

# Food & Culinary Professionals DPG

## Core Food and Culinary Competencies

- I. **Sensory Perception and Evaluation**
  - A. Physiology of taste and flavor, including factors affecting tasting ability
  - B. Age-related taste and flavor variables
  - C. Organoleptic properties of food
  - D. Descriptive taste and flavor terminology
  - E. Texture and flavor changes with fat, sodium, and other nutrient-modified foods
  - F. Plate composition and presentation: food color, texture, flavor, and shape
  - G. Comparative tasting of different varieties of a food
  
- II. **Basic Cooking Skills**
  - A. Culinary terminology
  - B. Measuring and weighing skills
  - C. Cooking equipment for home kitchens – selection and appropriate use
  - D. Knife skills and safety: appropriate use and care of knives
  - E. Communicating cooking skills to “non-cooks”
  - F. Communicating the enjoyment of food “Taste and Nutrition go hand-in-hand” ( to health professionals and consumers)
  
- III. **Cooking Techniques**
  - A. Appropriate techniques for specific ingredients
  - B. Basic food preparation techniques
  - C. Dry-heat cooking techniques-sautéing, grilling, broiling, roasting, smoking
  - D. Moist-heat cooking techniques-steaming, poaching, boiling, stewing, braising
  - E. Preparation of basic savory and sweet sauces
  - F. Basic baking techniques and optimal uses
  - G. Nutrient retention in cooking
  - H. Cooking foods to appropriate temperature or endpoint for optimal food safety and quality
  - I. Techniques to reduce nutrients of concern: saturated and trans fats, cholesterol, sodium, added sugar, sodium.
  - J. Incorporating healthier fats and oils, fruits, vegetables, and whole grains into foods, meals, and menus.
  
- IV. **Menu and Meal Planning**
  - A. Menu planning principles for single-meal, daily, and weekly menus
  - B. Menu planning for specific age, health and/or special needs limitations
  - C. Menu planning considerations for cultural, ethnic, and religious groups (specific foods, ingredients, cooking methods, and restrictions)
  - D. Vegetarian diets-types, restrictions and food options
  - E. Evaluation of menus using U.S. Dietary Guidelines, MyPyramid, Daily Values, and Diabetes Exchange Lists
  - F. Common food sources of essential nutrients
  - G. Consumer food, ingredient, and purchasing trends
  - H. Economical food choices in each food group
  - I. Flavor balancing within meals
  - J. Seasonal menu planning
  
- V. **Ingredient Selection**
  - A. Functions, characteristics, and selection of ingredients (food science)
  - B. Seasonal availability/quality indicators of foods from each food group
  - C. Choosing ingredients using food labels
  - D. Food laws and standards – federal nutrition label requirements
  - E. Standards of quality in purchasing and storing food
  - F. Food storage for best quality and safety. Length of storage (dry, refrigerator, freezer)
  - G. Wine and other alcoholic beverages: cooking uses, health effects, pairing with food

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#### **VI. Recipe Development and Modification**

- A. Use of herbs, spices, seasonings, condiments, aromatics, and marinades for flavor development and enhancement
- B. Standard and appropriate portions of commonly consumed foods
- C. Ingredient substitution and food quality effects of substitution
- D. Creating, modifying, and writing standardized recipes for consumers and food service
- E. Nutrition analysis of recipes using calculation methods and software, and understanding of food laboratory analysis
- F. Altering recipes to change the nutritional value

#### **VII. Communicating About Food**

- A. Selection of audience-appropriate messages (merging consumers' desire for taste, convenience, and economy with nutrition/health messages)
- B. Writing for consumers and professionals
- C. Ability to present basic food demonstrations and presentations
- D. Communicating and partnering with chefs, food professionals, and the food industry
- E. Communicating current topics (including, but not limited to): biotechnology, irradiation, fortification, phytochemicals, nutraceuticals, functional foods, food-borne illness and product contamination
- F. Communicating on fast food, prepared foods, and carry-out foods
- G. Understanding of the political, environmental, economic, and sociologic significance of food
- H. Working with the media
- I. Public speaking

#### **VIII. Food Retailing**

- A. Knowledge of food retailing locations (supermarkets, farmers markets, gourmet shops, etc.)
- B. Factors that influence consumers' shopping needs and habits, including nutrition, location, and convenience
- C. Helping consumers understand food labels: Nutrition Facts, nutrition and health claims, ingredients, allergen labeling
- D. Knowledge of marketing and promotion

#### **IX. Food Safety**

- A. Home food safety – preparation and storage
- B. HACCP and other food safety considerations and regulations for commercial food service, manufacturing, distribution, and retail systems
- C. Servsafe® certification or equivalent
- D. Microbiology and common food-borne illnesses
- E. Food safety auditing and tools available, knowledge of pest control, cleaning chemicals and MSDS use

#### **X. Sustainable Agriculture**

- A. Basic understanding of food production on the farm or ranch
- B. Understanding national standards for organic labeling
- C. Communicating the potential environmental, economic, flavor, and other benefits of locally produced and artisanal foods
- D. Understanding of technological advances in food production, including biotechnology, management information systems on the farm, food safety at farm level (product traceability, livestock biosafety), biofuels and their impact on food production, pricing, and access to food
- E. Knowledge of and ability to communicate about topics including: water stewardship, climate change, biodiversity, agricultural policy, integrated pest management, low-tillage approaches, composting, resource reduction (waste water treatment, recycling, energy efficiencies)

#### **XI. Food Trends**

- A. Identifying trends in eating habits, attitudes, behaviors, knowledge, and skills