



## ProStart Curriculum

The ProStart® Program is a two-year industry-based program that prepares students for careers in the restaurant and foodservice industry. Students gain valuable restaurant and foodservice skills through their academic and workplace experiences.

This program prepares students for the adult working world, offering them on-the-job experiences before they graduate. Skills learned in the classroom from specially trained high school teachers are reinforced in the workplace. Students are given a head start toward exciting and rewarding hospitality careers while our industry takes the lead in meeting the economic demands of the next decade. Take a look inside the ProStart program for the restaurant and foodservice industry.

## Program Overview

Whether your students are looking to enter the job market or making plans for college, the ProStart program is a great first step. In addition to learning about the restaurant and foodservice industry in the classroom, students have the opportunity to participate in internships with qualified foodservice operations, receiving firsthand training from mentors. Back in the classroom, lessons and activities come alive as your students make real world connections. Practical lively learning takes place both on the job and in the classroom. With the ProStart Program, students get the chance to see just how bright their futures in the restaurant and foodservice industry can be.

Students learn both culinary essentials and basic foodservice management skills. Some of the management skills developed include:

- Customer Relations
- Cost Controls
- Basic Accounting Principles
- Marketing
- Purchasing and Inventory
- Communications

## Coursework Table of Contents

### Year 1

#### Introduction

Preparing for a Successful Career

#### Unit 1

Chapter 1: Successful Customer Relations

Chapter 2: Preparing and Serving Safe Food

Chapter 3: Preventing Accidents and Injuries

#### Unit 2

Chapter 4: Kitchen Basics

Chapter 5: Foodservice Equipment

Chapter 6: Nutrition

#### Unit 3

Chapter 7: Breakfast Foods and Sandwiches

Chapter 8: Working with People

Chapter 9: Salads and Garnishes

#### Unit 4

Chapter 10: Business Math

Chapter 11: Fruits and Vegetables

Chapter 12: Controlling Foodservice Costs

### Year 2

#### Introduction

Preparing for a Successful Career

#### Unit 1

Chapter 1: The History of Foodservice

Chapter 2: Potatoes and Grains

Chapter 3: The Lodging Industry

#### Unit 2

Chapter 4 The Art of Service

Chapter 5: Desserts and Baked Goods

Chapter 6: Marketing and the Menu

#### Unit 3

Chapter 7: Purchasing and Inventory Control

Chapter 8: Meat, Poultry and Seafood

Chapter 9: Standard Accounting Practices

#### Unit 4

Chapter 10: Stocks, Soups and Sauces

Chapter 11: Tourism and the Retail Industry

Chapter 12: Communicating with Customers

## Curriculum Components

### **Student Materials**

**Student Textbooks:** Present the world of foodservice operations and management in everyday language students can understand.

**Student Workbooks:** Assemble in-class activities, recipes, homework assignments and projects into a convenient softbound book that students can carry with them to class and labs.

**Student Workplace Competency Checklist:** Lets students, teachers and worksite mentors gauge students' progress at their internship. As students learn or show mastery of a specific skill, mentors check off competency items on their checklist.

**Spanish Chapter Outlines and Glossary:** Help Spanish-speaking students better understand key concepts and terms.

### **Teacher Materials**

**Teachers Resources:** Helps teachers get the most out of the ProStart® curriculum. They include:

- Lesson Plans
- Transparency Masters
- Assessments
- Workbook-Teachers Edition

**ProStart Toolkit:** Guides teachers, program coordinators, and others in implementing the ProStart program in the school and community. Resources include:

- Program information and learning objectives
- Classroom management tools
- Roles and responsibilities
- Coordination and implementation guidelines
- Articulation information
- Portfolio development worksheets
- Exam procedures and study guides
- Template documents
- Resource directory labs

**Videos:** Keeps students in tune and on track. These 21 professional videos are the same as those used to train foodservice employees. Topics like workplace safety, successful customer relations and teamwork are included.

For more information on these materials, **contact your State ProStart Program Coordinator**, Yvonne Loya at the Texas Restaurant Association, 800/395-2872..