Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_\_\_

Foods 2

Essential Standards

**Strand 1 Standard 1**

I can identify safety and sanitation rules and the guidelines necessary to maintain a safe working environment.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Below Mastery | Emerging | Mastery | Advanced Mastery |
| Hazards (biological, physical, chemical) | 1 | 2-3 | 4-5 | 6 |
| FATTOM | 1 | 2-3 | 4-5 | 6 |
| FIFO | 1 | 2-3 | 4-5 | 6 |
| Food Preparation | 1 | 2 | 3 | 4 |
| Food Safety Temperature | 1-4 | 5, 6, 7, 8 | 9, 10, 11 | 12 |
| Safety and Sanitation Questions | 1-2 | 3-4 | 5-6 | 7 |

**Strand 1 Standard 2**

I can calibrate a thermometer.

I can identify chef, paring and serrated knives.

I can identify the nine required knife cuts: batonnet, julienne, brunoise, dice, chiffonade, diagonal.

I can demonstrate the nine required knife cuts: batonnet, julienne, brunoise, dice, chiffonade, diagonal.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Below Mastery | Emerging | Mastery | Advanced Mastery |
| Thermometer Calibration | 1 | 2-3 | 4 | 5 |
| Knife Identification | 0 | 1 | 2 | 3 |
| Checking for Understanding | 1 | 2 | 3 | 4 |
| Knife Cut Identification | 1 | 2-3 | 4-5 | 6 |
| **Performance Task:** |  |  |  |  |
| Batonnet | 1 | 2 | 3 | 4 |
| Julienne | 1 | 2 | 3 | 4 |
| Brunoise | 1 | 2 | 3 | 4 |
| Dice | 1 | 2 | 3 | 4 |
| Chiffonade | 1 | 2 | 3 | 4 |
| Diagonal | 1 | 2 | 3 | 4 |

**Strand 1 Standard 2**

I can identify and demonstrate dry and moist heat cooking methods.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   | Below Mastery | Emerging | Mastery | Advanced Mastery |
| Baking/Roasting | 0 | 1 | 2 | 3 |
| Blanching | 0 | 1 | 2 | 3 |
| Boiling  | 0 | 1 | 2 | 3 |
| Braising | 0 | 1 | 2 | 3 |
| Broil | 0 | 1 | 2 | 3 |
| Deep Fat Frying | 0 | 1 | 2 | 3 |
| Grill | 0 | 1 | 2 | 3 |
| Pan Frying | 0 | 1 | 2 | 3 |
| Poaching | 0 | 1 | 2 | 3 |
| Sauté/Stir-frying | 0 | 1 | 2 | 3 |
| Simmering | 0 | 1 | 2 | 3 |
| Steaming | 0 | 1 | 2 | 3 |
| Stewing | 0 | 1 | 2 | 3 |

**Strand 2 Standard 2**

I can identify the different diet related health concerns (diabetes, heart disease, colon cancer, anemia, osteoporosis and obesity) and their relationship to diet and nutrition.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   | Below Mastery | Emerging | Mastery | Advanced Mastery |
| Anemia | 1 | 2 | 3 | 4 |
| Colon Cancer | 1 | 2 | 3 | 4 |
| Diabetes | 1-2 | 3-4 | 5 | 6 |
| Heart Disease | 1 | 2 | 3 | 4 |
| Obesity | 1 | 2 | 3 | 4 |
| Osteoporosis | 1 | 2 | 3 | 4 |

**Strand 7 Standard 2**

I can identify the five mother sauces (béchamel, tomato, hollandaise, Espagnole and Velouté) and how they are made.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Below Mastery | Emerging | Mastery | Advanced Mastery |
| Definition of Mire Poix, Roux, & Stock | 1 | 2 | 3 | 3 |
| Five Mother Sauces | 1-2 | 3, 4, 5 | 6-7 | 8 |
| Soups | 1, 2, 3 | 4, 5, 6 | 7, 8, 9 | 10 |
| Making Roux | 1, 2, 3, 4, 5, 6 | 7, 8, 9, 10, 11 | 12, 13, 14, 15 | 16 |