

2020/2021 Student Competency Record
Culinary Arts I
8275 - 36 weeks

<hr/> Student	<hr/> School Year
<hr/> School	<hr/> Teacher Signature

Traditional letter or numerical grades do not provide adequate documentation of student achievement in competency-based education; therefore, the Virginia Standards for CBE require a recording system to provide information about competencies achieved to employer, student-employee, and teacher. The Student Competency Record provides a means for keeping track of student progress. Ratings are assigned by the teacher for classroom competency achievement and by the teacher-coordinator in conjunction with the training sponsor when competence is evaluated on the job.

Tasks/competencies designated "Required" are considered essential statewide and are required of all students. In some courses, all tasks/competencies have been identified as required. Tasks/competencies marked "Optional" are considered optional; they and/or additional tasks/competencies may be taught at the discretion of the school division. Tasks/competencies marked with an asterisk (*) are considered sensitive, and teachers should obtain approval by the school division before teaching them. Student competency records should be kept as long as the student is enrolled in the school and for five years after the student graduates/leaves the school.

Note: Students with an Individualized Education Program (IEP) or an Individualized Student Alternative Education Plan (ISAEP) will be rated, using the following scale, only on the competencies identified in their IEP or ISAEP.

Students will be expected to achieve a **satisfactory rating** (one of the three highest marks) on the Student Competency Record (SCR) rating scale on at least 80% of the required (essential) competencies in a CTE course.

...RATING SCALE...

- 1 - Can teach others**
- 2 - Can perform without supervision**
- 3 - Can perform with limited supervision**
- 4 - Can perform with supervision**
- 5 - Cannot perform**

8275 36 Weeks	Culinary Arts I TASKS/COMPETENCIES		Date	Rating
	Demonstrating Personal Qualities and Abilities			
Required	1	Demonstrate creativity and innovation.		
Required	2	Demonstrate critical thinking and problem solving.		
Required	3	Demonstrate initiative and self-direction.		
Required	4	Demonstrate integrity.		

Required	5	Demonstrate work ethic.		
		Demonstrating Interpersonal Skills		
Required	6	Demonstrate conflict-resolution skills.		
Required	7	Demonstrate listening and speaking skills.		
Required	8	Demonstrate respect for diversity.		
Required	9	Demonstrate customer service skills.		
Required	10	Collaborate with team members.		
		Demonstrating Professional Competencies		
Required	11	Demonstrate big-picture thinking.		
Required	12	Demonstrate career- and life-management skills.		
Required	13	Demonstrate continuous learning and adaptability.		
Required	14	Manage time and resources.		
Required	15	Demonstrate information-literacy skills.		
Required	16	Demonstrate an understanding of information security.		
Required	17	Maintain working knowledge of current information-technology systems.		
Required	18	Demonstrate proficiency with technologies, tools, and machines common to a specific occupation.		
Required	19	Apply mathematical skills to job-specific tasks.		
Required	20	Demonstrate professionalism.		
Required	21	Demonstrate reading and writing skills		
Required	22	Demonstrate workplace safety.		
		Examining All Aspects of an Industry		
Required	23	Examine aspects of planning within an industry/organization.		
Required	24	Examine aspects of management within an industry/organization.		
Required	25	Examine aspects of financial responsibility within an industry/organization.		
Required	26	Examine technical and production skills required of workers within an industry/organization.		
Required	27	Examine principles of technology that underlie an industry/organization.		
Required	28	Examine labor issues related to an industry/organization.		
Required	29	Examine community issues related to an industry/organization.		
Required	30	Examine health, safety, and environmental issues related to an industry/organization.		
		Addressing Elements of Student Life		
Required	31	Identify the purposes and goals of the student organization.		
Required	32	Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult.		

Required	33	Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects.		
Required	34	Identify Internet safety issues and procedures for complying with acceptable use standards.		
Exploring Work-Based Learning				
Required	35	Identify the types of work-based learning (WBL) opportunities.		
Optional	36	Reflect on lessons learned during the WBL experience.		
Required	37	Explore career opportunities related to the WBL experience.		
Optional	38	Participate in a WBL experience, when appropriate.		
Balancing Work and Family				
Required	39	Analyze the meaning of work and the meaning of family.		
Required	40	Compare how families affect work life and how work life affects families.		
Required	41	Analyze the meaning of work and the meaning of family.		
Exploring Culinary Arts				
Required	42	Explore the history of culinary arts.		
Required	43	Describe the role of food and foodways in the history of Virginia.		
Required	44	Identify the duties and responsibilities of each member of the classical kitchen brigade.		
Required	45	Investigate careers in the culinary arts and hospitality industries.		
Understanding Kitchen Safety				
Required	46	Implement kitchen safety procedures.		
Required	47	Explain safety data sheets (SDS).		
Required	48	Describe safety hazards in food service operations.		
Required	49	Demonstrate the use of cleaners and sanitizers.		
Required	50	Explain the classes of fires and the method of extinguishing each.		
Required	51	Describe professional knife safety.		
Required	52	List the regulatory agencies, laws, and regulations that govern safety in the food service environment.		
Understanding Kitchen Sanitation				
Required	53	Identify microorganisms related to food contamination.		
Required	54	Identify food-borne illnesses, including their causes and symptoms.		
Required	55	Explain factors that make foods potentially hazardous.		
Required	56	Explain safe food handling, production, storage, and service procedures.		
Required	57	Identify personal hygiene and health practices.		
Required	58	Identify common food allergies.		
Required	59	Complete a daily sanitation inspection.		

Required	60	Follow a schedule and standard procedures for cleaning and sanitizing equipment and facilities.		
Required	61	Identify industry-standard waste disposal and recycling procedures.		
Required	62	Describe measures for pest control and eradication in the food service environment.		
Required	63	List the agencies and regulations that govern sanitation in the food service environment.		
Exploring the Purchasing and Receiving of Goods				
Required	64	List the requirements for receiving and storing raw foods, prepared foods, and dry goods.		
Required	65	Conduct an inventory of food and nonfood items.		
Required	66	Explain the regulations for inspecting and grading foods.		
Required	67	Outline the flow of food from grower to buyer.		
Required	68	Explain formal and informal purchasing methods.		
Required	69	Describe the purpose of a requisition.		
Required	70	Describe market fluctuations and their effects on product cost.		
Required	71	Explain the legal and ethical considerations of purchasing.		
Required	72	Describe the importance of product specifications.		
Required	73	Evaluate foods to determine conformity with specifications.		
Required	74	Describe the steps in receiving and storing nonfood items.		
Understanding Nutritional Principles				
Required	75	Explain USDA nutritional guidelines.		
Required	76	Explain concepts related to energy balance.		
Required	77	Describe the nutritional components of food.		
Required	78	Evaluate personal diets, using the recommended dietary allowances.		
Required	79	Explain cooking and storage techniques that promote maximum retention of nutrients.		
Applying Food-Preparation Techniques				
Required	80	Identify hand tools and utensils used in food preparation.		
Required	81	Demonstrate knife skills.		
Required	82	Identify operation of kitchen equipment.		
Required	83	Identify the uses of a variety of cookware.		
Required	84	Describe the components of a standardized recipe.		
Required	85	Follow a standardized recipe.		
Required	86	Explain dry-heat cooking methods.		
Required	87	Explain moist-heat cooking methods.		
Required	88	Explain combination cooking methods.		
Required	89	Demonstrate scaling and measuring techniques for weight.		

Required	90	Demonstrate scaling and measuring techniques for volume.		
Required	91	Apply time-management principles to planning, preparing, and serving food.		
Required	92	Design a kitchen workstation to facilitate preparation of a menu item.		
Required	93	Describe uses of herbs, spices, oils, vinegars, and condiments.		
Required	94	Identify common red meat carcasses and their utilizations.		
Required	95	Identify types of poultry and their utilizations.		
Required	96	Identify types of fish and their utilizations.		
Required	97	Identify types of shellfish and their utilizations.		
Required	98	Explain the preparation methods and pairings for stocks, soups, and sauces.		
Required	99	Identify fruits, vegetables, and farinaceous items.		
Required	100	Identify a variety of breakfast meats.		
Required	101	Identify a variety of egg products.		
Required	102	Identify a variety of breakfast cereals.		
Required	103	Identify breakfast batter products.		
Required	104	Prepare a variety of breakfast meats.		
Required	105	Prepare eggs using various methods.		
Required	106	Prepare hot breakfast cereals.		
Required	107	Prepare breakfast batter products.		
	Exploring Garde Manager Techniques			
Required	108	Prepare cold salads.		
Required	109	Prepare cold dressings.		
Required	110	Prepare cold sandwiches.		
	Exploring Baking Fundamentals			
Required	111	Define baking terms.		
Required	112	Identify equipment and utensils used in baking.		
Required	113	Identify the ingredients used in baking and their functions.		
Required	114	Prepare quick breads		
Required	115	Prepare pies and tarts.		
Required	116	Prepare cookies.		
	Serving in the Dining Room			
Required	117	Describe the types of table service and table settings.		
Required	118	Communicate with diverse customers.		
Required	119	Demonstrate beverage service.		
	Using Business and Mathematics Skills			
Required	120	Determine food costs.		
Required	121	Demonstrate recipe conversion.		
Required	122	Identify culinary units of measurement and measurement tools.		
Required	123	Prepare a handwritten guest check.		

