



Central York School District

Culinary Internship 1 CTE

Overview

Grade Level: 11-12

Course Description:

Students will build on the culinary skills learned in Culinary Arts 1 working with district food services. Students will work in the various cafeterias in the district as well as helping with catering events supported by the districts food services department.

Prerequisite: Culinary Arts 1 CTE

Course Big Ideas:

- Food safety and sanitation as a daily standard.
- Personal hygiene and professional appearance in food service.
- Effective setup and management of hot and cold service lines.
- Maintaining food quality, temperature, and presentation during service.
- Kitchen workflow, station roles, and team-based operations.
- Point of Sale (POS) system operation and customer service skills.
- Dishroom operations, bussing procedures, and warewashing systems.
- Professionalism, communication, and workplace readiness.

Course Essential Questions:

- Why are consistent food safety and sanitation practices critical to protecting customers in a high-volume food service environment?
- How do personal hygiene habits and professional appearance impact food safety, teamwork, and customer trust in a cafeteria setting?
- What procedures ensure that hot and cold service lines are set up efficiently and maintained at safe, consistent standards throughout service?
- How can food service workers maintain quality, safe temperatures, and appealing presentation during busy meal service periods?
- How does understanding kitchen workflow and assigned station roles improve efficiency and teamwork during cafeteria operations?
- How do accurate POS system use and effective customer service skills contribute to a smooth and successful cafeteria service experience?
- Why are proper bussing, warewashing, and dishroom procedures essential to maintaining cleanliness and supporting continuous food service operations?
- What behaviors and skills demonstrate professionalism and effective communication in a real-world food service workplace?

Course Competencies:

- Apply food safety and sanitation procedures in all kitchen and service operations.
- Demonstrate personal hygiene and professional dress standards required in food service environments.

- Set up, organize, and maintain hot and cold service lines according to food safety regulations.
- Maintain food quality, temperature control, and presentation throughout service periods.
- Exhibit effective kitchen workflow management and perform assigned station responsibilities within a team setting.
- Operate a Point of Sale (POS) system accurately while demonstrating strong customer service skills.
- Perform dishroom, bussing, and warewashing operations using proper sanitation procedures.
- Demonstrate workplace professionalism, communication skills, and readiness for entry-level food service employment.

Course Assessments:

- Cafeteria staff evaluation
- Internship evaluation



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Grade Level: 11-12

Unit: Culinary Internship 1

Time: 18 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.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.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.
- 11.1.9-12.H Evaluate nutrition principles, food plans, preparation techniques, and specialized dietary plans.

National FCS State Standards

- 8.1.1 Explain the roles, duties, and functions of individuals engaged in food production and services careers.
- 8.1.3 Summarize education and training requirements and opportunities for career paths in food production and services.
- 8.2.3 Use knowledge of systems for documenting, investigating, reporting, and preventing foodborne illness.
- 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.
- 8.2.6 Demonstrate proper purchasing, receiving, storage, and handling of both raw and prepared foods.
- 8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups.
- 8.2.8 Analyze current types of cleaning and sanitizing materials for proper use.
- 8.2.11 Demonstrate ability to maintain necessary records to document time and temperature control, HACCP, employee health, maintenance of equipment, and other elements of food preparation, storage, and presentation.
- 8.3.1 Operate tools and equipment following safety procedures and OSHA

requirements.

- 8.3.2 Maintain tools and equipment following safety procedures and OSHA requirements.
- 8.3.3 Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils to meet industry standards and OSHA requirements.
- 8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.
- 10.2.2 Demonstrate procedures for assuring guest or customer safety.

Know:

- Proper culinary apparel.
- Procedures for injuries and accidents.
- Common food allergens.
- How to properly label food items for storage.
- How to use hot line service equipment.
- How to use garde manger service equipment.
- Various roles for Back of House (BOH).
- Procedures for operating a Point of Sale (POS) system.

Understanding/Key Learning:

- Proper culinary apparel (clean uniforms, closed-toe shoes, hair restraints, and protective gear) is essential for maintaining hygiene, safety, and professionalism in a commercial kitchen. Wearing and maintaining appropriate attire helps prevent contamination and reduces workplace hazards.
- Foodservice environments require strict adherence to safety procedures to prevent accidents and injuries. Proper lifting techniques, awareness of hazards, and following emergency protocols ensure a safe workplace. In the event of an accident or injury, immediate reporting and correct response procedures help minimize harm and maintain operational safety.
- Food allergies can pose serious health risks and that careful preparation, communication, and prevention of cross-contact are critical. Proper handling of allergen-sensitive orders ensures customer safety and compliance with food safety standards.
- Proper labeling, dating, and storage of food items are essential for food safety, quality control, and inventory management. Following purchasing, receiving, and storage procedures helps reduce waste, prevent contamination, and ensure compliance with health regulations.
- Different kitchen stations (hot line and garde manger) require specific equipment, organization, and workflow procedures. Proper setup, operation, and breakdown of stations ensure efficiency, food quality, and safety during service.
- Standardized recipes ensure consistency, cost control, and quality in food production. Scaling recipes accurately and working within time constraints are essential professional skills in a fast-paced kitchen environment.
- BOH operations depend on clearly defined roles, including cooks, prep staff, dishwashers, and expeditors. Each role contributes to smooth kitchen operations, communication, and timely food delivery.
- FOH roles such as cashier, server, and bus person are essential for customer service, order accuracy, and maintaining dining room cleanliness. Each role supports a positive guest

experience and efficient restaurant operations.

- POS systems are essential tools for modern foodservice operations, supporting order entry, payment processing, inventory tracking, and communication between FOH and BOH. Competency with POS technology improves speed, accuracy, and overall service efficiency.

Do:

- Wear and maintain culinary apparel.
- Lift and carry heavy objects up to 50 pounds.
- Prevent accidents and injuries in the foodservice industry.
- Follow emergency procedures for injuries and accidents.
- Follow procedure for preparing food for customers with food allergies
- Follow procedures for purchasing, receiving, and storing of foodservice supplies.
- Label foodservice products for storage.
- Prepare food following standardized recipes within industry time limits.
- Scale recipes.
- Set up, operate, and break down hot line stations.
- Set up, operate, and break down garde manger stations.
- Perform duties of a cashier.
- Perform duties of a server.
- Perform duties of a bus person.
- Investigate foodservice industry operations technology, e.g., point of sale (POS) system.

Unit Essential Questions:

- How do safety, hygiene, and professional standards influence performance and decision-making in a foodservice environment?
- In what ways do communication, teamwork, and clearly defined roles contribute to efficient back-of-house and front-of-house operations?
- How do organization, equipment management, and technology (such as POS systems) impact the quality, speed, and accuracy of foodservice operations?

Lesson Essential Questions:

- Why is proper culinary apparel important for safety, hygiene, and professionalism in a commercial kitchen?
- What are the correct procedures to follow when a kitchen accident or injury occurs?
- How can proper lifting techniques and awareness of surroundings prevent common kitchen injuries?
- Why is it critical to identify and properly handle common food allergens in foodservice operations?
- How does preventing cross-contact protect customers with food allergies?
- What information must be included on food labels to ensure safe storage and proper inventory control?
- How do purchasing, receiving, and storage procedures help maintain food quality and reduce waste?
- What are the steps for setting up, operating, and breaking down hot line and garde manger stations efficiently and safely?

- How do standardized recipes and proper scaling ensure consistency, cost control, and quality in food production?
- How does a POS system improve communication, accuracy, and efficiency between front-of-house and back-of-house staff?

Materials/Resources:

Cafeteria kitchen spaces

Culinary apparel (hats, hairnets, aprons, close-toed shoes)

Vocabulary:

Sanitation

Hygiene

Personal Protective

Equipment

Cross contamination

Cross contact

Hazard Analysis Critical

Control Point (HACCP)

Labeling

First In, First Out

Point of Sale (POS) system

Assessments:

Cafeteria employee evaluation

Internship evaluation