

























Mendocino College
Cooperative Work Experience Education





**Culinary Arts (CAM 196)-Occupational Work Experience
LEARNING OBJECTIVES**

Objective	Outcome Measurement	Learning Process	FORMS	
			Word	PDF
Learn proper knife handling and care	I will consistently use the proper knife for the job. My portions will be consistently cut in the appropriate proportions and dimensions, and in the proper manner. I will use knives without injury to myself or others. All knives I use will be properly cared for and stored when not in use.	I will read any material regarding knife use and care provided to me by my supervisor or my CAM class. I will observe my supervisor and/or co-workers in the use of the various knives required for the job. I will use the knives under the observation of my supervisor and/or co-workers, and make adjustments in my approach based on the feedback I receive.		
To operate commercial kitchen equipment in a safe, effective and efficient manner: _____ Mixer _____ Slicer _____ Blender _____ Food processor _____ Stove _____ Deep fryer _____ Salamander _____ Steam table _____ Cold table Other: _____ _____ _____	I will be able to consistently operate all equipment used on the job accurately and efficiently, with minimal waste, without damaging the equipment or injuring myself or others.	I will read any material regarding equipment use and care provided to me by my supervisor or my CAM class. I will observe my supervisor and/or co-workers in the use of the various types of equipment required for the job. I will use the equipment under the observation of my supervisor and/or co-workers, and make adjustments in my approach based on the feedback I receive.		

<p>To create 3 new recipes and improve a 3 existing recipes while increasing efficiency and reducing waste.</p> <p><i>[this Learning Objective may be worth more than one unit if more than 3 recipes are created]</i></p>	<p>I will have documentation on the research I conducted for various recipes; I will have created 3 new recipes that are approved by my supervisor, and I will have revisions of 3 existing recipes that are approved by my supervisor. I will have written recipes for all 6 that are complete and easy to follow. The recipes will a cost break-down of ingredients. They will be efficient to make and reduce waste.</p>	<p>I will conduct research using cookbooks recommended by my supervisor and a web search. I will discuss potential recipe ideas with my supervisor. I will create sample dishes for taste testing (by my supervisor and co-workers), and I will make adjustments based on the feedback I receive. I will then make the dishes for our customers, and solicit feedback from them.</p>		
<p>To increase my efficiency in completing multiple orders at one time.</p>	<p>My supervisor will observe my increased speed and accuracy in getting orders completed.</p>	<p>My supervisor will observe my process of completing multiple orders and will give me feedback on how I can be more efficient. I will make adjustments based on the feedback I receive. I will observe other cooks and take notes on specific approaches they take to completing multiple orders, and apply the strategies that I find useful.</p>		
<p>To work effectively as a team member</p>	<p>My supervisors and co-workers will observe increased cooperation and communication, with minimal unproductive conflict. I will have a list of 3 strategies that I used to improve my teamwork skills. I will have a journal documenting my experience with increasing my teamwork skills.</p>	<p>I will discuss with my supervisor and co-workers their understanding and expectations of teamwork; I will read literature/ obtain other sources of information on how to be an effective team member; I will identify 3 strategies and discuss them with supervisor before implementing them; I will keep a journal of my attempts to engage in teamwork and the outcomes, and discuss my experience with my supervisor.</p>		
<p>To demonstrate my skills with classic cooking</p> <p>_____ Mother sauces</p> <p>_____ Soup preparations</p> <p>_____ Vegetable preparations</p> <p>_____ Meat preparations</p> <p>_____ Fish preparations</p>	<p>I will prepare food efficiently and with minimal waste in a manner that meets my supervisor’s standards for taste, texture and appearance</p>	<p>I will review written, video or online instructional resources. I will discuss with my supervisor specific expectation for the style and type of cooking. I will observe my supervisor and/or skilled co-workers prepare food. I will prepare food under observation, and make adjustments based on the feedback I receive. I will continue to practice until I</p>		

<p>_____ Poultry preparations</p> <p><i>[this Learning Objective may be worth more than one unit]</i></p>		<p>am able to prepare food accurately and efficiently without assistance.</p>		
<p>To apply culinary techniques including braising, sautéing, poaching, grilling and roasting.</p>	<p>I will prepare food using these techniques in an accurate and efficient manner, with minimal waste, with an appearance, flavor and texture that meet my supervisor’s standards. I will consistently use proper resources, tools, equipment and terminology</p>	<p>I will review written, video or online instructional resources. I will discuss with my supervisor specific expectation for the various techniques. I will observe my supervisor and/or skilled co-workers use these techniques. I will prepare food using these techniques under observation, and make adjustments based on the feedback I receive. I will continue to practice until I am able to prepare food using these techniques accurately and efficiently without assistance.</p>		
<p>To properly handle and store refrigerated meats, poultry, fish and other perishable refrigerated foods</p>	<p>Perishable refrigerated foods will be maintained at the proper temperature and rotated to avoid outdates, spoilage and waste. I will identify and discard spoiled or otherwise unsafe foods.</p>	<p>I will review written, video or online instructional resources. I will discuss with my supervisor specific expectations for perishable food management. I will observe my supervisor and/or skilled co-workers manage these foods. I will manage perishable foods using these techniques under observation, and make adjustments based on the feedback I receive. I will review void sheets with my supervisor and make recommendations for ordering and/or food management. I will continue to practice until I am able to manage foods using these techniques accurately and efficiently without assistance.</p>		
<p>To properly clean and sanitize equipment, furniture and other surface areas.</p>	<p>Based on the observation of my supervisor and co-workers:</p> <ul style="list-style-type: none"> • I will maintain my personal hygiene to avoid cross-contamination with foods and surfaces • I will wash and store dishes properly • Using the proper cleaning solutions in 	<p>I will review materials provided to me by my supervisor and/or CAM course related to the objective. I will discuss with my supervisor specific expectations for sanitation and cleanliness. I will analyze situations in which sanitation procedures have been violated or could become violated, and discuss ways to resolve the problems with my</p>		

	<p>the proper concentrations, I will consistently use the appropriate cleaning techniques for various surfaces</p> <ul style="list-style-type: none"> I will store food and maintain general order and cleanliness in order to eliminate or control pests <p>I will submit a written report on how to prevent the spread of disease in a food service environment</p>	<p>supervisor. I will research ways disease may be spread through careless handling of food and equipment, and discuss with my supervisor ways to prevent these problems.</p>		
<p>To demonstrate proficiency in baking by apply culinary techniques and terms such as consistency, mixing, measuring, rolling, portioning, proofing, cutting, patterning, sugaring, tempering, carmelizing, squeezing, folding, whipping and crimping</p> <p><i>[this Learning Objective may be worth more than one unit, depending on the diversity and quantity of baked goods involved]</i></p>	<p>I will produce baked goods efficiently and with minimal waste that meet my supervisor’s standards for taste, texture and appearance</p>	<p>I will review written, video or online instructional resources. I will discuss with my supervisor specific expectation for the various baking techniques. I will observe my supervisor and/or skilled co-workers use these techniques. I will prepare baked goods using these techniques under observation, and make adjustments based on the feedback I receive. I will continue to practice until I am able to prepare baked goods using these techniques accurately and efficiently without assistance.</p>		
<p>To develop, organize, produce and plan restaurant menu items.</p> <p><i>[this Learning Objective may be worth more than one unit, depending on the number of menu items that are developed]</i></p>	<p>I will create 3 new menu items including recipes, cost per item, per serving cost to prepare and serve, and a basic nutritional analysis for each item</p>	<p>I will conduct research using cookbooks recommended by my supervisor and a web search. I will discuss potential recipe ideas with my supervisor. I will create menu items for taste testing (by my supervisor and co-workers), and I will make adjustments based on the feedback I receive. I will then make the items for our customers, and solicit feedback from them. I will complete cost analyses and discuss these with my</p>		

		<p>supervisor. I will conduct a nutritional analysis of each item and share these with my supervisor</p>		
<p>To demonstrate skill in proper purchasing and cost controlling procedures</p> <p><i>[this Learning Objective may be worth more than one unit]</i></p>	<p>Based on the observation of my supervisor and/or co-workers:</p> <ul style="list-style-type: none"> • I will accurately and efficiently complete standard production food record sheets for one week • I will complete a comprehensive inventory, using a computerized system, if available • I will place a comprehensive food order • I will receive a comprehensive food order and compare the invoice with the received goods, and I will complete an inspect to ensure the quality of the received goods 	<p>I will review written, video or online instructional resources related to the objective. I will discuss with my supervisor specific expectation for proper purchasing and cost controlling procedures. I will observe my supervisor and/or skilled co-workers use these procedures. Under observation I will complete food production records, an inventory, place an order, and receive an order, and I will make adjustments based on the feedback I receive. I will review void sheets with my supervisor and make recommendations for ordering and/or food management. I will continue to practice until I am able to complete these procedures accurately and efficiently without assistance.</p>		
<p>To wait tables and work the restaurant front-end according to industry standards</p>	<p>Based on the observation of my supervisor and co-workers, I will:</p> <ul style="list-style-type: none"> • Place orders and communicate customer preferences to kitchen staff efficiently and accurately • Clearly and accurately describe menu items and their ingredients to customers • Knowledgeably describe various common food allergies and food preferences, including vegan and vegetarian. I will provide a written report on these • Use the cash register and count change accurately and efficiently. • Set tables according to restaurant standards 	<p>I will review any material provided to me by my supervisor and/or CAM courses, including information on food allergies and food preferences.</p> <p>I will discuss with my supervisor specific expectation for waiting tables. I will observe the manner in which skilled co-workers wait on customers and communicate with kitchen staff. I will be observed by my supervisor and/or skilled co-workers and make adjustments in my approach based on the feedback I receive.</p>		

	<ul style="list-style-type: none"> • Provide efficient and friendly tableside service. • Increase the amount of tips I receive 			
<p>The ability to learn how to prepare and cook tamales.</p>	<p>I will consistently make tamales that meet my supervisors' standards for taste and appearance. I will make at least 3 batches of tamales unassisted that meet my supervisor's standards.</p>	<p>I will observe my supervisor or experienced cook prepare tamales and that I will practice making them under their observation, and I will make adjustment in my approach based on the feedback I receive. I will also get feedback from co-workers and ask for help when I have questions.</p>	