

# Culinary Principles | One year Program: Scope & Sequence

## Semester 1

CU101 Culinary Principles I  
(60-64 Days)

### Unit 1 (30-32 Days)

#### **Baking and Pastry:**

- Food Safety and Sanitation: ServSafe
- Personal hygiene and professional practices
- Proper cleaning procedures
- Kitchen Safety
- Kitchen Brigade
- Baking Terms, Ingredients, Techniques, Equipment
- Weights, Measurement, and Formula Conversions
- Mixing Methods
- Quick Breads
- Cookies
- Cake Types, Cake Icing, and Decoration Techniques
- Bread dough-mixing and fermentation
- Yeast Doughs-Breads and Rolls
- Pastry Doughs
- Pie Types I Fillings

Professional Skills: 1.A-D, 2.A-C, 3.A-E, 4.A-F, 5.A-E, 7.C, 8.A-I  
Academic Standards - MA-5.NF.B.6, 7.RP.A.3; ELA.11-12.W.5,  
ELA.11-12.RI.10, ELA.11-12.L.4

Technical Standard: 4.1-7, 5.1-4,6.1-4, 10.1-6

Certification: Maricopa County Food Service Worker  
Certification

### Unit 2 (30-32 Days)

#### **Stock, Soups & Sauces:**

- Food Safety and Sanitation: ServSafe
- Knife Skills, Equipment Identification
- Weights, Measurement, and Formula Conversions
- Heat Application Theory
- Classical Techniques
- Cooking Techniques: Sauté, Roast, Poach, Fry, Grill, etc.
- Stocks, Mother Sauces, Soups
- Proteins: Meat, Seafood, Poultry / Preparations
- Vegetable Cookery
- Starch Cookery
- Food Presentation / Plating

Professional Skills: 1.A-D, 2.A-C, 3.A-E, 4.A-F, 5.A-E, 7.C, 8.A-I  
Academic Standards- MA-5.NF.B.6, 7.RP.A.3; ELA.11-12.W.5,  
ELA.11-12.RI.10, ELA.11-12.L.4

Technical Standard: 3..1-5, 4.1-7, 5.1-4,6.1-4, 7.1-7, 8..1-5,  
10..1-6

Certification: Serve Safe@ Food Protection Manager Exam

### **Semester Exam**

## Semester 2

CU102 Culinary Principles II  
(60-64 Days)

### Unit 3 (30-32 Days)

#### **Cold Kitchen / Food Cost, Purchasing, and Inventory Control:**

- Food Safety and Sanitation
- Fruit and Vegetable Varietals
- Spices and Condiments
- Dairy Products
- Menu Writing-Nutritional Standards
- Cost Computations | Yield | APP | EPP | Menu Pricing
- Profit + Loss Statements
- Formula Conversions
- Meat, Seafood, Poultry Identification | Grades
- Salads | Dressings
- Pickling, Curing | Food Preservation
- Appetizers
- Pasta
- Sandwiches
- Cheese
- Hors d'oeuvres

Professional Skills: 1.A-D, 2.A-C, 3.A-E, 4.A-F, 5.A-E, 7.C, 8.A-I,  
9.A-C

Academic Standards- MA.5.NF.B.6, MA.7.RP.A.3,  
MA.6.RP.A.3; ELA.11-12.W.5, ELA.11-12.RI.10, ELA.11-12.L.4,  
ELA.11-12.W.4

Technical Standard: 1.1-13, 2.1-6, 3..1-5, 4.1-7, 5.1-4,6.1-4,  
7.1-7, 8..1-5, 9.1-4, 12.1-5

### Unit 4 (30-32 Days)

#### **Buffet, Catering & Kitchen Operations:**

- Food Safety and Sanitation | Holding | Transportation of Food
- Catering Operations
- Production Schedules | Prep Lists
- Purchasing Practices | Vendors
- Food Service Equipment
- Ordering | Receiving of Food and Non-food Products
- Edible Garnish | Food Decoration
- Volume Food Production-Cold Food, Hot Food, Desserts
- Theme Buffets (i.e. Brunch, Dinner, Holiday, etc.)
- Dining Room Set-Up | Etiquette
- Cold Food Presentation-Plating / Platters
- Action Stations
- Buffet Food Presentation | Table Decoration
- Catering | Buffet Service
- Inventory methods / Calculations
- Resumes, Cover Letters, Portfolios

Professional Skills: 1.A-D, 2.A-C, 3.A-E, 4.A-F, 5.A-E, 7.C, 8.A-I  
Academic Standards- MA-5.NF.B.6, 7.RP.A.3; ELA.11-12.W.5,  
ELA.11-12.RI.10, ELA.11-12.L.4, ELA.11-12.W.4

Work-based Learning: Mock Interview, Job Application,  
Resume and Cover letter

Technical Standard: 1.1-13, 2.1-6, 3..1-5, 4.1-7, 5.1-4,6.1-4,  
7.1-7, 8..1-5, 9.1-4, 12.1-5

**Arizona Department of Education Technical Skills  
Assessment**

**Semester Exam**