





# PROCHEF® 1

## Culinary Measures, Weights, Yields and Ratios Course

 Subject Count: **3**  
 Lesson Count: **3**

SUBJECT: 1

### Measures and Weights

LESSONS

#### Measuring Weight and Volume

LEARNING OUTCOMES

- Learners can identify the metric and imperial units for measuring weight.
- Learners can identify the metric and imperial units for measuring volume.
- Learners can explain how to convert between different units of measurement within each system.
- Learners can explain how to increase or decrease a formula to produce a desired number of portions.
- Learners can practice converting different units of measure, with regards to weight and volume, correctly.
- Learners can practice increasing or decreasing a formula to produce a desired number of portions.

SUBJECT: 2

### Yield

LESSONS

#### Calculating Yield Percentage

LEARNING OUTCOMES

- Learners can explain the purpose of calculating yield percentage.
- Learners can describe and practice the yield percentage calculation.
- Learners can explain how to apply the yield percentage calculation to determine the amount of product to be purchased.
- Learners can explain how to apply the yield percentage to determine the actual cost per portion of an ingredient.
- Learners can practice calculating the yield percentage of various ingredients.
- Learners can practice applying yield percentage calculation correctly.

SUBJECT: 3

### Ratios

LESSONS

#### Calculating Food Cost Percentage

LEARNING OUTCOMES

- Learners can explain and calculate food cost percentage.
- Learners can understand and calculate food cost percentage keeping market pricing in mind.
- Learners can practice calculating food cost percentage and portion cost of recipes using ingredient yield information and market pricing.

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