



Crawford County Career & Technical Center

Student Start Date: _____

Student Name: _____

Competency Task List – Secondary Component

Institutional Food Worker CIP 12.0508

High School Graduation Years 2023, 2024, 2025

100 Safety and Sanitation Procedures

Item	Task	(X) Indicates Proficiency ¹	Date
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

Item	Task	(X) Indicates Proficiency ¹	Date
	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

Item	Task	(X) Indicates Proficiency ¹	Date
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)

Item	Task	(X) Indicates Proficiency ¹	Date
	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

Item	Task	(X) Indicates Proficiency ¹	Date
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

Item	Task	(X) Indicates Proficiency ¹	Date
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

Item	Task	(X) Indicates Proficiency ¹	Date
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

Item	Task	(X) Indicates Proficiency ¹	Date
	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

Item	Task	(X) Indicates Proficiency ¹	Date
	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

Item	Task	(X) Indicates Proficiency ¹	Date
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

Item	Task	(X) Indicates Proficiency ¹	Date
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	Date
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

Item	Task	(X) Indicates Proficiency ¹	Date
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

Item	Task	(X) Indicates Proficiency ¹	Date
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

Item	Task	(X) Indicates Proficiency ¹	Date
	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

Item	Task	(X) Indicates Proficiency ¹	Date
	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

Item	Task	(X) Indicates Proficiency ¹	Date
	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	Date
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

Item	Task	(X) Indicates Proficiency ¹	Date
	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

Item	Task	(X) Indicates Proficiency ¹	Date
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 _____

[PA In-Demand Occupations List \(PA IDOL\)](#)
[Industry-Recognized Credential Resource Guide](#)