

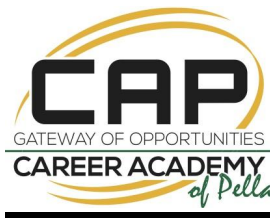
## HOSPITALITY APPRENTICESHIP

Date: \_\_\_\_\_ Student's High School: \_\_\_\_\_

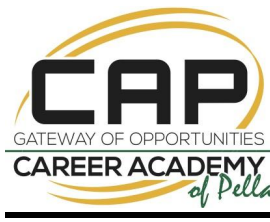
Student Name: \_\_\_\_\_

Counselor Signature: \_\_\_\_\_

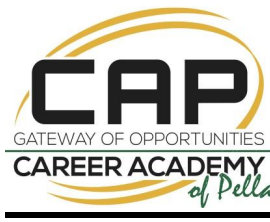
Academic Related Training & Instruction (RTI)		
Initial if completed	Required Classroom Training	Equivalent Course Name & school providing the skill training*
	<p><b>Family and Consumer Science OR Restaurant Experience</b>  <i>If student took this class at the Career Academy of Pella OR learned these skills working at a restaurant, initial at left and proceed to next highlighted class below. If not, please complete for each following skill:</i></p>	
	Identify basic personal hygiene, safety, and sanitation principles	
	Demonstrate teamwork and collaboration	
	Demonstrate time management and prioritization	
	Work under pressure to produce a quality product through a process	
	Understand how to multitask and pay attention to detail	
	Identify commercial kitchen equipment and demonstrate how to use it safely and properly	
	Identify customer needs	
	Identify professional verbal and written communication	
	Show initiative, motivation, and resiliency	
	<p><b>Food Preparation (Level 1) + Lab</b>  <i>If student took this class at the Career Academy of Pella, initial at left and proceed to next highlighted class below. If not, please complete for each following skill:</i></p>	
	Compare & Contrast the fundamentals of good personal hygiene - List the fundamentals of good personal hygiene. - Practice good personal hygiene.	
	Evaluate kitchen equipment and knives. - Use utensils, pots and pans and demonstrate safe practices using stoves, mixers and ovens, etc. - Identify types of knives, and their uses. - List proper safety techniques. - Demonstrate proper knife techniques.	
	Summarize garnishes	



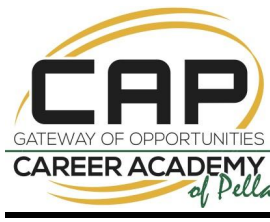
	<ul style="list-style-type: none"> <li>- Explain characteristics of garnishes.</li> <li>- Recall procedures for garnish preparations.</li> </ul>	
	<p>Interpret salad preparation</p> <ul style="list-style-type: none"> <li>- Identify a variety of common salad greens.</li> <li>- Identify a main salad dish, accompaniment salad and composed salad.</li> <li>- Identify, describe, and prepare a variety of main dish salad, accompaniment salad, and composed salad.</li> <li>- Distinguish between plain gelatins and flavored gelatins and describe how to prepare them.</li> </ul>	
	<p>Assess the types of salad dressings.</p> <ul style="list-style-type: none"> <li>- Describe the purpose of salad dressing.</li> <li>- Compare types of salad dressing and describe the preparation process.</li> <li>- Define emulsion and viscous.</li> </ul>	
	<p>Evaluate a variety of fruits, vegetables, starches, legumes, and grains.</p> <ul style="list-style-type: none"> <li>- Compare fruits, vegetables, starches, legumes and grains.</li> <li>- Recall cleaning procedures.</li> <li>- State color pigments, flavor categories, and texture differences.</li> <li>- Define oxidation.</li> <li>- State fruit, vegetable, starches, legumes and grain food preparation.</li> </ul>	
	<p>Critique starch cookery.</p> <ul style="list-style-type: none"> <li>- Identify parts of wheat kernel.</li> <li>- Define starch terms.</li> <li>- List thickening agents and how to use in preparation of sauces, soups and puddings.</li> <li>- Analyze starch thickened products.</li> <li>- Categorize rice and pasta.</li> <li>- List characteristics of different rice and pastas.</li> <li>- Calculate rice or pasta and water amounts in recipes.</li> <li>- Compare and analyze cooked rice and pasta dishes.</li> </ul>	
	<p>Evaluate baking ingredients.</p> <ul style="list-style-type: none"> <li>- List types of flour.</li> <li>- Explain role of baking ingredients.</li> <li>- Compare types of leavening agents</li> </ul>	
	<p>Identify quick breads.</p> <ul style="list-style-type: none"> <li>- Define and describe pate choux, its uses, methods of preparation, baking and finishing.</li> <li>- Describe method of preparation for muffin, pastry, cream puff and biscuits.</li> <li>- Analyze baked quick bread products.</li> </ul>	
	<p>Recognize yeast bread preparation.</p> <ul style="list-style-type: none"> <li>- Define baking terms.</li> <li>- State procedure for yeast bread preparation.</li> <li>- Identify shapes and characteristics of rolls and breads.</li> <li>- Assess cheese.</li> </ul>	
	<p>List cheese families.</p> <ul style="list-style-type: none"> <li>-State varieties and characteristics of each cheese family.</li> <li>-Explain processing of cheese making.</li> </ul>	



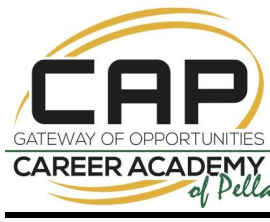
	<ul style="list-style-type: none"> <li>-Contrast baked and stirred custard preparation and characteristics.</li> <li>- Explain procedure for preparation of hollandaise sauce.</li> </ul>	
	<ul style="list-style-type: none"> <li>Compare and contrast egg cookery.</li> <li>-Define egg terms.</li> <li>-List grades of eggs.</li> <li>-Identify the parts of an egg.</li> <li>-Recall methods of preparation of eggs.</li> </ul>	
	<ul style="list-style-type: none"> <li>Contrast based and stirred custard preparation and characteristics.</li> </ul>	
	<ul style="list-style-type: none"> <li>Contrast preparation and characteristics of egg foams, non-dairy foams and gelatin foams.</li> </ul>	
	<ul style="list-style-type: none"> <li>Categorize milk and dairy products.</li> <li>- List types of milk and dairy products.</li> <li>- Discuss characteristics and uses of milk and dairy items.</li> </ul>	
	<ul style="list-style-type: none"> <li>Appraise structure, composition and age of meat.</li> <li>- Describe meat grading and meat inspection.</li> <li>- State tenderization techniques for meat.</li> <li>- Identify primal cuts for beef and pork.</li> <li>- Identify 20 retail cuts of beef, pork, lamb and veal.</li> <li>- Recall methods of preparation for protein items.</li> <li>- Select proper cooking procedure.</li> <li>- Discuss how to carve meat.</li> <li>- Compare processed meats.</li> </ul>	
	<ul style="list-style-type: none"> <li>Evaluate types of poultry.</li> <li>- List grades of poultry.</li> <li>- Discuss handling and storage and inspection of poultry.</li> <li>- Differentiate between cooking methods of poultry products.</li> <li>- Discuss how to break down whole poultry products.</li> <li>- State how to carve poultry products</li> </ul>	
	<ul style="list-style-type: none"> <li>Interpret types of finfish and shellfish.</li> <li>- Define translucent and opaque.</li> <li>- List market forms.</li> <li>- Discuss handling, storage and inspection of fish.</li> <li>- State how to select fresh and frozen fish.</li> <li>- Compare methods of preparation.</li> </ul>	
	<p><b>Foods 1</b></p> <p><i>If student took this class at the Career Academy of Pella, initial at left and proceed to next highlighted class below. If not, please complete for each following skill:</i></p>	
	<ul style="list-style-type: none"> <li>Assess safe food</li> <li>- Define foodborne illness.</li> <li>- Describe growth patterns and environmental needs of bacteria.</li> <li>- List and describe symptoms common to food-borne illness and list ways these illnesses can be prevented.</li> <li>- Summarize and define pathogens, bacteria, viruses, parasites, fungi, and biological contaminants.</li> </ul>	
	<ul style="list-style-type: none"> <li>Compare contamination and identify food borne illnesses.</li> <li>-Summarize and identify biological hazards.</li> </ul>	



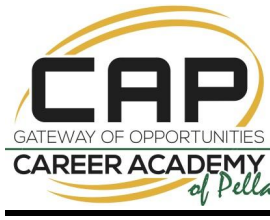
	<ul style="list-style-type: none"> <li>- Describe and identify chemical hazards.</li> <li>- Summarize and identify physical hazards.</li> <li>- Identify microorganisms which are related to food spoilage and food-borne illnesses; describe their requirements and methods of growth.</li> <li>- List and describe symptoms common to food-borne illnesses and list various ways these illnesses can be prevented.</li> <li>- List the major causes of food spoilage.</li> </ul>	
	<p>Compare &amp; contrast the fundamentals of good personal hygiene.</p> <ul style="list-style-type: none"> <li>-Summarize standards and policies.</li> <li>-Identify management's responsibility.</li> </ul>	
	<p>Analyze and discuss the flow of food.</p> <ul style="list-style-type: none"> <li>- List hazards in the flow of food</li> <li>- Monitor time and temperature</li> <li>- Describe purchasing and receiving programs.</li> <li>- Identify proper methods of storage.</li> <li>- Review methods of preparation.</li> <li>- Describe methods of services.</li> <li>- Describe the cooling and reheating of food.</li> <li>- Define food holding.</li> <li>- Describe food serving.</li> </ul>	
	<p>Evaluate cleaning and sanitizing procedures.</p> <ul style="list-style-type: none"> <li>- Describe types of cleaners and their proper use.</li> <li>- Describe types of sanitizers and their proper use.</li> <li>- Describe and identify different types of dishwashing methods.</li> </ul>	
	<p>Critique safe facilities and equipment.</p> <ul style="list-style-type: none"> <li>- Describe designing a safe operation.</li> <li>- Describe equipment selection.</li> <li>- Review installing and maintaining kitchen equipment.</li> <li>- Identify MSDS requirements and handling, right-to-know-laws</li> <li>- Recognize waste disposal and recycling programs.</li> <li>- Identify fire extinguishers and their uses.</li> </ul>	
	<p>Judge integrated pest-management programs.</p> <ul style="list-style-type: none"> <li>- Describe appropriate measures for insect, rodent and pest control eradication (IPM program)</li> <li>- Describe food service inspection visits with Pest Control Operator (PCO).</li> </ul>	
	<p>Evaluate the crisis management system and the critical control points during which all food handling processes as a method for minimizing the risk of foodborne illness.</p> <ul style="list-style-type: none"> <li>- Explain active managerial control.</li> <li>- Review crisis management plans.</li> </ul>	
	<p>Choose prevention and emergency management plan.</p> <ul style="list-style-type: none"> <li>-Identify and describe a common cause of typical accidents and injuries and outline a safety management plan.</li> </ul>	
	<p>Identify food safety regulation and standards</p> <ul style="list-style-type: none"> <li>- Describe government regulation of food service operations</li> </ul>	



	- Define Inspections procedures	
	<b>Food Preparation (Level 2) + Lab</b> <i>If student took this class at the Career Academy of Pella, initial at left and this form is complete. If not, please complete for each following skill:</i>	
	Assess basic knowledge in food preparation. - Practice proper safety and sanitation. - List proper weighing and measuring techniques. - Explain recipe conversions. - Demonstrate recipe conversions.	
	Critique the function and use of different knives. - Identify food production knives. - List proper safety techniques. - Identify proper knife techniques.	
	Compare classical knife cuts. - List classical knife cuts. - Discuss characteristics and uses of classical cuts.	
	Compare varieties of vegetables. - Identify different varieties of vegetables. - Analyze differences in cooked vegetables.	
	Evaluate basic stock production. - Identify white and brown stocks. - List fish and shellfish stocks. - Identify vegetable stocks. - Explain the qualities of a stock.	
	Assess sauce cookery - Identify the proper procedure for preparing the five Grand sauces. - Differentiate types of non-grand/classical sauces. - List each Grand sauce. - List non-grand/classical sauce. - Explain the quality of the each sauce.	
	Evaluate starch cookery. - Identify types of rice, pasta and potatoes. - List rice dishes. - List pasta dishes. - List potato dishes. - Explain the quality of each starch dish.	
	Critique preparation of breakfast items and egg cookery. - Identify a variety of breakfast meats. - Explain the quality of prepared breakfast meats. - Identify egg cookery. - Explain the quality of prepared egg products. - Identify a variety of breakfast batter products - List the quality of prepared breakfast batter products	
	Evaluate meat cookery. - Identify retail cuts of meat. - Compare and contrast cuts of meat using dry heat method and	



	moist heat method of achieve tenderness.	
	<p>Assess poultry cookery.</p> <ul style="list-style-type: none"> <li>- Identify types of poultry.</li> <li>- Explain procedure for cutting up whole chickens.</li> <li>- Identify a poultry dish using moist heat cookery and dry heat cookery.</li> <li>- Explain poultry cooking procedures.</li> </ul>	
	<p>Compare fish cookery.</p> <ul style="list-style-type: none"> <li>- Identify market forms of fish</li> <li>- Identify types of fish.</li> <li>- Explain the principles of fish cookery.</li> </ul>	
	<p>Critique proficiency in preparation of large quantity and convenience food products.</p> <ul style="list-style-type: none"> <li>- Identify greens, fruits, vegetables, cheese, and meats of convenience food products.</li> <li>- Discuss recipes of large quantity and convenience foods.</li> <li>- Explain organization and teamwork</li> <li>- Discuss large quantity and convenience food production.</li> </ul>	
	<p>Critique and explain sustainability in the food service industry.</p> <ul style="list-style-type: none"> <li>- Discuss through purchasing/procurement.</li> <li>- Explain through waste control</li> <li>- Identify through energy conservation.</li> <li>- Discuss in fabrication</li> <li>- Assess community centered purchasing.</li> <li>- Explain through water conservation.</li> <li>- Identify purchasing "cents."</li> <li>- Discuss through recycling.</li> <li>- Assess equipment energy use.</li> <li>- Discuss being a leader in sustainable practices.</li> </ul>	
	<p>Assess hospitality and the philosophy of the hospitality and tourism industry.</p> <ul style="list-style-type: none"> <li>- Describe the scope of travel and tourism industry.</li> <li>- Describe the history of the food service and tourism industry.</li> <li>- Evaluate the growth and development of the hospitality and tourism industry.</li> <li>- Compare the various cuisine and contributions of leading culinarians</li> </ul>	
	<p>Examine the organization, structure and functional areas in various hospitality and tourism organizations as a perspective for later courses in menu planning, purchasing, food productions and service, food and beverage controls.</p> <ul style="list-style-type: none"> <li>- Identify professional organizations within the fields; explain purpose and benefits.</li> <li>- Define career opportunities through participation in field trips and guest speakers.</li> </ul>	
	<p>Distinguish and evaluate industry trends as they relate to career opportunities and the future of the industry.</p> <ul style="list-style-type: none"> <li>- Discuss and evaluate industry periodicals.</li> </ul>	



	- Discuss professional ethics practiced in the industry.	
	Examine the management of hospitality and food service organizations. - Outline the hierarchy in the management system. - Discuss areas of disconnect in communication chains.	

**\*Course providers outside of the Career Academy of Pella may have classes by a different name, which teach the same academic competency as the Career Academy course listed**