foods		
1001	RESERVED		
1002	Prepare eggs.		
1003	Prepare breakfast potatoes.		
1004	Prepare breakfast meats.		
1005	Prepare breakfast batters.		
1006	Prepare hot breakfast cereals.		
1007	RESERVED		
1008	RESERVED		
1100	RESERVED		
1200	Vegetables and Fruits		
1201	Identify and select vegetables and fruits in their market forms.		
1202	Prepare vegetables and fruits.		
1203	RESERVED		
1204	RESERVED		
1205	RESERVED		
1206	Peel, cut, and zest fruits and vegetables.		
1300	Pasta, Grains, Legumes, and Potatoes		
1301	Prepare pasta, grains, legumes, and potatoes using dry, moist, and combination cooking methods		
1302	RESERVED		
1303	RESERVED		
1304	RESERVED		
1400	RESERVED		
1500	RESERVED		
1600	Seasoning and Flavoring		
1601	Identify herbs, spices, seasonings, and condiments and their market forms.		
1602	RESERVED		
1603	RESERVED		
1604	Use herbs, spices, seasonings, and condiments.		
1605	Evaluate foods for seasoning and flavor balance.		
1700	Stocks, Soups, and Sauces		
1701	Prepare and evaluate stocks and the use of bases.		

Task Number	Description	Hours	Level
1702	Prepare and evaluate mother sauces, small/derivative sauces, and pan sauces.		
1703	Prepare and evaluate soups.		
1704	RESERVED		
1705	Prepare thickening agents.		
1706	RESERVED		
1800	Meat, Poultry, and Seafood		
1801	Fabricate red meat/pork.		
1802	RESERVED		
1803	Determine cooking techniques for retail cuts of meat, poultry, and seafood.		
1804	Prepare meat, poultry, and seafood recipes using dry, moist, and combination cooking methods.		
1805	Check for degrees of doneness.		
1806	Fabricate poultry.		
1807	Fabricate seafood.		
1900	Baking and Pastry Skills		
1901	RESERVED		
1902	RESERVED		
1903	RESERVED		
1904	RESERVED		
1905	Prepare quick breads.		
1906	Prepare pies and tarts.		
1907	Prepare fillings and toppings for baked goods.		
1908	Prepare yeast raised products.		
1909	Determine the function of baking ingredients.		
1910	RESERVED		
1911	RESERVED		
1912	Prepare and finish cakes.		
1913	RESERVED		
1914	Prepare cookies.		
1915	RESERVED		
1916	Prepare pate a choux products.		
1917	Prepare custards and puddings.		
1918	RESERVED		
1919	Prepare dessert sauces.		
1920	Create plated desserts.		
2000	Menus		
2001	RESERVED		
2002	Determine the methods for giving variety to a menu.		
2003	RESERVED		
2004	Create an a la carte restaurant menu with item descriptions.		
2005	Create menu formats.		

Task Number	Description	Hours	Level
2006	Calculate food costs, percentages, and mark-up.		
2100	Back of House Operations		
2101	RESERVED		
2102	Set up, operate, and break down a ware-washing station		
2103	RESERVED		
2104	RESERVED		
2105	RESERVED		
2106	RESERVED		
2107	RESERVED		
2108	RESERVED		
2109	RESERVED		
2110	Set up, operate, and break down hot line stations.		
2111	Set up, operate, and break down garde manger stations.		
2200	Front of House Operations		
2201	Determine various types of service used in restaurants.		
2202	RESERVED		
2203	Perform duties of a host.		
2204	Perform duties of a beverage professional.		
2205	Perform duties of a cashier.		
2206	Perform duties of a server.		
2207	Perform duties of a food runner.		
2208	Perform sidework duties.		
2209	RESERVED		
2210	RESERVED		
2211	RESERVED		
2212	Follow rules of table service.		
2213	Use sales techniques for service personnel including menu knowledge and suggestive selling.		
2214	Follow procedures for workflow between dining room and kitchen.		
2215	Provide customer service and customer relations.		
2216	Process guest checks.		
2217	Perform duties of a bus person.		
2300	Reserved		
2400	Foodservice Information Technology		
2401	RESERVED		
2402	Investigate foodservice industry operations technology, e.g., point of sale (POS) system.		
2403	RESERVED		
2404	Use industry communication technology, such as email and social media.		
2500	Additional Hot Foods Preparations		
2501	Create hot food plate presentations and displays.		
2502	Prepare hot hors d'oeuvres and appetizers.		

Task Number	Description	Hours	Level
2503	Prepare hot sandwiches.		
<i>*Local Task List</i>			
VA101	Identify school and shop rules and regulations		
VA201	Identify the location of all safety equipment		
VA202	Identify food preparation and safety rules		
VA203	Apply hand tool safety rules to lab work		
VA204	Apply safety rules for all stationary equipment		
VA205	Identify and apply clothing safety rules		
VA206	Identify and apply china and glassware safety rules		
VA207	Use floor safety rules		
VA208	Keep food safe in storage		
VA209	Protect food in preparation		
VA210	Maintain sanitary facilities and equipment		
VA211	Identify accident prevention and action for emergencies		
VA301	Use and care of hand tools		
VA302	Care for and sharpen cutlery		
VA303	Use and care of mixers		
VA305	Clean and operate deep fat fryer		
VA306	Clean and operate steamer		
VA309	Clean and operate oven		
VA310	Clean and operate coffee equipment		
VA311	Clean and operate range		
VA313	Clean and operate flat top griddle		
VA314	Clean and operate scales		
VA315	Clean and operate can opener		
VA316	Clean and operate ware washing machine		
VA401	Prepare cookies		
VA402	Prepare quick breads		
VA403	Prepare pies		
VA404	Prepare cakes		
VA405	Make cobblers and crisps		
VA406	Prepare yeast raised dough		
VA501	Perform precision knife cuts		
VA502	Prepare salads		
VA503	Prepare salad dressings		
VA504	Prepare garnishes		
VA505	Prepare cold platters		
VA506	Prepare appetizers		
VA602	Prepare stock		
VA603	Prepare soups		
VA604	Prepare thickening agents		

Task Number	Description	Hours	Level
VA605	Prepare sauces		
VA701	Identify and apply kitchen chain of command		
VA702	Prepare sandwiches		
VA703	Prepare breakfast items		
VA704	Portion foods		
VA801	Identify seasonings and flavorings		
VA802	Demonstrate basic meat and poultry cutting		
VA803	Demonstrate Braising techniques		
VA804	Demonstrate Baking techniques		
VA806	Demonstrate Sauteing techniques		
VA807	Demonstrate Simmering techniques		
VA808	Demonstrate Steaming techniques		
VA809	Demonstrate standard breading procedures		
VA810	Demonstrate pasta, potatoes, and rice techniques		
VA812	Demonstrate frying techniques		
VA815	Demonstrate grilling techniques		
VA816	Demonstrate boiling techniques		
VA817	Demonstrate blanching techniques		
VA819	Demonstrate poaching techniques		
VA820	Demonstrate roasting techniques		
VA821	Prepare food for dietary restrictions		
VA822	Identify the basic food groups		
VA823	Prepare a variety of healthy food options.		
VA901	Menu planning and cost		
VA903	Answer telephone		
VA1002	Make proper cash change		
VA1003	Prepare beverages		
VA1004	Demonstrate table service		
VA1005	Set and arrange tables		
VA1102	Weigh and measure ingredients		
VA1103	Convert recipe to larger or smaller amounts		
VA207.5	Identify and demonstrate safe food receiving and storage procedures.		
VA209.5	Practice labeling and FIFO procedures		