



Central York School District

Culinary Arts 2 CTE

Overview

Grade Level: 11-12

Course Description:

Students will build on the culinary skills learned in Culinary Arts 1 and are immersed in increasingly more difficult techniques. An in-depth study of knife skills, time management, and flavor building techniques will be emphasized. Students will apply their knowledge of stock, sauces, and yeast breads within the lab setting. The course will also focus on how a professional kitchen is run by participating in Central's student run restaurant. Students will earn their ServSafe Allergens certificate by the end of the course.

Prerequisite: Culinary Arts 1 CTE

Course Big Ideas:

- Proper handling of produce impacts quality.
- Yeast doughs rely on time, temperature, and technique for successful, quality products.
- Kitchen workflow and organization drive speed, safety, and consistency in service.
- Nutrition knowledge supports health-conscious menu planning and customer needs.
- Food allergens require strict awareness and prevention to ensure customer safety.
- Seasoning and flavor development define the final quality of a dish.
- Stocks form the foundation of flavor in cuisine.
- Thickening agents control texture and stability in culinary preparations.
- Sauces and soups demonstrate culinary skill through flavor building and technique.

Course Essential Questions:

- In what ways can improper handling of produce impact food cost, nutrition, and customer satisfaction?
- How do time, temperature, and technique influence fermentation and the final quality of yeast-based products?
- What role does gluten development play in the structure and texture of yeast breads?
- How does effective kitchen organization improve speed, safety, and consistency during service?
- What systems and communication strategies are essential for a smoothly functioning professional kitchen?
- How does nutrition knowledge influence the development of balanced and health-conscious menu items?
- In what ways can chefs adapt recipes to meet diverse dietary needs while maintaining quality and flavor?
- Why is strict allergen awareness critical in preventing cross-contact and protecting customers?
- What procedures must be in place to ensure safe communication and preparation of allergen-sensitive foods?
- How do herbs, spices, acids, and fats work together to build balanced and complex flavors?
- What techniques can be used to correct or enhance flavor in a finished dish?
- Why are stocks considered the foundation of classical cuisine?
- How does technique and ingredient selection affect the depth and clarity of a stock?
- How do different thickening methods impact the texture, appearance, and stability of sauces and soups?
- When is it appropriate to use specific thickening techniques in professional cooking?
- How do sauces and soups demonstrate a chef's understanding of technique, balance, and flavor development?
- In what ways do mother sauces and soups serve as building blocks for more complex dishes?

Course Competencies:

- Apply proper preparation techniques for fruits and vegetables to maintain quality.
- Prepare yeast-based dough products using correct fermentation principles, measuring techniques, and baking

procedures to produce consistent, high-quality results.

- Demonstrate effective kitchen organization and workflow practices to improve efficiency, communication, safety, and consistency during production and service.
- Interpret basic nutrition principles to support menu planning and modify recipes to meet dietary guidelines and customer health needs.
- Apply proper seasoning techniques to enhance and balance flavor in prepared foods.
- Prepare foundational stocks using correct technique.
- Demonstrate proper use of thickening agents to achieve desired texture, consistency, and product quality for soups and sauces.
- Prepare a variety of sauces and soups using standard culinary methods to demonstrate understanding of flavor building, technique, and consistency.

Course Assessments:

- Projects
- Completed assignments
- Labs
- Skill evaluations
- ServSafe Allergen Certificate
- Tests



Central York School District

Culinary Arts 2 CTE

Grade Level: 11-12

Unit 1: Fruits and Vegetables

Time: 4 weeks

Standards:

PA FCS State Standards

- 11.1.9-12.A Predict factors that affect food safety and security from production through consumption.
- 11.1.9-12.E Apply principles of measurement, portion control, conversions, food cost analysis and control, menu terminology, and menu pricing to menu planning.
- 11.1.9-12.F Apply the fundamentals of time, temperature, and cooking techniques to preparing, cooking, cooling, reheating, and holding a variety of foods.

National FCS State Standards

- 8.2.4 Use the Hazard Analysis Critical Control Point (HACCP) and crisis management principles and procedures during food handling processes to minimize the risks of foodborne illness.
- 8.2.5 Practice standard personal hygiene and wellness procedures.
- 8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups.
- 8.3.1 Operate tools and equipment following safety procedures and OSHA requirements.
- 8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.
- 8.5.2 Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.
- 8.5.3 Demonstrate knowledge of portion control and proper scaling and measurement techniques.
- 8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods.
- 8.5.7 Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.
- 8.5.12 Demonstrate professional plating, garnishing, and food presentation techniques.

Know:

- Washing and sanitizing procedures for equipment.
- Hand tools and smallwares used for fruits and vegetables.
- Market forms of fruits and vegetables.
- Methods of preparing fruits and vegetables.

Understanding/Key Learning:

- Fruits and vegetables are available in a variety of market forms (fresh, frozen, canned, dried, and processed), and each form has advantages, limitations, and appropriate culinary uses.
- Proper selection of fruits and vegetables requires evaluating quality indicators such as color, texture, ripeness, freshness, and absence of damage or spoilage.
- Different preparation methods, including peeling, cutting, zesting, and trimming, affect the appearance, texture, flavor, and usability of fruits and vegetables.
- Standard knife cuts, including bâtonnet, julienne, small dice, medium dice, large dice, brunoise, chiffonade, and mince, are used to achieve uniform cooking, accurate portioning, and attractive presentation.

- Properly sharpening and honing knives improves cutting performance, reduces product waste, and promotes workplace safety.
- Garnishes should enhance the appearance of a dish while remaining edible, appropriate, and complementary to the food being served.
- Uniform cuts and professionally prepared garnishes contribute to product quality, customer satisfaction, and industry-standard food presentation.

Do:

- Operate, clean, and sanitize small equipment.
- Pass safety tests for all small, large, and handheld kitchen equipment, including knives.
- Identify and use hand tools and smallwares used.
- Prepare food following standardized recipes within industry time limits.
- Prepare garnishes.
- Perform knife cuts: bâtonnet, julienne, small/medium/large dice, brunoise, chiffonade, and mince.
- Sharpen and hone knives.
- Select vegetables and fruits in their market forms.
- Prepare vegetables and fruits.
- Peel, cut, and zest fruits and vegetables.

Unit Essential Questions:

- How do food safety, sanitation, and HACCP procedures ensure that fruits and vegetables are prepared and served safely in a professional kitchen?
- How do proper knife skills, equipment use, cooking methods, and time-temperature controls affect the quality, flavor, texture, and safety of fruit and vegetable dishes?
- How can chefs use fruits and vegetables to create visually appealing, well-balanced dishes that meet professional standards for plating, garnishing, and presentation?

Lesson Essential Questions:

- How do different market forms of fruits and vegetables affect quality, cost, storage, and culinary applications?
- What factors should be considered when selecting fruits and vegetables for a recipe or foodservice operation?
- Why is proper preparation of fruits and vegetables important for food safety, quality, and presentation?
- How do peeling, cutting, and zesting techniques impact the flavor, texture, and appearance of fruits and vegetables?
- Why are knife maintenance skills, such as sharpening and honing, essential in a professional kitchen?
- How do specific knife cuts (bâtonnet, julienne, dice, brunoise, chiffonade, and mince) influence cooking time, consistency, and presentation?
- How can garnishes enhance the visual appeal and overall dining experience of a dish?

Materials/Resources:

On Cooking Textbook
 Introduction to Culinary Arts Textbook
 Projector and unit presentations
 Lab space and recipes
 Garnishing tools (microplane, mandoline, knives ect.)

Vocabulary:

Presentation

Plating

Edible garnish

Non-edible garnish
Aesthetic appeal
Contrast
Portion control
Tourne
Fluting
Zesting
Supreme
Carving
Channel knife
Mandoline
Microgreens
Fresh produce
Frozen produce

Canned produce
Dried produce
Dehydrated produce
Processed produce
Individually Quick Frozen (IQF)
Seasonality
Bruising
Blemish
Root vegetable
Tuber
Bulb
Leafy green
Cruciferous vegetable
Legume

Stone fruit
Citrus fruit
Berry
Core
Seed
Hull
Shock
Par-cook
Caramelization
Ethylene gas
Shelf life
First In, First Out (FIFO)
Oxidation

Assessments:

Labs
Formative assessment



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Grade Level: 11-12

Unit 2: Yeast Breads

Time: 4 weeks

Standards:

PA FCS State Standards

- 11.1.9-12.A Predict factors that affect food safety and security from production through consumption.
- 11.1.9-12.E Apply principles of measurement, portion control, conversions, food cost analysis and control, menu terminology, and menu pricing to menu planning.
- 11.1.9-12.F Apply the fundamentals of time, temperature, and cooking techniques to preparing, cooking, cooling, reheating, and holding a variety of foods.

National FCS State Standards

- 8.2.4 Use the Hazard Analysis Critical Control Point (HACCP) and crisis management principles and procedures during food handling processes to minimize the risks of foodborne illness.
- 8.2.5 Practice standard personal hygiene and wellness procedures.
- 8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups.
- 8.3.1 Operate tools and equipment following safety procedures and OSHA requirements.
- 8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.
- 8.5.2 Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.
- 8.5.3 Demonstrate knowledge of portion control and proper scaling and measurement techniques.
- 8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods.
- 8.5.10 Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.

Know:

- Washing and sanitizing procedures for equipment.
- Hand tools and smallwares used for yeast breads.
- Baking ingredients and their functions.
- What yeast needs to begin fermentation.

Understanding/Key Learning:

- Each baking ingredient serves a specific purpose that affects the texture, flavor, appearance, and structure of the final product.
- Flour provides the structural framework of baked goods through the development of gluten.
- Yeast is a living microorganism that produces carbon dioxide gas during fermentation, causing dough to rise.
- Yeast requires moisture, food (sugar), and appropriate temperatures to begin and maintain the fermentation process.
- Sugar contributes more than sweetness by providing food for yeast, promoting browning, and helping retain moisture.
- Fats improve tenderness, flavor, and shelf life while influencing the texture and richness of baked products.
- Eggs contribute structure, moisture, color, flavor, and leavening in many baked goods.

- The balance and measurement of ingredients directly impact product quality, making accuracy essential in baking.
- Proper mixing, kneading, proofing, and baking techniques are critical to the successful preparation of yeast-raised products.
- Understanding ingredient functions allows bakers to troubleshoot and adjust recipes to achieve desired results and consistently produce high-quality yeast-raised products.

Do:

- Operate, clean, and sanitize small equipment.
- Pass safety tests for all small, large, and handheld kitchen equipment, including knives.
- Identify and use hand tools and smallwares used.
- Prepare food following standardized recipes within industry time limits.
- Prepare yeast raised products.
- Explain the function of baking ingredients.

Unit Essential Questions:

- How do time, temperature, and baking techniques affect the quality, texture, and flavor of yeast breads?
- Why are accurate scaling, measuring, and portion control essential to producing consistent, high-quality yeast breads?
- How do professional baking equipment and current technologies contribute to the successful production of yeast breads?
- How can bakers apply their understanding of ingredients, fermentation, and baking methods to consistently produce high-quality yeast breads?

Lesson Essential Questions:

- How does each baking ingredient contribute to the success of a yeast-raised product?
- Why is it important to understand the function of ingredients when preparing baked goods?
- What conditions does yeast need to begin and maintain fermentation?
- How does fermentation affect the texture, flavor, and appearance of yeast-raised products?
- What happens when ingredients are measured incorrectly in a baking recipe?
- How do flour, water, yeast, sugar, salt, and fat work together to create a successful dough?
- Why is temperature important during mixing, proofing, and baking yeast-raised products?
- How can understanding ingredient functions help identify and correct problems in baked products?
- What techniques are necessary to properly prepare and handle yeast doughs?
- How do the ingredients and preparation methods used in yeast-raised products influence the quality of the final product?

Materials/Resources:

On Cooking Textbook
 Introduction to Culinary Arts Textbook
 How Baking Works Textbook
 Dessert Course Textbook
 Projector and unit presentations
 Lab space and recipes

Vocabulary:

Yeast
 Fermentation

Leavening
 Proofing

Active dry yeast
 Instant yeast

Compressed yeast
Kneading
Gluten
Elasticity
Extensibility
Hydration
Scaling

Shaping
Punch down
Lean dough
Enriched dough
Direct method
Indirect method
Scoring

Docking
Low knead
Full knead
Biological leavener
Chemical leavener
Emulsifier
Binder

Assessments:

Labs
Formative assessment



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Unit 3: Nutrition

Time: 2 weeks

Standards:

PA FCS State Standards

- 11.1.9-12.C Model the ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.
- 11.1.9-12.D Evaluate the application of nutrition and meal-planning principles in the selection, planning, preparation, and serving of meals that meet the specific nutritional needs of individuals across their life span.
- 11.1.9-12.H Evaluate nutrition principles, food plans, preparation techniques, and specialized dietary plans.
- 11.1.9-12.I Analyze the breakdown of foods, the absorption of nutrients, and their conversion to energy by the body.

National FCS State Standards

- 9.3.2 Analyze nutritional data.
- 9.4.1 Analyze nutritional needs of individuals.

Know:

- Macro and micro nutrients
- Parts of a food label
- Common dietary restrictions
- Sources and functions of nutrients

Understanding/Key Learning:

- Nutrients are classified as macronutrients and micronutrients, and each plays a distinct role in supporting overall health and body function.
- The human body requires a balance of carbohydrates, proteins, and fats, along with vitamins and minerals, to maintain energy, growth, and repair.
- Food labels provide essential information about serving size, ingredients, and nutrient content that help consumers make informed dietary choices.
- Understanding serving sizes is critical for accurately interpreting calorie intake and nutrient values on food labels.
- Ingredients lists reveal the composition of foods and can help identify added sugars, preservatives, allergens, and nutrient quality.
- Major nutrients come from a variety of food sources and serve specific functions such as energy production, immune support, and tissue building.
- Dietary guidelines are research-based recommendations that help individuals maintain a balanced and health-supportive diet.
- Dietary restrictions, allergies, and intolerances require careful attention to ingredients and food preparation methods to ensure safety and health.
- Nutritional concerns and special dietary needs influence food choices and require critical evaluation of nutrient content and food labels.
- Effective nutrition decision-making involves analyzing food labels, understanding nutrient roles, and applying

dietary guidelines to everyday eating choices.

Do:

- Research dietary guidelines.
- Interpret food labels in terms of the portion size, ingredients, and nutritional value.
- Identify major nutrients, their sources, and functions.
- Research nutritional concerns, food allergies/intolerances, and dietary restrictions.

Unit Essential Questions:

- How do macronutrients and micronutrients work together to support overall health, and how can we identify them in the foods we eat?
- In what ways can food labels and dietary guidelines help individuals make informed choices about nutrition and healthy eating?
- How do dietary restrictions, allergies, and nutritional needs influence food selection, preparation, and overall diet planning?

Lesson Essential Questions:

- What are macronutrients and how do they differ from micronutrients?
- Why does the body need carbohydrates, proteins, and fats in different amounts?
- How do vitamins and minerals support specific body functions such as immunity, growth, and energy production?
- What are the main sources of macronutrients and micronutrients in everyday foods?
- What information is required on a food label, and why is each part important?
- How does serving size impact the interpretation of calories and nutrient values?
- How can the ingredients list help identify healthier food choices or potential allergens?
- How can food labels be used to compare two similar products?
- What are dietary guidelines?
- How do dietary guidelines help people plan balanced meals?
- Why do nutritional needs vary across different ages and lifestyles?
- How do cultural, medical, and ethical factors influence dietary restrictions?
- Why is it important to consider dietary restrictions when planning meals for groups?

Materials/Resources:

On Cooking Textbook
Introduction to Culinary Arts Textbook
Projector and unit presentations
Lab space and recipes

Vocabulary:

Macronutrients	Vitamins	Nutrition facts label
Micronutrients	Minerals	Serving size
Carbohydrates	Water	Portion size
Proteins	Calorie	Nutrient content claim
Fats	Nutrient density	Health claim

Assessments:

Labs
Nutritional meal planning project
Formative assessment



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Unit 4: Kitchen Workflow

Time: 1 week

Standards:

PA FCS State Standards

- 11.1.9-12.A Predict factors that affect food safety and security from production through consumption.

National FCS State Standards

- 8.3.1 Operate tools and equipment following safety procedures and OSHA requirements.
- 8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.

Know:

- Safe procedures for honing and sharpening knives.
- Positions of the brigade system.
- Common food allergens.
- Ways to avoid cross contact.

Understanding/Key Learning:

- Professional kitchens use a brigade system to organize staff responsibilities, improve communication, and promote efficiency in food production and service.
- Each position within the kitchen brigade has specific duties that contribute to the overall success, safety, and productivity of the operation.
- Proper knife maintenance through honing and sharpening improves cutting performance, increases safety, and extends the life of culinary tools.
- Honing and sharpening serve different purposes and require specific techniques to maintain knives according to industry standards.
- Food allergens can cause serious health risks, making it essential for foodservice professionals to recognize common allergens and understand their impact on customers.
- Cross contact occurs when an allergen is unintentionally transferred from one food or surface to another and can result in severe allergic reactions.
- Foodservice professionals have a responsibility to follow procedures that prevent allergen cross contact throughout receiving, storage, preparation, cooking, and service.
- Effective communication, proper cleaning and sanitizing, dedicated equipment, and careful food handling practices help reduce the risk of allergen exposure.
- Safe knife maintenance and allergen management are essential professional skills that protect both employees and customers in a foodservice operation.
- Understanding kitchen organization, equipment care, and food safety practices contributes to a safe, efficient, and professional culinary environment.

Do:

- Analyze the kitchen brigade system.
- Sharpen and hone knives.
- Identify common food allergens.
- Describe and demonstrate procedures to avoid cross contact.

Unit Essential Questions:

- Why is it important for culinary professionals to understand their roles, maintain equipment properly, and follow food safety practices?
- How can foodservice employees protect both coworkers and customers through effective communication, proper knife care, and allergen management?

Lesson Essential Questions:

- How does the kitchen brigade system contribute to efficiency, communication, and productivity in a professional kitchen?
- What roles and responsibilities do different members of the kitchen brigade have, and how do they work together to ensure success?
- Why is proper knife maintenance important for safety, efficiency, and food quality?
- How do honing and sharpening differ, and when should each technique be used?
- What are the most common food allergens, and why is it important for foodservice professionals to recognize them?
- What is cross contact, and how is it different from cross contamination?
- What procedures can foodservice workers use to prevent allergen cross contact during food preparation and service?
- How does effective communication among kitchen staff help protect customers with food allergies?

Materials/Resources:

On Cooking Textbook
Introduction to Culinary Arts Textbook
ServSafe Allergen Online training
Projector and unit presentations
Lab space and recipes

Vocabulary:

Brigade system
Executive chef
Sous chef
Chef de partie
Saucier

Garde manger
Expediter
Chain of command
Kitchen hierarchy
Allergen

Allergic reaction
Anaphylaxis
Sensitivity
Ingredient label
Cross contact

Assessments:

ServSafe allergen certificate exam



Central York School District

Culinary Arts 2 CTE

Grade Level: 11-12

Unit 5: Seasoning and Flavor

Time: 3 weeks

Standards:

PA FCS State Standards

- 11.1.9-12.A Predict factors that affect food safety and security from production through consumption.
- 11.1.9-12.E Apply principles of measurement, portion control, conversions, food cost analysis and control, menu terminology, and menu pricing to menu planning.
- 11.1.9-12.F Apply the fundamentals of time, temperature, and cooking techniques to preparing, cooking, cooling, reheating, and holding a variety of foods.

National FCS State Standards

- 8.2.4 Use the Hazard Analysis Critical Control Point (HACCP) and crisis management principles and procedures during food handling processes to minimize the risks of foodborne illness.
- 8.2.5 Practice standard personal hygiene and wellness procedures.
- 8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups.
- 8.3.1 Operate tools and equipment following safety procedures and OSHA requirements.
- 8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.
- 8.5.2 Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.
- 8.5.3 Demonstrate knowledge of portion control and proper scaling and measurement techniques.
- 8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods.
- 8.5.8 Prepare various salads, dressings, marinades, and spices using safe handling and professional preparation techniques.
- 8.5.12 Demonstrate professional plating, garnishing, and food presentation techniques.
- 8.5.14 Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.

Know:

- Washing and sanitizing procedures for equipment.
- Hand tools and smallwares used for herbs, spices, and condiments.
- Different herbs and spices.
- Different condiments.
- Ways to prepare and use herbs and spices.
- How we interpret flavor.

Understanding/Key Learning:

- Herbs, spices, seasonings, and condiments each contribute distinct flavors, aromas, and functions in cooking, and are not interchangeable in all situations.
- Herbs and spices come in different market forms (fresh, dried, ground, whole, pastes, and extracts) and that each form impacts potency, flavor, and usage.

- Condiments serve as flavor enhancers or complements and can be used before, during, or after cooking depending on the desired outcome.
- Correct storage, handling, and preparation methods preserve the freshness, strength, and safety of herbs, spices, and seasonings.
- Balancing seasoning requires evaluating saltiness, sweetness, acidity, bitterness, and umami to achieve a well-rounded flavor profile.
- Identifying herbs, spices, and condiments by their form and use is essential for accurate recipe execution and culinary consistency.
- Thoughtful use of herbs and spices allows cooks to create depth of flavor without relying on excessive salt, fat, or sugar.

Do:

- Operate, clean, and sanitize small equipment.
- Pass safety tests for all small, large, and handheld kitchen equipment, including knives.
- Identify and use hand tools and smallwares used.
- Prepare food following standardized recipes within industry time limits.
- Identify herbs, spices, seasonings, and condiments and their market forms.
- Use herbs, spices, seasonings, and condiments.
- Evaluate foods for seasoning and flavor balance.

Unit Essential Questions:

- How do herbs, spices, seasonings, and condiments influence the flavor, aroma, and overall balance of a dish?
- How does a cook select and use different forms of herbs and spices to achieve consistent and intentional flavor results in cooking?
- What does it mean for a dish to be well-seasoned, and how can chefs evaluate and adjust flavor to create balance?

Lesson Essential Questions:

- What are the differences between herbs, spices, seasonings, and condiments?
- How can you correctly identify common herbs and spices used in professional kitchens?
- What are the different market forms of herbs and spices (fresh, dried, ground, whole, pastes), and how do they differ in use?
- How does the form of an herb or spice affect its flavor strength and cooking application?
- When is it best to add herbs and spices during the cooking process to maximize flavor?
- How do condiments function differently from herbs and spices in recipes and meal preparation?
- What are effective methods for preparing and using fresh herbs in cooking?
- What are the 5 basic flavors?
- How does your sense of smell affect your sense of taste?
- What does “seasoning to taste” mean, and how can a chef determine the right amount of seasoning?
- How do you evaluate whether a dish has balanced flavor using saltiness, sweetness, acidity, bitterness, and umami?

Materials/Resources:

On Cooking Textbook
 Introduction to Culinary Arts Textbook
 Projector and unit presentations
 Lab space and recipes

Vocabulary:

Herbs
 Spices

Seasoning
 Condiment

Flavor profile
 Aroma

Fresh herbs
Dried herbs
Whole spices
Ground spices

Extracts
Blends
Marinade
Rub

Umami
Infusion
Garnish

Assessments:

Labs
Formative assessment



Central York School District

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Grade Level: 11-12

Unit 6: Stocks, Sauce, and Soups

Time: 4 weeks

Standards:

PA FCS State Standards

- 11.1.9-12.A Predict factors that affect food safety and security from production through consumption.
- 11.1.9-12.E Apply principles of measurement, portion control, conversions, food cost analysis and control, menu terminology, and menu pricing to menu planning.
- 11.1.9-12.F Apply the fundamentals of time, temperature, and cooking techniques to preparing, cooking, cooling, reheating, and holding a variety of foods.

National FCS State Standards

- 8.2.4 Use the Hazard Analysis Critical Control Point (HACCP) and crisis management principles and procedures during food handling processes to minimize the risks of foodborne illness.
- 8.2.5 Practice standard personal hygiene and wellness procedures.
- 8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups.
- 8.3.1 Operate tools and equipment following safety procedures and OSHA requirements.
- 8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.
- 8.5.2 Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.
- 8.5.3 Demonstrate knowledge of portion control and proper scaling and measurement techniques
- 8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods.
- 8.5.6 Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques.
- 8.5.12 Demonstrate professional plating, garnishing, and food presentation techniques.
- 8.5.14 Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.

Know:

- Washing and sanitizing procedures for equipment.
- Hand tools and smallwares used for stocks, sauces, and soups.
- Parts of a stock.
- Types of soups.
- The 5 mother sauces.
- Various types of thickening agents.

Understanding/Key Learning:

- Stocks are foundational liquids made by extracting flavor, aroma, color, and nutrients from bones, mirepoix, and aromatics through simmering.
- The differences between white stock, brown stock, fish stock, and vegetable stock, and how ingredients and preparation methods affect flavor, color, and body.
- How commercial bases and concentrates can be used to standardize flavor while maintaining quality and

efficiency in food production.

- Soups are classified by preparation method, texture, and ingredients, including clear, thick, puree, cream, and specialty soups.
- How temperature control, storage, and reheating practices affect the safety and quality of soups.
- How soups can be evaluated based on consistency, balance of flavor, appearance, and mouthfeel.
- The five mother sauces (béchamel, velouté, espagnole, tomato, and hollandaise) serve as the foundation for a wide variety of derivative sauces.
- How proper roux preparation, emulsification, and reduction techniques determine sauce texture and stability.
- How small sauces and pan sauces are built from mother sauces or fond to enhance flavor and complement menu items.
- Thickening agents such as roux, slurry, liaison, reduction, and pureed ingredients are used to modify texture and consistency in soups and sauces.
- How different starches and proteins behave under heat and how this affects thickening power and stability.
- How proper ratios, temperature control, and timing are critical to achieving desired texture without lumps or breakdown.
- How flavor development in stocks, sauce, and soups depends on proper layering of ingredients, seasoning, and cooking techniques.

Do:

- Operate, clean, and sanitize small equipment.
- Pass safety tests for all small, large, and handheld kitchen equipment, including knives.
- Identify and use hand tools and smallwares used.
- Prepare food following standardized recipes within industry time limits.
- Prepare and evaluate stocks and the use of bases.
- Prepare and evaluate mother sauces, small/derivative sauces, and pan sauces.
- Prepare and evaluate soups.
- Prepare thickening agents.

Unit Essential Questions:

- How do foundational cooking techniques used in stocks, soups, and sauces build flavor, texture, and quality in professional food preparation?
- In what ways do ingredients and preparation methods influence the consistency, appearance, and overall success of stocks, soups, and sauces?
- How do chefs use mother sauces and thickening agents to create variety and consistency across a wide range of menu items?
- What criteria are used to evaluate the quality of stocks, soups, and sauces, and how can adjustments improve the final product?

Lesson Essential Questions:

- What are the essential components of a stock, and how does each ingredient contribute to flavor, color, and body?
- How does the difference between white, brown, fish, and vegetable stocks affect their culinary uses?
- What role do mirepoix and aromatics play in building a balanced stock?
- How do simmering time and temperature influence the clarity and quality of a finished stock?
- In what ways do commercial bases compare to traditional stocks in flavor, efficiency, and consistency?
- What are the major classifications of soups, and how do they differ in preparation and presentation?
- How does layering flavor throughout the cooking process improve the quality of a stock, soup, or sauce?
- What food safety practices are essential when preparing, holding, and serving soups?
- What are the five mother sauces, and what distinguishes each one from the others?
- How does a roux function as a thickening and flavor base in several mother sauces?
- What processes are used to transform mother sauces into derivative sauces?

- How do pan sauces develop flavor from fond, and why is deglazing important?
- What factors affect the stability and texture of emulsified sauces like hollandaise?
- What are the most common thickening agents used in professional kitchens, and how do they differ in function?
- How does starch gelatinization contribute to the thickening process in sauces and soups?
- What are the advantages and disadvantages of using roux, slurry, reduction, and liaison methods?
- How do temperature and timing affect the success of different thickening techniques?
- What causes common thickening failures such as lumps, separation, or thinning?
- How can a chef adjust a sauce or soup that is too thick or too thin while maintaining quality?

Materials/Resources:

On Cooking Textbook

Introduction to Culinary Arts Textbook

Projector and unit presentations

Lab space and recipes

Vocabulary:

Stock

Mirepoix

Aromatics

Bouquet garni

Sachet d'épices

Skimming

Clarification

Reduction

Remouillage

White stock

Brown stock

Fish stock

Vegetable stock

Clear soup

Consomme

Puree soup

Cream soup

Chowder

Bisque

Viscosity

Mother sauces

Bechamel

Veloute

Espagnole

Tomato sauce

Hollandaise

White roux

Blond roux

Brown roux

Derivative sauce

Pan sauce

Fond

Deglazing

Emulsion

Nappe

Slurry

Beurre manie

Liaison

Tempering

Coagulation

Assessments:

Labs

Soup project

Formative assessment