# Competency Task List – Secondary Component

# Institutional Food Worker CIP 12.0508

# High School Graduation Years 2023, 2024, 2025

## 100 Safety and Sanitation Procedures

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| --- | --- | --- | --- |
| Item | Task | (X) Indicates Proficiency 1 | Secondary Course Crosswalk |
| 101 | Wear and maintain culinary apparel. |  |  |
|  | RESERVED (102) |  |  |
| 103 | Lift and carry heavy objects up to 50 pounds. |  |  |
| 104 | Prevent accidents and injuries in the foodservice industry. |  |  |
| 105 | Follow emergency procedures for injuries and accidents. |  |  |
| 106 | Explain and identify various fire suppression systems in the foodservice area. |  |  |
|  | RESERVED (107-109) |  |  |
| 110 | Review Safety Data Sheets (SDS) and apply their requirements in handling hazardous materials and describe personal protective equipment (PPE). |  |  |
| 111 | Describe and apply ServSafe certification requirements. |  |  |

## 200 Reserved

## 300 The Food Industry

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| Item | Task | (X) Indicates Proficiency 1 | Secondary Course Crosswalk |
|  | RESERVED (301) |  |  | |
|  | RESERVED (302) |  |  | |
| 303 | Investigate professional organizations within the foodservice industry. |  |  | |
| 304 | Investigate career opportunities in the foodservice industry. |  |  | |
| 305 | Analyze the kitchen brigade system. |  |  | |
|  | RESERVED (306) |  |  | |

## 400 Purchasing, Receiving, and Storage

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| --- | --- | --- | --- |
| Item | Task | (X) Indicates Proficiency 1 | Secondary Course Crosswalk |
| 401 | Follow procedures for purchasing, receiving, and storing of foodservice supplies. |  |  | |
| 402 | Label foodservice products for storage. |  |  | |
|  | RESERVED (403) |  |  | |
| 404 | Inventory foodservice supplies. |  |  | |
|  | RESERVED (405) |  |  | |

## 500 Garde Manger (Cold Food Preparation)

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| --- | --- | --- | --- |
| Item | Task | (X) Indicates Proficiency 1 | Secondary Course Crosswalk |
|  | RESERVED (501) |  |  | |
|  | RESERVED (502) |  |  | |
| 503 | Create cold food plate presentations and displays. |  |  | |
| 504 | Prepare garnishes. |  |  | |
| 505 | Prepare cold hors d'oeuvres, canapés, and appetizers. |  |  | |
| 506 | Prepare cold sandwiches. |  |  | |
|  | RESERVED (507) |  |  | |
| 508 | Classify types of cheese. |  |  | |
|  | RESERVED (509) |  |  | |
| 510 | Prepare categories and types of salads. |  |  | |
|  | RESERVED (511) |  |  | |
| 512 | Prepare salad dressings. |  |  | |
| 513 | Set-up, maintain, and breakdown salad bars. |  |  | |
| 514 | Classify and examine dairy products and dairy alternatives. |  |  | |

## 600 Knife Skills

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| Item | Task | (X) Indicates Proficiency 1 | Secondary Course Crosswalk |
| 601 | Identify parts of a knife and practice knife skills. |  |  | |
| 602 | Perform knife cuts: bâtonnet, julienne, small/medium/large dice, brunoise, chiffonade, and mince. |  |  | |
|  | RESERVED (603) |  |  | |
| 604 | Sharpen and hone knives. |  |  | |
| 605 | Identify various types of knives and their uses. |  |  | |

## 700 Food Service Tools and Equipment

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| --- | --- | --- | --- |
| Item | Task | (X) Indicates Proficiency 1 | Secondary Course Crosswalk |
| 701 | Operate, clean, and sanitize large equipment. |  |  | |
|  | RESERVED (702) |  |  | |
| 703 | Operate, clean, and sanitize small equipment. |  |  | |
|  | RESERVED (704-716) |  |  | |
| 717 | Pass safety tests for all equipment. |  |  | |
| 718 | Identify and use hand tools and smallwares. |  |  | |

## 800 Standardized Recipes and Measurement

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| --- | --- | --- | --- |
| Item | Task | (X) Indicates Proficiency 1 | Secondary Course Crosswalk |
| 801 | Prepare food following standardized recipes within industry time limits. |  |  | |
|  | RESERVED (802) |  |  | |
|  | RESERVED (803) |  |  | |
| 804 | Cite US standard weight and volume measurement equivalencies. |  |  | |
| 805 | Measure ingredients using US standard weight and volume. |  |  | |
| 806 | Scale recipes. |  |  | |

## 900 Nutrition

|  |  |  |  |
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| Item | Task | (X) Indicates Proficiency 1 | Secondary Course Crosswalk |
|  | RESERVED (901) |  |  | |
| 902 | Research dietary guidelines. |  |  | |
| 903 | Interpret food labels in terms of the portion size, ingredients, and nutritional value. |  |  | |
| 904 | Identify major nutrients, their sources, and functions. |  |  | |
|  | RESERVED (905) |  |  | |
|  | RESERVED (906) |  |  | |
| 907 | Research nutritional concerns, food allergies/intolerances, and dietary restrictions. |  |  | |

## 1000 Breakfast Foods

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| Item | Task | (X) Indicates Proficiency 1 | Secondary Course Crosswalk |
|  | RESERVED (1001) |  |  | |
| 1002 | Prepare eggs. |  |  | |
| 1003 | Prepare breakfast potatoes. |  |  | |
| 1004 | Prepare breakfast meats. |  |  | |
| 1005 | Prepare breakfast batters. |  |  | |
| 1006 | Prepare hot breakfast cereals. |  |  | |
|  | RESERVED (1007) |  |  | |
|  | RESERVED (1008) |  |  | |

## 1100 Reserved

## 1200 Vegetables and Fruits

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| --- | --- | --- | --- |
| Item | Task | (X) Indicates Proficiency 1 | Secondary Course Crosswalk |
| 1201 | Identify and select vegetables and fruits in their market forms. |  |  | |
| 1202 | Prepare vegetables and fruits. |  |  | |
|  | RESERVED (1203-1205) |  |  | |
| 1206 | Peel, cut, and zest fruits and vegetables. |  |  | |

## 1300 Pasta, Grains, Legumes, and Potatoes

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| --- | --- | --- | --- |
| Item | Task | (X) Indicates Proficiency 1 | Secondary Course Crosswalk |
| 1301 | Prepare pasta, grains, legumes, and potatoes using dry, moist, and combination cooking methods. |  |  | |
|  | RESERVED (1302-1304) |  |  | |

## 1400 Reserved

## 1500 Reserved

## 1600 Seasoning and Flavoring

|  |  |  |  |
| --- | --- | --- | --- |
| Item | Task | (X) Indicates Proficiency 1 | Secondary Course Crosswalk |
| 1601 | Identify herbs, spices, seasonings, and condiments and their market forms. |  |  | |
|  | RESERVED (1602) |  |  | |
|  | RESERVED (1603) |  |  | |
| 1604 | Use herbs, spices, seasonings, and condiments. |  |  | |
| 1605 | Evaluate foods for seasoning and flavor balance. |  |  | |

## 1700 Stocks, Soups, and Sauces

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| --- | --- | --- | --- |
| Item | Task | (X) Indicates Proficiency 1 | Secondary Course Crosswalk |
| 1701 | Prepare and evaluate stocks and the use of bases. |  |  | |
| 1702 | Prepare and evaluate mother sauces, small/derivative sauces, and pan sauces. |  |  | |
| 1703 | Prepare and evaluate soups. |  |  | |
|  | RESERVED (1704) |  |  | |
| 1705 | Prepare thickening agents. |  |  | |
|  | RESERVED (1706) |  |  | |

## 1800 Meat, Poultry, and Seafood

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| --- | --- | --- | --- |
| Item | Task | (X) Indicates Proficiency 1 | Secondary Course Crosswalk |
| 1801 | Fabricate red meat/pork. |  |  | |
|  | RESERVED (1802) |  |  | |
| 1803 | Determine cooking techniques for retail cuts of meat, poultry, and seafood. |  |  | |
| 1804 | Prepare meat, poultry, and seafood recipes using dry, moist, and combination cooking methods. |  |  | |
| 1805 | Check for degrees of doneness. |  |  | |
| 1806 | Fabricate poultry. |  |  | |
| 1807 | Fabricate seafood. |  |  | |

## 1900 Baking and Pastry Skills

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| --- | --- | --- | --- |
| Item | Task | (X) Indicates Proficiency 1 | Secondary Course Crosswalk |
|  | RESERVED (1901-1904) |  |  | |
| 1905 | Prepare quick breads. |  |  | |
| 1906 | Prepare pies and tarts. |  |  | |
| 1907 | Prepare fillings and toppings for baked goods. |  |  | |
| 1908 | Prepare yeast raised products. |  |  | |
| 1909 | Determine the function of baking ingredients. |  |  | |
|  | RESERVED (1910) |  |  | |
|  | RESERVED (1911) |  |  | |
| 1912 | Prepare and finish cakes. |  |  | |
|  | RESERVED (1913) |  |  | |
| 1914 | Prepare cookies. |  |  | |
|  | RESERVED (1915) |  |  | |
| 1916 | Prepare pate a choux products. |  |  | |
| 1917 | Prepare custards and puddings. |  |  | |
|  | RESERVED (1918) |  |  | |
| 1919 | Prepare dessert sauces. |  |  | |
| 1920 | Create plated desserts. |  |  | |

## 2000 Menus

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| --- | --- | --- | --- |
| Item | Task | (X) Indicates Proficiency 1 | Secondary Course Crosswalk |
|  | RESERVED (2001) |  |  | |
| 2002 | Determine the methods for giving variety to a menu. |  |  | |
|  | RESERVED (2003) |  |  | |
| 2004 | Create an a la carte restaurant menu with item descriptions. |  |  | |
| 2005 | Create menu formats. |  |  | |
| 2006 | Calculate food costs, percentages, and mark-up. |  |  | |

## 2100 Back of House Operations

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| --- | --- | --- | --- |
| Item | Task | (X) Indicates Proficiency 1 | Secondary Course Crosswalk |
|  | RESERVED (2101) |  |  | |
| 2102 | Set up, operate, and break down a ware-washing station |  |  | |
|  | RESERVED (2103-2109) |  |  | |
| 2110 | Set up, operate, and break down hot line stations. |  |  | |
| 2111 | Set up, operate, and break down garde manger stations. |  |  | |

## 2200 Front of House Operations

|  |  |  |  |
| --- | --- | --- | --- |
| Item | Task | (X) Indicates Proficiency 1 | Secondary Course Crosswalk |
| 2201 | Determine various types of service used in restaurants. |  |  | |
|  | RESERVED (2202) |  |  | |
| 2203 | Perform duties of a host. |  |  | |
| 2204 | Perform duties of a beverage professional. |  |  | |
| 2205 | Perform duties of a cashier. |  |  | |
| 2206 | Perform duties of a server. |  |  | |
| 2207 | Perform duties of a food runner. |  |  | |
| 2208 | Perform sidework duties. |  |  | |
|  | RESERVED (2209-2211) |  |  | |
| 2212 | Follow rules of table service. |  |  | |
| 2213 | Use sales techniques for service personnel including menu knowledge and suggestive selling. |  |  | |
| 2214 | Follow procedures for workflow between dining room and kitchen. |  |  | |
| 2215 | Provide customer service and customer relations. |  |  | |
| 2216 | Process guest checks. |  |  | |
| 2217 | Perform duties of a bus person. |  |  | |

## 2300 Reserved

## 2400 Foodservice Information Technology

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| --- | --- | --- | --- |
| Item | Task | (X) Indicates Proficiency 1 | Secondary Course Crosswalk |
|  | RESERVED (2401) |  |  | |
| 2402 | Investigate foodservice industry operations technology, e.g., point of sale (POS) system. |  |  | |
|  | RESERVED (2403) |  |  | |
| 2404 | Use industry communication technology, such as email and social media. |  |  | |

## 2500 Additional Hot Foods Preparations

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| --- | --- | --- | --- |
| Item | Task | (X) Indicates Proficiency 1 | Secondary Course Crosswalk |
| 2501 | Create hot food plate presentations and displays. |  |  | |
| 2502 | Prepare hot hors d'oeuvres and appetizers. |  |  | |
| 2503 | Prepare hot sandwiches. |  |  | |

1 Student Demonstrated Entry-Level Industry Proficiency as Indicated by (X)

Secondary CTE Instructor Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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