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
COURSE: COMMERCIAL FOOD

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