



Republic of the Philippines

Department of Education

DepEd Complex, Meralco Avenue, Pasig City

STRENGTHENED SENIOR HIGH SCHOOL CURRICULUM

KITCHEN OPERATIONS

Grade 11/12

Course Description:

This course is designed to equip learners with the fundamental skills in culinary required in kitchen operations, food safety, inventory, and kitchen organization. Learners will develop skills in meal planning and presentation and explore the different aspects of cooking. Completing this course will enable learners to obtain a National Certificate Level II, pursue higher education and careers relative to hospitality industry.

Elective: Technical Professional

Prerequisite: None

Time Allotment: In Grade 11, 320 hours for two semesters, 8 hours per week. In Grade 12, 320 hours for one semester, 16 hours per week

Schedule: First/Second Semester

QUARTER 1

CONTENT STANDARD	The learners demonstrate an understanding of the fundamentals of culinary arts.
PERFORMANCE STANDARD	The learners demonstrate fundamental skills in culinary arts.
LEARNING COMPETENCIES	CONTENT
1. Discuss the fundamentals of culinary arts	<p>The Fundamentals of Culinary Arts</p> <ul style="list-style-type: none"> ● Brief origin of classical and modern Cuisine ● The kitchen <ul style="list-style-type: none"> ○ types of kitchens (commercial and non-commercial) ● Organizational chart ● Career opportunities ● Trends and innovation in culinary arts <p>Tools and Equipment</p> <ul style="list-style-type: none"> • Tools

<p>2. Perform knife skills</p>	<ul style="list-style-type: none"> ○ pots, pans, and containers ○ measuring devices ○ knives, hand tools, and small equipment ● Equipment <ul style="list-style-type: none"> ○ cooking equipment ○ processing equipment ○ holding and storage equipment ○ cleaning and sanitizing equipment <p>Safety and Sanitation</p> <ul style="list-style-type: none"> ● Hazard Analysis Critical Control Point (HACCP) ● Kitchen Occupational Safety and Health (OSH) <p>Personal Hygiene</p> <p>Mise en Place</p> <ul style="list-style-type: none"> ● Planning and organizing production ● Knife skills <ul style="list-style-type: none"> ○ parts ○ proper handling ○ basic cuts and shapes <p>Methods of Cooking</p> <ul style="list-style-type: none"> ● Dry heat ● Moist heat ● Trends <p>Culinary Terminologies</p>
<p>3. Perform conversion and food costing of provided recipe</p>	<p>Kitchen Math</p> <ul style="list-style-type: none"> ● Recipe ● Conversion ● Substitution <p>Basic food costing</p>

<p>4. Discuss presenting, packaging, labeling and storing of products</p>	<p>Presenting, Packaging, Labeling, and Storing</p> <ul style="list-style-type: none"> • Presenting (raw and cooked food) <ul style="list-style-type: none"> ○ plating techniques ○ temperature considerations ○ portioning ○ use of suitable serve ware • Packaging (raw and cooked food) <ul style="list-style-type: none"> ○ types of packaging ○ packaging materials ○ packaging techniques • Labeling (raw and cooked food) <ul style="list-style-type: none"> ○ mandatory labeling information • Storing (raw and cooked food) <ul style="list-style-type: none"> ○ storage environment ○ storage organization ○ specialized storage
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CONTENT STANDARD	The learners demonstrate an understanding of preparing, presenting and storing stocks, soup and sauces.
PERFORMANCE STANDARD	The learners prepare a variety of stocks, soup and sauces.
LEARNING COMPETENCIES	CONTENT
Prepare a variety of stocks, soups, and sauces	<p>Stocks, Soup, and Sauces</p> <ul style="list-style-type: none"> • Principles and guidelines • Ingredients • Classification

QUARTER 2

CONTENT STANDARD	The learners demonstrate an understanding of the preparing, presenting, and storing appetizers.
PERFORMANCE STANDARD	The learners prepare a variety of appetizers.
LEARNING COMPETENCIES	CONTENT
Prepare a variety of soup and appetizers	<p>Appetizers</p> <ul style="list-style-type: none"> • Characteristics of appetizers <ul style="list-style-type: none"> ○ hot ○ cold • Classification of a ppetizers <ul style="list-style-type: none"> ○ according to features ○ according to ingredients <ul style="list-style-type: none"> ▪ fruit-based ▪ vegetable-based ▪ seafood-based ▪ meat-based ▪ dairy products ▪ combination

CONTENT STANDARD	The learners demonstrate an understanding of preparing, presenting and storing sandwiches.
PERFORMANCE STANDARD	The learners prepare a variety of sandwiches.
LEARNING COMPETENCIES	CONTENT

Prepare a variety of sandwiches	<p>Sandwich</p> <ul style="list-style-type: none"> • Characteristics and purpose of a sandwich • Components of sandwiches • Types of sandwiches • Creative sandwich preparation and presentation <ul style="list-style-type: none"> ○ wrapping sandwiches ○ labeling ingredients ○ portion and control of sandwiches and their accompaniments
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CONTENT STANDARD	The learners demonstrate an understanding of preparing, presenting and storing salads and dressings.	
PERFORMANCE STANDARD:	The learners prepare a variety of salads and dressings.	
LEARNING COMPETENCIES		CONTENT
Prepare a variety of salads	<p>Salads and Salad Dressings</p> <ul style="list-style-type: none"> • Salads <ul style="list-style-type: none"> ○ characteristics and functions of salad ○ components of salads ○ types of salads <ul style="list-style-type: none"> ▪ according to ingredients ▪ according to place in the meal ▪ according to preparation • Dressings <ul style="list-style-type: none"> ○ ingredients ○ types of dressings ○ uses of dressings 	

QUARTER 3

CONTENT STANDARD	The learners demonstrate an understanding of preparing, presenting and storing, egg, cereal, and starch dishes
PERFORMANCE STANDARD	The learners prepare and cook a variety of egg, cereal, and starch dishes.
LEARNING COMPETENCIES	CONTENT
Prepare various types of egg, cereal, and starch dishes	<p>Eggs, Cereals, and Farinaceous Dishes</p> <ul style="list-style-type: none"> ● Egg dishes <ul style="list-style-type: none"> ◆ nutritional value and components of eggs ◆ characteristics of good quality fresh eggs ◆ market forms of eggs ◆ uses of eggs in culinary arts ◆ different ways of cooking eggs ● Cereals and farinaceous dishes <ul style="list-style-type: none"> • Nutritional value and sources of cereals, and farinaceous dishes • Varieties and market forms of cereals, and farinaceous dishes • Basic principles and guidelines in cooking cereals, and farinaceous dishes • Factors affecting starch paste viscosity and gel strength

CONTENT STANDARD	The learners demonstrate an understanding of preparing, presenting and storing vegetable dishes.	
PERFORMANCE STANDARD	The learners prepare and cook a variety of vegetable dishes.	
LEARNING COMPETENCIES	CONTENT	
Prepare a variety of vegetable dishes following appropriate cooking methods	Vegetable Dishes <ul style="list-style-type: none"> • Classifications of vegetables <ul style="list-style-type: none"> ○ according to parts ○ chemical compositions ○ nutritive value • Market forms of vegetables • Standards in thawing frozen vegetables and washing raw vegetables • Different cuts of vegetables • Ways of cooking vegetables • Standards and principles of vegetable cookery 	

CONTENT STANDARD	The learners demonstrate an understanding of preparing, presenting and storing seafood dishes.	
PERFORMANCE STANDARD	The learners prepare and cook a variety of seafood dishes.	
LEARNING COMPETENCIES	CONTENT	
Prepare variety of seafood dishes	Seafood Dishes <ul style="list-style-type: none"> • Classifications of seafood • Market forms • Good quality of finfish and shellfish • Handling seafood • Principles of cooking seafood dishes 	

CONTENT STANDARD	The learners demonstrate an understanding of preparing, presenting and storing poultry and game dishes.	
PERFORMANCE STANDARD	The learners prepare and cook a variety of poultry and game dishes.	
LEARNING COMPETENCIES	CONTENT	
1. Prepare various poultry and game dishes	Poultry and Game Dishes <ul style="list-style-type: none"> • Characteristics of poultry and game • Market forms of poultry • Poultry cuts • Slaughtering poultry and game birds • Fabricating the chicken • Principles of cooking poultry and game • Methods of cooking of poultry and game 	

QUARTER 4

CONTENT STANDARD	The learners demonstrate an understanding of preparing, presenting and storing meat dishes.	
PERFORMANCE STANDARD	The learners prepare and cook a variety of meat dishes.	
LEARNING COMPETENCIES	CONTENT	
Prepare variety of meat dishes	Meat Dishes <ul style="list-style-type: none"> • Nutritional value and sources of meat • Market forms of meat • Types of meat • Different cuts • Proper handling of meat cuts • Doneness of meat • Types of marinades • Cooking techniques according to meat cuts 	

CONTENT STANDARD	The learners demonstrate an understanding of preparing, presenting and storing desserts.	
PERFORMANCE STANDARD	The learners prepare a variety of desserts.	
	LEARNING COMPETENCIES	CONTENT
	Prepare a variety of desserts	Desserts <ul style="list-style-type: none"> • Characteristics • Classifications of desserts <ul style="list-style-type: none"> ○ according to methods of preparation ○ according to ingredients • Types of desserts • Methods in preparing desserts <ul style="list-style-type: none"> ○ flavoring and decorating techniques ○ assembling layered desserts

CONTENT STANDARD	The learners demonstrate an understanding of entrepreneurship in the food industry.	
PERFORMANCE STANDARD:	The learners collaborate to organize and manage a kitchenpreneur bazaar.	
	LEARNING COMPETENCIES	CONTENT
	Organize and manage a kitchen entrepreneur food bazaar	Kitchen entrepreneur Bazaar <ul style="list-style-type: none"> • Product selection • Marketing

GLOSSARY

1. **culinary arts** - the cuisine arts of food preparation, cooking, and presentation of food, usually in the form of meals
2. **ergonomics** - the process of designing or arranging workplaces, products and systems so that they fit the people who use them
3. **FIFO** - means "First In, First Out." It is an asset management and valuation method in which older inventory is moved out before new inventory comes in.
4. **flavor** - is the attribute of a substance that is produced by the senses of smell, taste, and touch and is perceived within the mouth
5. **food cost** - refers to the ratio between money spent on raw ingredients for menu items and the revenue generated from the sale of those dishes
6. **food science** - the study of the physical, biological (including microbiological) and chemical makeup of food
7. **game** - wild animals and birds that are hunted and eaten
8. **hygiene** - is the practice of keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of diseases
9. **leftovers** - something that remains unused or unconsumed
10. **mise en place** - a French term means "everything in its place"
11. **Occupational Health and Safety (OHS)** - a practice that deals with the safety, health, welfare and wellbeing of people when they are at work
12. **plating** - refers to the process of arranging food on a plate in a visually appealing manner
13. **recipe** - a set of instructions for preparing a particular dish, including a list of the ingredients required
14. **safety** - the freedom from those conditions that can cause death, injury, or illness, damage to or loss of equipment or property, or damage to the environment.

- 15. **sanitation** - the act or process of making something completely clean and free from bacteria
- 16. **shelf life** - the length of time for which an item remains usable, fit for consumption, or marketable

REFERENCES

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Technical Education and Skills Development Authority (TESDA). 2014 *Training Regulations: Cookery NC II*. Accessed November 25, 2024.

Wayne Gisslen, *Professional Cooking*, 9th ed. (Hoboken, NJ: Wiley, 2018).

LIST OF TOOLS, EQUIPMENT, AND MATERIALS

TOOLS	OFFICE EQUIPMENT	MATERIALS
		MEAT
Chef’s knife	Electric fan	Beef
Boning knife	First aid cabinet	Pork
Oysters knife	Filing cabinet 3 Layers compartment	Lamb/mutton
Cleaver knife	TV	Veal
Tenderizer, medium, small	Video player	POULTRY
Skimmer, fine	Fire extinguisher	Chicken

Wire skimmer, small	Emergency light	Duck
Skimmers, spider	directional signage/s for each room	Turkey
Strainer, small, fine	air condition	Pigeon, etc.
Siever, small	telephones	SEAFOOD
Strainer, medium fine	computers with internet connection	Fish
Turner, 3" x 6"	Fax machine	Shellfish
Spatula	LCD	Crustacean
Wooden spoon	LABORATORY EQUIPMENTS	PERISHABLES
Parisienne spoon	Air conditioner	Vegetables
Zester	Fire extinguisher	Fruits
Piping bag	Emergency light	Dairy products
Pastry tubes	Combination of broiler and griddle - small	Processed food
Strainer Chinois, small	Exhaust hood	DRY GOODS (GROCERIES)
Strainer Chinois, medium	Dish washing machine (optional	Sauces
Funnel, small	Blender machine	Spices and herbs
Funnel, medium	Pressure cooker medium Salamander, griller	Seasoning
Measuring spoon	Braising pan - medium	Canned fruits
Tongs, 8 inches	Meat slicer - small	Canned vegetables
Tongs, 12 inches	Meat chopper machine	Noodles

TOOLS	OFFICE EQUIPMENT	MATERIALS
Measuring cup	Preparation table with sink & shelves (approx. 45x28")	Pasta
Measuring urn	Bain Marie - table w/4 compartments	Rice
Ice cream scoop	Working s/s table (fabricated)	Flour
	Condiment cabinet	Sugar
Cheese Cloth	Washing sink tables w/3 compartments	Beans
Serving spoon	Soak sink, optional	FACILITIES
Pepper and salt mill	Utility shelving	Workshop
Weighing scale, 5 kgs	Stainless steel rack (5 shelves	Laboratory
Weighing scale, 1000 grams	Utility cart	Audio-visual room
Apple corer	Floor mops	Lecture room
Wire whisk, small	Mop Squeezer	Storage/stock room

Wire whisk, medium	Broom (tambo)	Research room/Library
Wire whisk, heavy duty	Dustpan	REFERENCES
Can opener	Garbage bin (4 gals.)	Books
Kitchen scissors	Liquid soap dispenser	Manuals
Soup Ladle, 3 oz	Paper towel dispenser	Charts
Soup Ladle, 6 oz	Reach-in freezer	CD's

TOOLS	OFFICE EQUIPMENT	MATERIALS
Soup Ladle, 8 oz	Reach-in refrigerator	Video tapes
Soup Ladle, 12 oz	4 burner gas range w/ oven	Pictures
Kitchen spoon	Stock pan burner	Magazines
Kitchen spoon, slotted		MISCELLANEOUS
Kitchen fork		Charcoal
Carving fork		Toothpicks
Pocket/pin thermometer		Aluminum foil
Peelers		Wax paper
Stock pot, large		Cling wrap
Frying pan, small		Tissue paper
Frying pan, medium		Paper towel
Frying pan, large		Liquid soap
Colander, small		
Colander, medium		
Cutting board		
Fish poacher, medium		
Casserole, small		
Casserole, medium		
Wok, small		
Wok, medium		
Double Boiler, medium		
Paellara		
Glass rack		
Soup cup rack		

Plate rack		
Baking tray, small		
Utility Tray, stainless		
Roasting pan		