

MODULE FOD2110: FISH & POULTRY

Level:	Intermediate
Theme:	Preparation and Presentation
Prerequisite:	FOD1010 Food Basics
Module Description:	Students learn the nutritional value of fish and poultry and how to select, handle and prepare them.

Module Parameters: Personal or commercial food preparation facility.

Curriculum and Assessment Standards

Module Learner Expectations	Assessment Criteria and Conditions	Suggested Emphasis
<p><i>The student will:</i></p> <ul style="list-style-type: none"> identify and describe the variety of fish and poultry products available, considering: <ul style="list-style-type: none"> types, forms and grades nutritional value methods and effects of cooking safe handling and appropriate storage 	<p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> concept test consisting of questions on: <ul style="list-style-type: none"> particular food safety concerns and handling procedures for fish, seafood and poultry nutritional value of fish and poultry inspection and grading of poultry products forms of poultry, fish and seafood quality criteria for fish and seafood classify fish and seafood according to skeletal formation, habitat, body shape and fat content classify poultry as domestic or game effect of the moist and dry heat cooking methods used with poultry, fish and seafood. <p><i>Assessment Tool</i> Food for Today Testing Program (<i>Teacher Resource Binder or Testmaker</i>) Professional Cooking <i>Instructor's Manual</i> Food Production Principles <i>Instructor's Guide</i></p> <p><i>Standard</i> Correctly answer a minimum of 50% of questions</p>	20
<ul style="list-style-type: none"> demonstrate boning, filleting, carving, finishing and presenting techniques, using a variety of fish and poultry products 	<ul style="list-style-type: none"> practical lab experiences in which the student will demonstrate a minimum of four of the following methods in the preparation of fish, seafood and poultry, each of which meets criteria for quality products: <ul style="list-style-type: none"> fillet, bone and portion fish and seafood cut and bone poultry preparatory skills and techniques to the cooking of fish, seafood and poultry carving cooked poultry. <p><i>Assessment Tool</i> Lab Assessment: <i>Intermediate Level, FODLAB-2</i> Product Standard Scorecard: <i>Fish & Poultry, FOD2110-1</i></p> <p><i>Standard</i> Achieve a minimum performance rating of 2 in applicable areas of assessment</p>	30

MODULE FOD2110: FISH & POULTRY (continued)

Module Learner Expectations	Assessment Criteria and Conditions	Suggested Emphasis
<p><i>The student will:</i></p> <ul style="list-style-type: none"> • prepare and evaluate a variety of fish and poultry products, using moist and dry cooking methods • describe the personal or career relevance of the competencies developed within the module • demonstrate basic competencies. 	<p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> • practical lab experiences in which the student will demonstrate the following methods in the preparation of fish, seafood and poultry, each of which meets or exceeds the standard indicated: <ul style="list-style-type: none"> – coating, breading or battering fish, seafood or poultry – one dry heat method for cooking fish or seafood – one moist heat method for cooking fish or seafood – one dry heat method for cooking poultry – one moist heat method for cooking poultry. <p><i>Assessment Tool</i> <i>Lab Assessment: Intermediate Level, FODLAB–2</i> <i>Product Standard Scorecard: Fish & Poultry, FOD2110–1</i></p> <p><i>Standard</i> <i>Achieve a minimum performance rating of 2 in applicable areas of assessment</i></p>	<p>30</p>
	<ul style="list-style-type: none"> • analysis: For at least one of the fish or seafood and one of the poultry products prepared, the student will complete an analysis of the product. <p><i>Assessment Tool</i> <i>Product Analysis, FODPAN</i></p> <p><i>Standard</i> <i>All sections have been completed accurately</i></p>	<p>10</p>
	<ul style="list-style-type: none"> • module reflection in which the student will complete one of the following: <ul style="list-style-type: none"> – <i>Reflection Log: Intermediate Level, FODREF–2</i> – <i>Field Trip Assessment, FODFTA</i> – <i>Article or Audio-visual Review, FODAVR</i> – <i>Career Research: Intermediate Level, FODCAR–2.</i> <p><i>Standard</i> <i>All sections have been completed accurately</i></p> <ul style="list-style-type: none"> • observations of individual effort and interpersonal interaction during the learning process. <p><i>Assessment Tool</i> <i>Basic Competencies Reference Guide and any assessment tools noted above</i></p>	<p>10</p> <p>Integrated throughout</p>

MODULE FOD2110: FISH & POULTRY (continued)

Concept	Specific Learner Expectations	Notes
Nutrition	<p><i>The student should:</i></p> <ul style="list-style-type: none"> • describe the nutritional value of fish, seafood and poultry, including: <ul style="list-style-type: none"> – complete protein – amount and type of fat – concerns over cholesterol – effect of preparation method on nutritional value. 	Deep-fried versus poached.
Consumerism and Food Selection	<ul style="list-style-type: none"> • describe the many domestic and game birds available as inspected and graded products in Alberta • compare various poultry products available considering: <ul style="list-style-type: none"> – grading – forms of poultry – range of convenience products • categorize fish and seafood considering: <ul style="list-style-type: none"> – important commercial varieties – basic market forms • identify criteria for distinguishing fish and seafood quality and freshness. 	<p>Quality standards for fish:</p> <ul style="list-style-type: none"> • bright eyes • firmness of flesh • colour • odour • gills • scales. <p>Quality standards for shellfish:</p> <ul style="list-style-type: none"> • odour • mobility • firmness of shell.
Safety and Sanitation and Equipment	<ul style="list-style-type: none"> • relate the perishable nature of fish, seafood and poultry with safe and sanitary handling practices and the prevention of food-borne illness • demonstrate correct handling and storage procedures for fish and seafood handling: <ul style="list-style-type: none"> – safeguarding against odour – avoiding cross-contamination • demonstrate safe hygienic work habits and the correct use of tools and equipment • identify and resolve safety concerns, both food and equipment, significant to Fish & Poultry. 	Commercial: Deep fryer.

MODULE FOD2110: FISH & POULTRY (continued)

Concept	Specific Learner Expectations	Notes
Nature of Food	<p><i>The student should:</i></p> <ul style="list-style-type: none"> • describe the composition and structure of poultry • compare the effect of moist and dry heat cooking methods on various forms of poultry • describe the composition and structure of fish and seafood • compare the effect of moist and dry heat cooking methods on various types of fish and seafood. 	
Preparation and Presentation	<ul style="list-style-type: none"> • demonstrate a variety of skills and techniques preparatory to the cooking of poultry dishes • demonstrate a repertoire of moist and dry heat cooking methods, highlighting: <ul style="list-style-type: none"> – methods well suited to poultry – popular preferences – multicultural influences • describe how to determine doneness in cooked poultry (physical characteristics and temperature) • demonstrate appropriate carving and presentation techniques for cooked poultry • use both flat and round fish in the production of ready-to-cook fish products demonstrating: <ul style="list-style-type: none"> – dressing and filleting – boning – peeling, deveining and seasoning • demonstrate a repertoire of fish and seafood dishes that utilize moist and dry heat cooking methods and reflect traditional and popular dishes from around the world • use appropriate tests for doneness recognizing the unique nature of fish and seafood • demonstrate varied finishing and presentation techniques for fish and seafood including accompaniments and garnishes: <ul style="list-style-type: none"> – compound butter – bonne femme – vin blanc – thermodore. 	<p>Cutting and boning; trussing, barding; stuffings and bread dressings; coatings, breadings and batters.</p> <p>Moist heat: poach, steam, boil.</p> <p>Dry heat: sauté, fry, bake, grill, broil.</p> <p>Stuffed and baked whole fish, pan frying, baking, and steaming.</p>

MODULE FOD2110: FISH & POULTRY (continued)

Concept	Specific Learner Expectations	Notes
Career Exploration/ Portfolio	<p><i>The student should:</i></p> <ul style="list-style-type: none"> describe career options where skills developed in Fish & Poultry are particularly important. 	<p>What coping skills, attitudes, knowledge have developed?</p> <p>How does this relate to the student's beliefs, interests and values?</p> <p>What competencies have been developed (technical skills, knowledge, attitudes).</p> <p>How are these important now?</p> <p>How will they be important in the future?</p>

