

Instructional/Task Analysis

Related Information: What the Student Should Know

Application: What the Student Should Be Able to Do

Unit 1: Kitchen Orientation

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|---|---|
| 1. Terms and definitions | 20. Write a standard recipe |
| 2. Reasons for using a standard recipe card | 21. Complete a standard requisition for a recipe |
| 3. Parts of a standard recipe card | 22. Convert weights and measures using a conversion table |
| 4. Steps to follow when using a standard recipe | 23. Compare accuracy of methods of measuring |
| 5. Steps to follow when writing a standard recipe | 24. Weigh and measure dry ingredients |
| 6. Requisitions | 25. Weigh and measure liquid ingredients |
| 7. Reasons for substitutions and tips for making substitutions | 26. Read and follow a standard recipe |
| 8. Measurement basics | |
| 9. Standard weights and measures and their abbreviations | |
| 10. Equivalent of weights and measures | |
| 11. Can sizes and their equivalents | |
| 12. Standard measuring tools | |
| 13. Methods of measuring dry ingredients | |
| 14. Methods of ensuring accurate measurement of dry ingredients | |
| 15. Methods for measuring moist ingredients | |
| 16. Alternative measurement methods | |
| 17. Mise en place | |
| 18. Procedures for organizing work and assembling supplies | |
| 19. Guidelines for timing food preparation | |

Instructional/Task Analysis

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Unit 2: Hand Tools and Utensils

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|---|------------------------------|
| 1. Terms and definitions | 16. Use a steel |
| 2. Parts of a knife | 17. Sharpen a French knife |
| 3. Types of blade edges | 18. Use a knife properly |
| 4. Types of knives | 19. Demonstrate classic cuts |
| 5. Knife sharpening tools | |
| 6. Knife safety practices | |
| 7. Rules to follow when sharpening knives | |
| 8. Classic cuts | |
| 9. Food preparation smallware | |
| 10. Cookware | |
| 11. Cooking tools and utensils | |
| 12. Baking pans and dishes | |
| 13. Baking tools and utensils | |
| 14. Food handling tools and utensils | |
| 15. Rules to observe when using and caring for utensils | |

Unit 3: Equipment in a Commercial Kitchen

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| 1. Terms and definitions | 9. Evaluate your lab kitchen |
| 2. Food preparation equipment | 10. Operate a dish machine |
| 3. Chopping and cutting equipment | 11. Clean a dish machine |
| 4. Cooking and baking heat sources | 12. Operate a waste disposer |
| 5. Cleaning equipment | 13. Operate a mixer |
| 6. Equipment cleaning and sanitation | 14. Clean a mixer |
| 7. General equipment operation procedures | 15. Operate a slicer |
| 8. Equipment safety requirements | 16. Clean a slicer |
| | 17. Operate a vertical cutter mixer |
| | 18. Clean a vertical cutter mixer |
| | 19. Operate a food chopper |
| | 20. Clean a food chopper |
| | 21. Operate a deep fat fryer |
| | 22. Clean a gas deep fat fryer |

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Unit 3: Equipment in a Commercial Kitchen (Continued)

23. Clean an electric deep fat fryer
24. Operate a tilting brazier
25. Clean a tilting brazier
26. Operate a steamer
27. Clean a steamer
28. Operate a steam-jacketed kettle
29. Clean a steam-jacketed kettle
30. Use a steam table
31. Clean a steam table
32. Operate a conventional oven
33. Clean a conventional oven
34. Operate a convection oven
35. Clean a convection oven
36. Operate a microwave oven
37. Clean a microwave oven
38. Operate a rotary toaster
39. Clean a rotary toaster
40. Operate a range
41. Clean a range
42. Operate a broiler
43. Clean a broiler
44. Operate a grill
45. Clean a grill
46. Use platform scales
47. Clean a work table
48. Clean a can opener
49. Operate a blender
50. Clean a blender

Instructional/Task Analysis

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Unit 4: Basic Cooking Principles

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| 1. Terms and definitions | 21. Research a spice |
| 2. Elements of flavor | 22. Determine proper cooking methods for various types of meat |
| 3. Basic staples of cooking | 23. Determine seasonings for specific foods |
| 4. Purposes of seasonings | 24. Design a plate and platter presentation |
| 5. Types of salts | 25. Identify spices, herbs, and seasonings |
| 6. Other food taste enhancements | |
| 7. Forms of seasonings and herbs | |
| 8. Guidelines for the use of seasonings | |
| 9. Techniques for seasoning food | |
| 10. Considerations for purchasing and storing seasonings | |
| 11. Basic condiments | |
| 12. Spreadable condiments | |
| 13. Mexican food condiments | |
| 14. Condiment sauces | |
| 15. Purpose and use of marinades and rubs | |
| 16. Types of cooking methods | |
| 17. Procedures for methods of dry heat cooking | |
| 18. Procedures for methods of moist heat cooking | |
| 19. Procedures for methods of combination heat cooking | |
| 20. Rules of presentation | |

Unit 5: Stocks, Soups, Sauces, and Gravies

1. Terms and definitions
2. Uses of stock
3. Components of stock
4. Types of stock
5. Tips for cooking stock
6. Maintaining the quality of stock
7. Types of soups

Instructional/Task Analysis

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Unit 5: Stocks, Soups, Sauces, and Gravies (Continued)

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| 8. Standards of quality for soup | 19. Evaluate a convenience soup |
| 9. Procedures for serving soup | 20. Evaluate a convenience sauce |
| 10. Uses of sauces | 21. Prepare and evaluate chicken stock |
| 11. Ways of classifying sauces | 22. Prepare and evaluate beef stock |
| 12. Types of sauce thickeners and their thickening agents | 23. Prepare and evaluate French onion soup |
| 13. Leading sauces | 24. Prepare and evaluate cream of tomato soup |
| 14. Small sauces | 25. Prepare and evaluate vichyssoise |
| 15. Factors related to convenience sauces | 26. Prepare and evaluate minestrone soup |
| 16. Standards of quality for sauces | 27. Prepare and evaluate espagnole sauce |
| 17. Gravies | 28. Prepare and evaluate béchamel sauce |
| 18. Types of gravy | 29. Prepare and evaluate tomato sauce |
| | 30. Prepare and evaluate basic velouté sauce |
| | 31. Prepare and evaluate basic hollandaise sauce |
| | 32. Prepare and evaluate cocktail sauce |
| | 33. Prepare and evaluate lemon sauce |
| | 34. Prepare and evaluate pan gravy |

Unit 6: Salads and Dressings

1. Terms and definitions
2. Types of salads
3. Basic parts of a salad
4. Preparation and storage of salad greens
5. General suggestions for making salads
6. Factors that may affect gelatins
7. Methods of serving salads
8. Characteristics of a quality salad
9. Basic types of salad dressings
10. Factors to consider in the selection of salad dressings
11. Salad merchandising methods

Instructional/Task Analysis

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Unit 6: Salads and Dressings (Continued)

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| 12. Steps for setting up a salad bar | 15. Availability of salad greens in your area |
| 13. Ways to maintain a salad bar | 16. Prepare and evaluate basic French dressing |
| 14. Steps for breaking down and cleaning a salad bar | 17. Prepare and evaluate emulsified French dressing |
| | 18. Prepare and evaluate mayonnaise |
| | 19. Prepare and evaluate Thousand Island dressing |
| | 20. Prepare and evaluate boiled dressing |
| | 21. Prepare and evaluate a garden salad |
| | 22. Prepare and evaluate a chef's salad |
| | 23. Prepare and evaluate a cobb salad |
| | 24. Prepare and evaluate a Caesar salad |
| | 25. Prepare and evaluate a shrimp salad |
| | 26. Prepare and evaluate coleslaw |
| | 27. Prepare and evaluate blackstone salad |
| | 28. Prepare and evaluate jellied bing cherry salad |
| | 29. Prepare and evaluate potato salad |
| | 30. Prepare and evaluate frozen fruit salad |
| | 31. Prepare and evaluate chicken salad |

Unit 7: Fruits and Vegetables

1. Terms and definitions
2. Market forms of fruits, vegetables, and legumes
3. Market categories of fruits, vegetables, and legumes
4. Commonly consumed fruits
5. Commonly consumed vegetables
6. Commonly consumed legumes
7. Commonly consumed edible mushrooms
8. Sprouts
9. Nuts

Instructional/Task Analysis

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Unit 7: Fruits and Vegetables (Continued)

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|--|--|
| 10. Vegetable and nut oils | 24. Prepare and evaluate Italian vegetables |
| 11. Produce grading systems | 25. Prepare and evaluate apple-pear compote |
| 12. Selection process for fruits and vegetables | 26. Prepare and evaluate creamed spinach |
| 13. Guidelines for handling and storing fruits and vegetables | 27. Prepare and evaluate curried apple chicken salad |
| 14. Procedures for preparing fruits, vegetables, and legumes for consumption | |
| 15. Guidelines for peeling fruits and vegetables | |
| 16. Common uses of fruits, vegetables, and legumes | |
| 17. Factors to consider when determining cooking methods for fruits and vegetables | |
| 18. Common methods of dry-heat cooking fruits and vegetables with their descriptions. | |
| 19. Common methods of moist-heat cooking fruits and vegetables with their descriptions | |
| 20. Basic guidelines for cooking vegetables | |
| 21. Standards of quality for cooked vegetables | |
| 22. Specific fresh and cooked vegetables with their standards of quality | |
| 23. Tips for cooking vegetables | |

Unit 8: Starches

1. Terms and definitions
2. Types of starches
3. Types of pasta
4. Types of flour used to make pasta and their corresponding flavor and color
5. Types of flavorings added to pasta dough and their corresponding flavor and color
6. Pasta shapes

Instructional/Task Analysis

Related Information: What the Student Should Know

Application: What the Student Should Be Able to Do

Unit 8: Starches (Continued)

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| 7. Standards of quality for pasta | 16. Prepare and evaluate macaroni and cheese |
| 8. Factors to consider when preparing pasta | 17. Make, prepare, and evaluate barley pasta |
| 9. Types of rice | 18. Prepare and evaluate rice |
| 10. Market forms of rice | 19. Prepare and evaluate Spanish rice |
| 11. Factors to consider when preparing rice | 20. Prepare and evaluate risotto |
| 12. Market forms of grains and cereals | 21. Prepare and evaluate baked cheesy polenta |
| 13. Factors to consider when preparing legumes | 22. Prepare and evaluate quinoa pilaf |
| 14. Factors to consider when preparing potatoes | 23. Prepare and evaluate pinto beans |
| 15. Procedures for handling and storing starches | 24. Prepare and evaluate twice-baked potatoes |
| | 25. Prepare and evaluate candied sweet potatoes |

Unit 9: Sandwiches and Hors d'Oeuvres

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| 1. Terms and definitions | 13. Prepare and evaluate a burger |
| 2. Four basic sandwich ingredients | 14. Prepare and evaluate a submarine sandwich |
| 3. Types of sandwich breads | 15. Prepare and evaluate a Reuben sandwich |
| 4. Basic types of hot sandwiches | 16. Prepare and evaluate a Monte Cristo sandwich |
| 5. Basic types of cold sandwiches | 17. Prepare and evaluate a club sandwich |
| 6. Types of equipment, hand tools and utensils used to make sandwiches | 18. Cut and set up a club sandwich |
| 7. Cold sandwich wrapping | 19. Prepare and evaluate bruschetta |
| 8. Sandwich storage | 20. Prepare and evaluate hummus |
| 9. Standards of quality for sandwiches | |
| 10. Types of canapés and hors d'oeuvres | |
| 11. Factors to consider when making and storing hors d'oeuvres and canapés | |
| 12. Platter presentation for hors d'oeuvres and canapés | |

Instructional/Task Analysis

Related Information: What the Student Should Know

Application: What the Student Should Be Able to Do

Unit 10: Cheese, Eggs, and Dairy

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|--|--|
| 1. Terms and definitions | 24. Prepare and evaluate cheese balls |
| 2. Characteristics of cheese | 25. Prepare and evaluate Welsh rarebit |
| 3. USDA quality grades for cheese | 26. Prepare and evaluate deviled eggs |
| 4. Steps in the cheese making process | 27. Prepare and evaluate quiche |
| 5. Proper handling of cheese | |
| 6. Uses of cheese | |
| 7. Types of foods that often use cheese as a main ingredient | |
| 8. Principles of cheese cookery | |
| 9. Parts of an egg | |
| 10. Market forms of eggs and sizes of eggs | |
| 11. USDA quality grades for eggs | |
| 12. Nutritional importance of eggs | |
| 13. Common uses of eggs | |
| 14. Common egg dishes | |
| 15. Basic egg cooking methods | |
| 16. Egg cooking tips | |
| 17. Storing and using fresh eggs | |
| 18. Storing and thawing frozen eggs | |
| 19. Storing and reconstituting dried eggs | |
| 20. Egg safety and sanitation | |
| 21. Types of cultured dairy products | |
| 22. Butter and margarine | |
| 23. USDA quality grades for butter | |

Unit 11: Breakfast Cookery

1. Terms and definitions
2. Features unique to the breakfast meal
3. Common breakfast foods
4. Common breakfast condiments
5. Types of breakfast menus
6. Use of fruit and juice in breakfast menus

Instructional/Task Analysis

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Application: What the Student Should Be Able to Do

Unit 11: Breakfast Cookery (Continued)

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| 7. Battered products | 9. Prepare and evaluate fried eggs |
| 8. Steps in preparing to serve breakfast | 10. Prepare and evaluate scrambled eggs |
| | 11. Prepare and evaluate simmered eggs |
| | 12. Prepare and evaluate poached eggs |
| | 13. Prepare and evaluate a Denver omelet |
| | 14. Prepare and evaluate pancakes |
| | 15. Prepare and evaluate steel cut oatmeal and grits |
| | 16. Prepare and evaluate hash brown potatoes |
| | 17. Prepare and evaluate blanched link sausage |
| | 18. Prepare and evaluate blanched bacon |
| | 19. Prepare and evaluate fruit salad |
| | 20. Prepare and evaluate orange juice |

Unit 12: Meats and Other Protein Sources

1. Terms and definitions
2. Meat and poultry inspection and grading stamps
3. Yield grades
4. Quality grades of poultry
5. Quality grades of beef and veal
6. Quality grades of pork
7. Quality grades of lamb
8. Types of poultry
9. Examples of each market form of poultry
10. Preparation procedures for poultry
11. Proper practices for storing poultry
12. Cuts of beef
13. Basic retail cuts of beef
14. Other market forms of beef

Instructional/Task Analysis

Related Information: What the Student Should Know

Application: What the Student Should Be Able to Do

Unit 12: Meats and Other Protein Sources (Continued)

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| 15. Portion weight specifications and shrinkage for meat | 38. Identify primal cuts of beef and their sources |
| 16. Wholesale cuts of pork | 39. Identify wholesale and retail cuts of beef |
| 17. Cuts of lamb | 40. Complete a chart of retail cuts of beef and their identifying bones |
| 18. Types of variety meats | 41. Identify wholesale and retail cuts of pork |
| 19. Terms related to meat cookery and their definitions | 42. Cut up a whole chicken |
| 20. Methods for cooking meat | 43. Prepare and evaluate deep fat fried chicken |
| 21. Factors affecting cooking time of meat | 44. Prepare and evaluate a roast turkey |
| 22. Tips for cooking poultry | 45. Prepare and compare broiled beef patties |
| 23. Tips for cooking beef | 46. Prepare and evaluate a beef roast |
| 24. Tips for cooking lamb and mutton | 47. Prepare and evaluate Swiss steak |
| 25. Tips for cooking pork | 48. Prepare and evaluate beef stew |
| 26. Common tenderizing methods | 49. Prepare and evaluate spaghetti with meat sauce |
| 27. Factors affecting meat carving | 50. Prepare and evaluate stuffed peppers |
| 28. Carving techniques | 51. Prepare and evaluate chicken fried steak |
| 29. Market forms of finfish | 52. Prepare and evaluate pork chops |
| 30. Market forms of types of shellfish | 53. Prepare and evaluate baked fish fillets |
| 31. Factors affecting selection, storage, and use of fish | 54. Prepare and evaluate deep fried butterfly shrimp |
| 32. Classifications of fish by fat content | |
| 33. Common methods of cooking fish | |
| 34. Tips for cooking fish | |
| 35. Tips for cooking shellfish | |
| 36. Types and fabrication of game | |
| 37. Other protein sources | |

Instructional/Task Analysis

Related Information: What the Student Should Know

Application: What the Student Should Be Able to Do

Unit 13: Basic Baking

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|---|---|
| 1. Terms and definitions | 23. Prepare and evaluate white bread |
| 2. Common types of basic baking ingredients | 24. Prepare and evaluate plain yeast rolls |
| 3. Basic baking ingredient | 25. Prepare and evaluate sponge rolls |
| 4. Mixing techniques used in baking | 26. Prepare and evaluate French bread |
| 5. Factors that influence the quality of baked products | 27. Prepare and evaluate focaccia |
| 6. Common types of yeast breads and rolls | 28. Prepare and evaluate basic sweet rolls |
| 7. Steps for using yeast | 29. Prepare and evaluate baking powder biscuits |
| 8. Basic methods of mixing yeast dough | 30. Prepare and evaluate plain muffins |
| 9. Reasons for mixing yeast dough | 31. Prepare and evaluate banana nut bread |
| 10. Production stages for yeast bread and roll dough | 32. Prepare and evaluate corn bread |
| 11. Finishing touches for yeast breads | 33. Prepare and evaluate cake doughnuts |
| 12. Standards of quality for yeast breads and rolls | |
| 13. Four common types of quick breads | |
| 14. Basic methods of mixing quick breads | |
| 15. Quick bread classifications | |
| 16. Types of quick bread finishes | |
| 17. Standards of quality for biscuits | |
| 18. Standards of quality for muffins and breads | |
| 19. Standards of quality for cornmeal muffins and corn bread | |
| 20. Storage requirements for basic baking ingredients | |
| 21. Storage methods for unbaked yeast dough | |
| 22. Short-term and long-term storage methods for baked breads and rolls | |

Instructional/Task Analysis

Related Information: What the Student Should Know

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Unit 14: Cakes and Cookies

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| 1. Terms and definitions | 16. Increase a recipe |
| 2. Types of cakes | 17. Reduce a recipe |
| 3. Mixing methods and techniques | 18. Prepare and evaluate a chocolate fudge cake |
| 4. Baking methods and techniques | 19. Prepare and evaluate an angel food cake. |
| 5. Standards of quality for cakes | 20. Prepare and evaluate an orange chiffon cake |
| 6. Basic types of icings | 21. Prepare and evaluate a white cake |
| 7. Icing preparation and standards of quality | 22. Prepare and evaluate a pound cake |
| 8. Basic decorating tools | 23. Prepare and evaluate boiled icing |
| 9. Types of fillings, sauces, and toppings for baked goods | 24. Prepare and evaluate orange icing |
| 10. Basic types of cookies | 25. Prepare and evaluate buttercream icing |
| 11. Cookie preparation | 26. Prepare a decorating cone and tube |
| 12. Types of cookie doughs | 27. Ice and evaluate a cake |
| 13. Standards of quality for cookies | 28. Prepare and evaluate brownies |
| 14. Additives, pre-made mixes, and ready-to-use items | 29. Prepare and evaluate chocolate chip cookies |
| 15. Storage methods for cakes and cookies | 30. Prepare and evaluate chocolate icebox cookies |
| | 31. Prepare and evaluate sugar cookies |
| | 32. Prepare and evaluate butterscotch icebox cookies |
| | 33. Prepare and evaluate vanilla wafers |
| | 34. Prepare and evaluate yellow icebox cookies |
| | 35. Prepare and evaluate pinwheel cookies |

Instructional/Task Analysis

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Unit 15: Pies, Pastries, and Soufflés

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|---|---|
| 1. Terms and definitions | 11. Prepare and evaluate pie crust |
| 2. Various types of pies | 12. Prepare and evaluate lattice top for pie crust |
| 3. Types of pie crusts | 13. Prepare and evaluate fruit pie |
| 4. Steps for preparing pie dough for a single-crust pie | 14. Prepare and evaluate custard pie |
| 5. Quality standards for pastry products | 15. Prepare and evaluate graham cracker crust |
| 6. Types of specialized doughs and their production methods | 16. Prepare and evaluate cream pie |
| 7. Fillings, toppings and sauces for pies, pastries, and other desserts | 17. Prepare and evaluate meringue topping |
| 8. Types of soufflés | 18. Prepare and evaluate butterscotch cream pie |
| 9. Fritters, crêpes, cobblers, and crisps | 19. Prepare and evaluate lemon chiffon pie |
| 10. Basic rules for plating desserts | 20. Prepare and evaluate laminated dough |
| | 21. Prepare and evaluate choux paste dough |
| | 22. Prepare and evaluate custard filling for choux paste products |
| | 23. Prepare and evaluate cream puffs |
| | 24. Prepare and evaluate dessert sauces |
| | 25. Prepare and evaluate cheese soufflé |
| | 26. Prepare and evaluate apple fritters |
| | 27. Prepare and evaluate crêpes |
| | 28. Prepare and evaluate cobbler |
| | 29. Prepare and evaluate crisp |
| | 30. Plate desserts for presentation |

Instructional/Task Analysis

Related Information: What the Student Should Know

Application: What the Student Should Be Able to Do

Unit 16: Beverages

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|---|---|
| 1. Terms and definitions | 19. Prepare and evaluate iced tea |
| 2. Characteristics of milk | 20. Prepare and evaluate foundation punch |
| 3. Characteristics of soft drinks | 21. Prepare and evaluate coffee |
| 4. Canned, bottled, and fountain soft drinks | 22. Clean an urn coffee maker |
| 5. Types of tea | 23. Prepare and evaluate hot cocoa |
| 6. Quality standards for tea | 24. Prepare and evaluate a fruit smoothie |
| 7. Preparing and serving tea | 25. Clean a soft drink dispenser |
| 8. Characteristics of water and ice | 26. Clean a milk dispenser |
| 9. Serving water in hospitality establishments | |
| 10. Fruit juice | |
| 11. Vegetable juice | |
| 12. Coffee, bean grading specifications, and grinding | |
| 13. Coffee preparation | |
| 14. Quality standards for prepared coffee | |
| 15. Characteristics of espresso | |
| 16. Specialty coffee drinks | |
| 17. Characteristics of hot cocoa and hot chocolate | |
| 18. Characteristics of drink machines | |

Instructional/Task Analysis

Related Information: What the Student Should Know

Application: What the Student Should Be Able to Do

Unit 17: Garde Manger

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| 1. Terms and definitions | 17. Research roles and responsibilities of the kitchen brigade |
| 2. Roles and responsibilities of the garde manger chef and brigade in the cold kitchen | 18. Plan a vegetable relish tray |
| 3. Types of specialty tools, utensils, and equipment used in garde manger | 19. Plan an antipasto platter |
| 4. Ingredients commonly used in the cold kitchen | 20. Plan appropriate garniture for various menus |
| 5. Courses served from the cold kitchen | 21. Plan and design a buffet meal |
| 6. Ingredients commonly found in forcemeats | 22. Prepare and evaluate a vegetable relish tray |
| 7. Forcemeat preparation | 23. Prepare and evaluate an antipasto platter |
| 8. Uses of forcemeats in the cold kitchen | 24. Prepare and evaluate chicken liver pâté |
| 9. Other foods prepared in the cold kitchen | 25. Prepare and evaluate tabouleh |
| 10. Cold kitchen concepts in ethnic cuisine | 26. Prepare and evaluate a ginger marinade |
| 11. Basic factors related to garniture | 27. Prepare and evaluate a tomato rose garnish |
| 12. Basic edible ingredients used as garnishes | 28. Carve and evaluate a radish bud garnish |
| 13. Techniques for adding design elements and forms to garnishes | 29. Carve and evaluate an apple bird garnish |
| 14. Standards of quality for garnishes | 30. Prepare and evaluate a julienne vegetable bouquet |
| 15. Techniques for adding design and form to plated items | 31. Prepare and evaluate a decorative fruit centerpiece |
| 16. Elements of cold food presentation | |