



## CERRITOS COLLEGE CULINARY ARTS TECHNICAL STANDARDS / ESSENTIAL FUNCTIONS

The following listing has been prepared to assist you in understanding the technical standards of the Culinary Arts program in order to affiliate in the clinical agencies and ultimately practice the profession. The technical standards as stated herewith are not conditions of admission to a program of study. Rather, they reflect performance abilities that are necessary for a student to successfully complete the requirements of the specified Health Occupations program.

The purpose of this document is to notify prospective Culinary Arts students of these technical standards to enable them to make an informed decision regarding enrollment in the Culinary Arts program at Cerritos College.

The delivery of safe, effective service requires that students be able to perform functions related to the technical standards outlined here. The inability of a student to perform these functions may result in the student being unable to meet course objectives and to progress in the Culinary Arts program. Additionally, if a student is unable to perform these required competencies, the student may pose a risk of harm to the customer(s) for whom service is provided.

All applicants meeting the appropriate academic requirements shall be considered equally for admission to Cerritos College or any academic program regardless of race, color, religion, sex, marital status, beliefs, sexual orientation, national origin, age, or physical or mental disability.

<b>TECHNICAL STANDARDS (ESSENTIAL FUNCTIONS)</b>	<b>DESCRIPTION</b>	<b>EXAMPLES OF ACTIVITIES (NOT ALL-INCLUSIVE)</b>
<b>Cognitive Ability</b>	<ul style="list-style-type: none"> <li>• Demonstrate critical-thinking ability sufficient for collecting, analyzing, and integrating information and knowledge in order to make safe judgments and decisions that promote positive outcomes and professional behavior.</li> <li>• Exhibit ability to follow policies and procedures required by employers and academic settings.</li> <li>• Exhibit ability to function effectively under stress and time constraints.</li> <li>• Exhibit ability to organize and prioritize tasks.</li> <li>• Exhibit ability to respond appropriately to emergencies.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate the ability to assist accurately with all kitchen duties and cooking procedures.</li> <li>• Demonstrate problem solving skills in kitchen operations.</li> <li>• Address problems or questions to the appropriate person at the appropriate time.</li> <li>• Prioritize work load in a timely manner.</li> <li>• Follow a process from start to finish utilizing sequential established policies and procedures.</li> <li>• Organize and prioritize multiple tasks, integrate and analyze written, verbal, and observed information.</li> </ul>

<b>TECHNICAL STANDARDS (ESSENTIAL FUNCTIONS)</b>	<b>DESCRIPTION</b>	<b>EXAMPLES OF ACTIVITIES (NOT ALL-INCLUSIVE)</b>
<b>Communication Ability</b>	<ul style="list-style-type: none"> <li>• Demonstrate ability to speak, read, comprehend, and write English at a level that meets the need for clear and effective communication.</li> <li>• Demonstrate ability to hear information.</li> <li>• Read and comprehend material in English at the high school level.</li> <li>• Demonstrate ability to adapt to a changing environment and display flexibility.</li> <li>• Demonstrate sensitivity to multicultural and multilingual needs.</li> </ul>	<ul style="list-style-type: none"> <li>• Communicate effectively and sensitively with customers and coworkers.</li> <li>• Communicate effectively and efficiently with all members of the team.</li> <li>• Write in a clear, legible manner with correct grammar and spelling emails and communications.</li> <li>• Recognize, interpret, and respond to non-verbal behavior.</li> <li>• Listen attentively.</li> </ul>
<b>Interpersonal/ Intrapersonal Skills and Behavior</b>	<ul style="list-style-type: none"> <li>• Demonstrate ability to tolerate demanding workloads effectively under stress.</li> <li>• Demonstrate ability to maintain professional composure in a variety of scenarios.</li> <li>• Demonstrate ability to maintain professional conduct and appearance.</li> <li>• Demonstrate respect for individual differences.</li> </ul>	<ul style="list-style-type: none"> <li>• Possess the emotional stability to work with others.</li> <li>• Develop effective relationships with faculty and peers.</li> <li>• Respond professionally and appropriately to emergency situations.</li> <li>• Demonstrate a caring attitude.</li> <li>• Understand written and verbal communication.</li> <li>• Maintain composure with guests and staff.</li> <li>• Demonstrate professional behavior in classroom, kitchen, and professional settings; including, but not limited to, appropriate personal hygiene, timeliness, preparation, and concentration.</li> </ul>
<b>Visual Ability</b>	<ul style="list-style-type: none"> <li>• Demonstrate visual acuity sufficient to acquire information from instructions, documentation, invoices, and sales tickets.</li> <li>• Demonstrate sufficient depth perception and peripheral vision for safe kitchen practices.</li> <li>• Demonstrate visual acuity sufficient for safety, work space, and gathering of materials.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate ability to visually select items, see safety hazards, and show awareness of environment.</li> <li>• Monitor safety hazards.</li> </ul>
<b>Auditory Ability</b>	<ul style="list-style-type: none"> <li>• Demonstrate auditory acuity sufficient to be aware of sounds from a variety of equipment and personnel.</li> <li>• Demonstrate ability to communicate and interact with faculty and peers.</li> </ul>	<ul style="list-style-type: none"> <li>• Hear and understand faculty and peers.</li> <li>• Interpret conversations and follow verbal instructions.</li> <li>• Respond to emergency situations, i.e. earthquakes, fires, and any injury-related emergencies.</li> </ul>

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	<ul style="list-style-type: none"> <li>• Demonstrate sufficient hearing acuity to ensure a safe environment and the ability to respond quickly in case of emergencies.</li> </ul>	
<b>Tactile Ability</b>	<ul style="list-style-type: none"> <li>• Demonstrate tactile ability and dexterity sufficient for the use of sharp instruments using a light touch for control.</li> <li>• Demonstrate tactile ability to interpret sensory characteristics such as sharpness, texture, and temperature.</li> <li>• Demonstrate ability to put on and remove Personal Protective Equipment, or PPE.</li> </ul>	<ul style="list-style-type: none"> <li>• Examine products for texture and temperature.</li> <li>• Demonstrate the proper placement of provisions.</li> <li>• Examine by touch the degree to which a product is cooked.</li> <li>• Demonstrate ability to put on and remove covering/uniform, gown, and latex/nitrate gloves.</li> </ul>
<b>Olfactory Ability</b>	<ul style="list-style-type: none"> <li>• Demonstrate olfactory ability sufficient to detect unusual odors/smells emanating from products and/or environment.</li> <li>• Demonstrate olfactory ability sufficient to assess products.</li> </ul>	<ul style="list-style-type: none"> <li>• Tolerate exposure to various chemical odors.</li> <li>• Diagnose the odors of various products for freshness.</li> <li>• Distinguish smells which adversely affect the environment (fire, noxious fumes, etc.).</li> </ul>
<b>Strength and Mobility</b>	<ul style="list-style-type: none"> <li>• Demonstrate strength and mobility sufficient to carry 50 pounds.</li> <li>• Demonstrate proper lifting of 50 pounds.</li> <li>• Stand for 5 hour intervals.</li> <li>• Demonstrate ability to move quickly to perform duties.</li> <li>• Demonstrate ability to reach above shoulder height to move equipment.</li> <li>• Demonstrate ability to reach below waist level to move equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate ability to effectively use appropriate ergonomic techniques (good body mechanics).</li> <li>• Demonstrate ability to maneuver in small spaces (walk, stand, and bend over).</li> <li>• Move in kitchen environment.</li> <li>• Utilization of small objects and sharp instruments.</li> <li>• Maintain balance in any position.</li> <li>• Utilize appropriate body mechanics effectively.</li> <li>• Carry heavy pots to different locations.</li> <li>• Carry and stock 50-pound bags of flour.</li> <li>• Reach above shoulders to remove items from shelves.</li> </ul>
<b>Motor Skills</b>	<ul style="list-style-type: none"> <li>• Demonstrate gross and fine motor abilities sufficient to perform safe and effective kitchen duties, and respond to unexpected situations in a timely manner.</li> <li>• Demonstrate ability to sufficiently pull and push equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform multiple fine motor skill tasks with firm and steady grip to execute various knife cuts.</li> <li>• Perform the 13 cooking methods.</li> <li>• Multi-task in a small, confined space.</li> </ul>

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	<ul style="list-style-type: none"> <li>• Demonstrate physical ability sufficient to maneuver in small spaces (including standing, walking, bending, and range-of-motion of extremities).</li> </ul>	
<b>Physical Endurance</b>	<ul style="list-style-type: none"> <li>• Demonstrate sufficient physical endurance to complete assigned periods, the required shift, and assigned tasks in the kitchen space.</li> <li>• Demonstrate physical endurance sufficient to complete assigned tasks.</li> <li>• Demonstrate ability to function effectively under stress and time constraints.</li> <li>• Demonstrate ability to work 8-to 12-hour shifts.</li> <li>• Demonstrate ability to attend 2- to 5- hour lectures.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate physical endurance to complete working shift.</li> <li>• Demonstrate physical ability to work without a break for 4 hours.</li> <li>• Work 8- to 10-hour shifts.</li> <li>• Demonstrate ability to cope with high stress and long hours.</li> </ul>
<b>Environmental Tolerance</b>	<ul style="list-style-type: none"> <li>• Demonstrate ability to function safely in a typical kitchen environment.</li> <li>• Demonstrate ability to wear Personal Protective Equipment, or P.P.E. (i.e. gloves, aprons, and uniforms), for extended periods of time during kitchen duties.</li> <li>• Demonstrate ability to tolerate prolonged periods of time amidst artificial lighting, air conditioning, dust and odors, residue from cleaning products, noise, congested workplace, extreme heat (100 ° F), and extreme cold (0 ° F).</li> <li>• Demonstrate sensitivity and ability to protect self and others from environmental risks and hazards.</li> <li>• Demonstrate awareness that the kitchen environment may contain latex and other allergens, including but not limited to chemical and mundane; tolerance of such allergens in the work place must also be demonstrated.</li> </ul>	<ul style="list-style-type: none"> <li>• Wear a protective covering/uniform, gown, and latex/nitrate gloves for extended periods of time.</li> <li>• Perform heavy lifting and bending of knees.</li> <li>• Awareness of, and sensitivity to, environment with chemicals and extreme temperatures.</li> </ul>

## Disability & Accommodations Services:

*If you have a disability or acquire one, you may be entitled to receive support services and/or accommodations intended to assure you an equal opportunity to participate in, and benefit from, the program. Reasonable accommodations for students with disability related needs will be determined on an individual basis taking into consideration the standards and essential skills which must be performed to meet the program objectives. To receive more information or to apply for services, please contact the Disabled Student Programs and Services (DSPS) at (562) 860-2451 ext. 2335 or (866) 971-0948 (Voice Phone), or visit them in the Liberal Arts/DSPS Building. All prospective and current Culinary Arts students must be able to meet these standards with or without reasonable accommodations.*