

# Culinary Arts Capstone (2023)

## Culinary Art Capstone 7233

### **a Domain: Human Relations Management 7233.D1**

- 1 Describe the process of management through effective communication skills. 7233.D1.1
- 2 Summarize leadership styles and analyze when each is most appropriate. 7233.D1.2
- 3 Outline the supervisor's role in ethical decision-making, problem solving, and delegation of duties. 7233.D1.3
- 4 Explain the role of job descriptions and specifications and develop written examples. 7233.D1.4
- 5 Perform mock interviews; analyze results. 7233.D1.5
- 6 Describe procedures of new employee orientation. 7233.D1.6
- 7 Compare training methods; construct an effective employee-training program to include follow-up training and cross training. 7233.D1.7
- 8 Analyze types and methods of employee evaluation. 7233.D1.8
- 9 Describe necessity of change and ways of implementing change with the least employee resistance. 7233.D1.9
- 10 Evaluate methods of conflict resolution. 7233.D1.10
- 11 Identify reasons for disciplinary problems and discuss the supervisor's role in handling them. 7233.D1.11
- 12 Describe the procedure for terminating employees. 7233.D1.12
- 13 Analyze motivational techniques/problems; discuss procedures for attitudinal changes. 7233.D1.13
- 14 Analyze ways of dealing with stress in the workplace. 7233.D1.14
- 15 Discuss time management and other organizational management techniques. 7233.D1.15

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**b Domain: Pantry and Breakfast** 7233.D2

- 1 Prepare quick breads and muffins. 7233.D2.1
- 2 Prepare laminated doughs. 7233.D2.2
- 3 Prepare crepe and appropriate application. 7233.D2.3
- 4 Identify the preparation, presentation, and service of a variety of beverages, including coffee and tea. 7233.D2.4
- 5 Identify and use herbs, spices, oils and vinegars. 7233.D2.5
- 6 Identify and prepare various salads, dressings (emulsions), and marinades. 7233.D2.6
- 7 Identify and prepare hot and cold sandwiches. 7233.D2.7
- 8 Identify and prepare canapés and hot and cold hord'oeuvres. 7233.D2.8
- 9 Identify and prepare breakfast meats, eggs, cereals and batter products. 7233.D2.9
- 10 Demonstrate food presentation techniques. 7233.D2.10
- 11 Identify and prepare different fruits and vegetables. 7233.D2.11
- 12 Demonstrate skills illustrating short order cooking techniques. 7233.D2.12
- 13 Illustrate appropriate garnishing techniques. 7233.D2.13
- 14 Plan a la carte, cycle, ethnic, banquet and buffet menu. 7233.D2.14
- 15 Prepare a variety of basic hot soufflés. 7233.D2.15

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**c Domain: Meat and Seafood** 7233.D3

- 1 Demonstrate knife skills, hand tools and equipment operation. 7233.D3.1
- 2 Understand the importance of proper sanitation procedures used during and after the butchery process. 7233.D3.2
- 3 Identify and select knives to be used in the butchering of meats, poultry, fish and seafood (scimitar, boning knife – stiff and flexible, slicer, utility knife, meat handsaw, and meat cleaver). 7233.D3.3
- 4 Describe the composition and structure of meat, poultry, fish, and seafood; explain how it relates to protein selection and cooking methods. 7233.D3.4
- 5 Use the federal meat inspection and grading system to select and purchase meats, poultry, fish, and seafood. 7233.D3.5
- 6 Explain proper purchasing, receiving, aging, storage and handling of meats, poultry, fish, and seafood. 7233.D3.6
- 7 Identify the primal cuts of beef, lamb, veal, and pork and list the major fabricated cuts obtained from each of them. 7233.D3.7
- 8 Demonstrate the various market cuts used in selling fish and seafood 7233.D3.8
- 9 Describe a variety of techniques used in merchandising seafood. 7233.D3.9
- 10 Explain the significance of aging meats. 7233.D3.10
- 11 Select appropriate cooking methods for the most important meat cuts, based on the meat's tenderness and other characteristics. 7233.D3.11
- 12 Demonstrate food presentation techniques. 7233.D3.12
- 13 Wrap and store meats for maximum shelf life. 7233.D3.13
- 14 Tie meats – tie string to form a net around meats for roasting. 7233.D3.14
- 15 For poultry, explain the differences between “light meat” and “dark meat,” and describe how these differences affect cooking. 7233.D3.15
- 16 Identify any domestic poultry item with reference to its kind, class and style. 7233.D3.16
- 17 Cut chickens into halves, quarters and pieces of eight. 7233.D3.17
- 18 Store poultry items properly. 7233.D3.18
- 19 Define the concept of the “food mile.” 7233.D3.19
- 20 Discuss controlling the amount of food prepared in order to reduce waste; and what can be done with excess prepared food as an alternative to composting. 7233.D3.20
- 21 Identify a variety of protein products that can be purchased in your local area and describe how you would procure them. 7233.D3.21
- 22 Identify the pros and cons of purchasing locally produced (raised) proteins. 7233.D3.22
- 23 Explain the pros and cons of purchasing organic foods. 7233.D3.23

- 24 Research the different ways of raising sustainable proteins. 7233.D3.24
  - 25 Define (10) terms used to describe “sustainable” foods (e.g., free range, organic, heritage, heirloom, rBGH-free, etc.) 7233.D3.25
  - 26 Identify the pros and cons of purchasing locally. 7233.D3.26
  - 27 Understand the concept of sustainable seafood, and list 10 fish that are on the red, yellow and green lists. 7233.D3.27
  - 28 Research the benefits and issues related to aquaculture and wild-caught fish, along with the different wild-caught fish methods. 7233.D3.28
  - 29 List seafood that can be substituted for red-listed species, based on fish texture and flavor. 7233.D3.29
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**d Domain: Customer Service** 7233.D4

- 1 Demonstrate the general rules of table settings and service. 7233.D4.1
- 2 Demonstrate specific American, English, French and Russian service. 7233.D4.2
- 3 Discuss food delivery system such as banquets, buffets, and catering. 7233.D4.3
- 4 Describe the functions of dining service. 7233.D4.4
- 5 Discuss training procedures for processing guest checks. 7233.D4.5
- 6 Discuss procedures for processing guest checks. 7233.D4.6
- 7 Demonstrate and understanding of guest service and customer relations, including handling of difficult situations and accommodations for the disabled. 7233.D4.7
- 8 Explain interrelationships and workflow between dining room and kitchen operations. 7233.D4.8
- 9 Discuss sales techniques for service personnel, including menu knowledge and suggestive selling. 7233.D4.9
- 10 Evaluate the relationship of beverages to food. 7233.D4.10
- 11 Identify the preparation, presentation, and service of non-alcoholic and dealcoholized beverages to include coffees and teas. 7233.D4.11
- 12 Identify equipment and glassware used for beverage preparation and service. 7233.D4.12
- 13 Discuss opening and closing procedures of a beverage operation. 7233.D4.13
- 14 Explain procedures for implementing internal beverage controls. 7233.D4.14
- 15 Create menu item descriptions following established truth-in-menu guidelines. 7233.D4.15