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