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| Objectives | What i did | Signature |
| **1.identify and describe a short-order kitchen** |  |  |
| 1.1  define the phrase  *mise en place* |  |  |
| 1.2  explain the organization of the short-order kitchen in various settings, including hotel kitchens,restaurants, catering and fast-food outlets |  |  |
| **2.**  **identify and apply knowledge of foods prepared, techniques employed and equipment used inthe operation of the short-order kitchen** |  |  |
| 2.1  explain the need for quality food items in the short-order kitchen |  |  |
| 2.2  demonstrate that foods prepared in the short-order kitchen can address most nutritional concerns |  |  |
| 2.3  compare fats used in short order cooking, considering |  |  |
| 2.3.1  cooking properties |  |  |
| 2.3.2  nutritional concerns |  |  |
| 2.3.3  costs |  |  |
| 2.3.4  handling |  |  |
| 2.4  compare the cooking methods and mediums used by the short-order cook, including: |  |  |
| 2.4.1  poaching |  |  |
| 2.4.2  steaming |  |  |
| 2.4.3  sautéing |  |  |
| 2.4.4  grilling |  |  |
| 2.4.5  broiling/barbecuing |  |  |
| 2.4.6  deep-frying |  |  |
| 2.4.7  microwaving |  |  |
| 2.4.8  baking |  |  |
| 2.5  compare short-order items and preparation techniques, considering: |  |  |
| 2.5.1  time management and resources |  |  |
| 2.5.2  nutritional concerns and consumer demands |  |  |
| 2.5.3  new developments in food and equipment |  |  |
| **3.**  **demonstrate the skills and techniques necessary to the preparation and cooking of a largevariety of short-order items** |  |  |
| 3.1.1  broil/barbecue |  |  |
| 3.1.2  poach/steam |  |  |
| 3.1.3  grill/griddle |  |  |
| 3.1.4  microwave |  |  |
| 3.1.5  bake/roast |  |  |
| 3.1.6  fry/sauté |  |  |
| 3.1.7  deep-fry |  |  |
| 3.1.8  toast |  |  |
| 3.2  prepare, serve and evaluate short-order items requiring breading and battering |  |  |
| 3.3  prepare and compare short-order convenience foods with those made from scratch, includingvarious potato products and prebreaded and/or prebattered fish, poultry and vegetables |  |  |
| 3.4  prepare and evaluate one or more of the following short-order items |  |  |
| 3.4.1  hot and/or cold sandwiches |  |  |
| 3.4.2  breakfast foods |  |  |
| 3.4.6  potatoes and vegetables |  |  |
| 3.4.7  cultural food |  |  |
| 3.5  prepare, serve and evaluate appropriate garnishes and accompaniments for short-order items |  |  |
| **4.**  **identify and demonstrate safe and sanitary practices** |  |  |
| 4.1  maintain a clean, sanitary, safe work area |  |  |
| 4.2  apply universal precautions related to |  |  |
| 4.2.1  personal protective equipment (PPE); e.g., hair coverings, aprons, gloves |  |  |
| 4.2.2  hand-washing techniques |  |  |
| 4.2.3  infectious diseases |  |  |
| 4.2.4  blood-borne pathogens |  |  |
| 4.2.5  bacteria, viruses, molds |  |  |
| 4.2.6  safety and first-aid applications; e.g., back safety, cuts, slip and trip |  |  |
| 4.3  use all materials, products and implements appropriately |  |  |
| 4.5  dispose of waste materials in an environmentally safe manner |  |  |
| **5.**  **demonstrate basic competencies** |  |  |
| 5.1.1  communicate |  |  |
| 5.1.2  manage information |  |  |
| 5.1.3  use numbers |  |  |
| 5.1.4  think and solve problems |  |  |
| 5.2.1  demonstrate positive attitudes and behaviours |  |  |
| 5.2.2  be responsible |  |  |
| 5.2.3  be adaptable |  |  |
| 5.2.4  learn continuously |  |  |
| 5.2.5  work safely |  |  |
| 5.3.1  work with others |  |  |
| 5.3.2  participate in projects and tasks |  |  |
| 6.  create a transitional strategy to accommodate personal changes and build personal values |  |  |
| 6.1  identify short-term and long-term goals |  |  |
| 6.2  identify steps to achieve goal |  |  |