Introduction

Cooks and food preparation workers prepare a wide range of foods – from soups, snacks, and salads to entrees, side dishes, and desserts. They work in a variety of restaurants, as well as other places where food is served, such as grocery stores, schools hospitals and etc. Cooks prepare and cook meals while food preparation workers assist cooks by performing tasks, such as peeling and cutting vegetables, trimming meat, preparing poultry, and keeping work areas clean and monitoring temperatures of ovens and stovetops.

Specifically, cooks measure, mix, and cook food according to recipes. Food preparation workers perform routine, repetitive tasks under the direction of chefs, head cooks, or supervisors. These workers prepare the ingredients for complex dishes by slicing and dicing vegetables, and making salads and cold items. They weigh and measure ingredients, retrieve pots and pans, and stir and strain soups and sauces. Food preparation workers may also cut and grind meats, poultry, and seafood in preparation for cooking.

Larger restaurants and food service establishments tend to have varied menus and larger kitchen staffs. Teams of restaurant cooks, sometimes called assistant or line cooks, each team has an assigned station that is equipped with the types of stoves, grills, pans, and ingredients needed for the foods prepared at that station. Job titles often reflect the principal ingredient prepared or the type of cooking performed – vegetable cook, fry cook, or grill cook, for example.

The number, type and responsibilities of cooks vary depending on where they work, the size of the facility, and the complexity and level of service offered. Institution and cafeteria cooks, for example, work in the kitchens of schools, cafeterias, businesses, hospitals, and other institutions. For each meal, they prepare a large quantity of a limited number of entrees, vegetables, and desserts according to preset menus. Meals are generally prepared in advance so diners seldom get the opportunity to special order a meal. Restaurant cooks usually prepare a wider selection of dishes, cooking most orders individually. Short-order cooks prepare foods in restaurants and coffee shops that emphasize fast service and quick food preparation. They grill and garnish hamburgers, prepare sandwiches, fry eggs, and cook french fries, often working on several orders at the same time. Fast food cooks prepare a limited selection of menu items in fast-food restaurants. They cook and package food, such as hamburgers and fried chicken, to be kept warm until served.

Assumptions of This Program of Study

Students will demonstrate the ability to:
- Clean work areas, equipment, utensils, dishes, and silverware.
- Store food in designated containers and storage areas to prevent spoilage.
- Prepare a variety of foods according to customers' orders or supervisors' instructions, following approved procedures.
- Package take-out foods or serve food to customers.
- Portion and wrap the food, or place it directly on plates for service to patrons.
• Place food trays over food warmers for immediate service, or store them in refrigerated storage cabinets.
• Inform supervisors when supplies are getting low or equipment is not working properly.
• Weigh or measure ingredients.
• Assist cooks and kitchen staff with various tasks as needed, and provide cooks with needed items.
• Wash, peel and/or cut various foods to prepare for cooking or serving.
• Clean and inspect galley equipment, kitchen appliances, and work areas to ensure cleanliness and functional operation.
• Apportion and serve food to customers, facility residents, employees, or patrons.
• Cook foodstuffs according to menus, special dietary or nutritional restrictions, or numbers of portions to be served.
• Clean, cut, and cook meat, fish, or poultry.
• Wash pots, pans, dishes, utensils, and other cooking equipment.
• Compile and maintain records of food use and expenditures.
• Direct activities of one or more workers who assist in preparing and serving meals

High-quality programs should meet the following standards:

• Promote positive working relationships
• Implement a curriculum that fosters all areas of skill development
• Use appropriate and effective teaching approaches
• Provide ongoing assessments of student progress
• Employ and support qualified teaching staff
• Establish and maintain relationships and use resources of the community
• Provide a safe and healthy learning environment
• Implement strong program organization and supervision policies that result in high-quality teaching and learning
• Integrate academic skills necessary for postsecondary education, gainful employment and a foundation of lifelong learning

Academic Rigor

Research shows that career success requires the same level of college-prep courses as postsecondary success requires. The Department of Education’s focus is to ensure that every student graduates prepared for college and a career. In order to be successful in this program students should follow the academic sequence as determined by Pennsylvania’s high school reform efforts.

Resources Used for This Program of Study

• VTECS (A Consortium of Innovative Career and Workforce Development Resources) http://www.vtecs.org/
• MAVCC (Multistate Academic Vocational Curriculum Consortium) http://www.mavcc.org/
• NOCTI (National Occupational Competency Testing Institute http://www.nocti.org/
• Occupational Outlook Handbook www.bls.gov/oco/
CIP Code

12.0508 INSTITUTIONAL FOOD WORKERS

An instructional program that prepares students for employment related to institutional, commercial or self-owned food establishments or other food industry occupations. Instruction and specialized learning experiences include theory, laboratory and work experience related to planning, selecting, preparing and serving of quantity food and food products; nutritive values; use and care of commercial equipment; safety; and sanitation precautions. Instruction skills are provided to individuals desiring to become employed in all areas of the food service industry at entry level.

Integrate Academic Career Education and Work Standards for Student Success

As students participate in career exploration activities and rigorous studies from elementary grades through graduation, they learn to appreciate the relationship between their classroom learning and the skills needed within the workplace. The academic and workplace skills within the Academic Standards for Career Education and Work are expected to be addressed within classrooms and achieved by all students throughout Pennsylvania. No student should leave secondary education without a solid foundation in these Standards.

http://www.portal.state.pa.us/portal/server.pt/community/state_board_of_education/8830/state_academic_standards/529102

CEW Standards Tool Kit for teachers to implement CEW Standards.
www.pacareerstandards.com

Pennsylvania Approved Certifications

http://www.portal.state.pa.us/portal/server.pt/community/instructional_resources/7392/industry-recognized_certifications_for_career_and_technical_education_programs/507887

The Program of Study Documents

- Crosswalk Template for Task Alignment (excel) – Instructions: Indicate the number code(s) of your school’s program competency or competencies aligned to each program of study competency.
• Crosswalk Template for Task Alignment (pdf) – Instructions: Indicate the number code(s) of your school’s program competency or competencies aligned to each program of study competency.
• Scope and Sequence Template (word) – Enter secondary and postsecondary technical Program of Study courses.
• Scope and Sequence Template (pdf) – Enter secondary and postsecondary technical Program of Study courses.
• PA Academic Standards/Eligible Content Alignment to Task List (excel) – Crosswalk of PA Academic Standards/Eligible Content for Reading, Writing, Speaking and Listening (RWSL), Math, and Science aligned to Program of Study Secondary Competency List. (will be available soon)
• PA Academic Standards/Eligible Content Alignment to Task List (pdf) – Crosswalk of PA Academic Standards/Eligible Content for Reading, Writing, Speaking and Listening (RWSL), Math, and Science aligned to Program of Study Secondary Competency List. (will be available soon)

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