

COURSE: COMMERCIAL FOOD

CONTENT OUTLINE

BASE MODULES

- I. Career Awareness
- II. Personal Hygiene
- III. Safety and Sanitation
- IV. Time Management
- V. Terminology
- VI. Tools and Utensils
- VII. Use and Care of Equipment
- VIII. Dish and Ware Washing
- IX. Job Readiness
- X. Housekeeping
- XI. Nutrition
- XII. Ordering, Receiving, and Storing
- XIII. Trade Math
- XIV. Computer Usage
- XV. Menu Planning

CAREER EMPHASIS MODULES

- XVI. Weights and Measures
- XVII. Ingredients
- XVIII. Purchasing
- XIX. Soups and Stocks
- XX. Sauces and Gravies
- XXI. Eggs
- XXII. Cheese
- XXIII. Meats
- XXIV. Poultry
- XXV. Seafood
- XXVI. Vegetables
- XXVII. Potatoes
- XXVIII. Pasta, Rice, and Other Starches
- XXIX. Salads and Dressings
- XXX. Sandwiches
- XXXI. Appetizers
- XXXII. Fruits
- XXXIII. Garnishes
- XXXIV. Beverages
- XXXV. Costing and Portion Control
- XXXVI. Front of the House Service

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CONTENT OUTLINE, continued

- XXXVII. Yeast Made Products
- XXXVIII. Quick Breads
- XXXIX. Cakes and Icings
- XL. Cookies
- XLI. Pie and Pastry
- XLII. Puddings and Desserts

ENHANCEMENT MODULES

- XLIII. Management Training
- XLIV. Catering
- XLV. Entrepreneurship