**Reynolds High School**

Culinary CTE 1 - Cooking Fundamentals

*Building Relationships for Academic Success*

**Instructor:** ChefSammy Brown

**Room:** 401 (period 1&5) and 407 (Period 2,4,6,7)

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**Textbooks/Materials Provided by the school**

# **‘**Hospitality Services’ and ‘The Culinary Professional’ Textbooks

* Chromebook
* Attire: Chef coat, Apron, Hair net

**Provided by Student:**

* Closed toed shoes on lab days
* Hair restraint

# **Course Description and Schedule:**

CTE stands for Career Technical Education, which means that students in this class will learn the fundamental skills and practices essential for working in a commercial or professional kitchen. This course prepares students for a career in the food and beverage industry, a key sector of the $10 trillion hospitality industry. Students will gain foundational knowledge and skills needed to start their career, in an industry where America is a global leader.

# **Semester 1**: Students will learn: safety and sanitation in accordance with Oregon Health Authority guidelines and Pro Start Curriculum that may lead to certification; commercial kitchen equipment- function and proper care; how to read a recipe; measurements and conversion; seasonal produce from around the world; kitchen brigade system and their specific duties, front of house brigade system and their specific duties; knife fundamentals; culinary techniques and fundamental principles of food preparation; standards of food quality and sources, proper internal temperatures, allergens, restaurant liability and a short legal history of restaurant law suits and ethics around food preparation.

**Semester 2:** Students will apply concepts of the first semester while learning to cook staples using commercial equipment. Students will learn about and how to prepare eggs, quick breads, legumes, grains, fruits and vegetables, meat, and seafood. Students will learn their appropriate internal temperature, approved food sources, that are safe for consumption according to local, state, USDA and CDC guidelines to prevent food borne illness and the spread of disease. Students will learn foundational culinary skills to develop a professional resume with hands on learning and work-based simulations to gear them toward their career in the culinary industry.

**Course Requirements:** This course has no prerequisites. Students are required to sign the student contract portion of this syllabus and adhere to the class expectations

**Pre arranged absences**: Let me know if you are going to be leaving town or can’t come to school for a couple days! If your guardian lets the school know, then you can get a slip for all teachers to sign and make sure you stay caught up while you’re away. For this class, you can complete a food journal that can substitute for labs and most assignments while your away.

**Grading Policy Description:**

**POWER 10%** - Daily points for punctuality, participating in class and appropriate phone use and being respectful to peers and adults.

**Cooking Labs & Classwork 50%** - Participating in lab planning, cooking labs and showing proficiency in various kitchen skills, classwork and lab paperwork organized and complete in personal folders/digitally.

**Mastery 40%** - Unit exams and projects.

**POWER**

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| --- | --- | --- |
| Letter | Stands for | What it looks like in the classroom |
| P | Prepared and Punctual | Come to class expecting to learn and participate. |
| O | Organized | Keep your class work organized in your class folders |
| W | Writers | You will be writing lab plans and lab reflections as well as class notes and worksheets. |
| E | Engaged | Actively listening to the teacher and waiting your turn to speak. |
| R | Respectful | Using you body and words in an appropriate manner toward your peers and teachers. |

**Grade Percentage Letter Grade Description**

100% - 90% - A The student fully understands the content and the course objectives have been mastered.

89% - 80% - B The student understands the content and course objectives at an above average level.

79% - 70% - C The student understands the course content and course objectives at an average level.

69% - 60% - D The student understands the course content at a below average level and a minimum of course objectives are met.

59% - 0% -F The student has not met a sufficient number of course objectives to pass

**Exams, and labs and re-takes:** Exams are multiple choice and short answers. Quizzes and exams are typically taken after classwork and before labs. If a student does not pass the unit exam, they have not learned enough to participate in unit lab safely and will get 1 retake exam to earn a passing grade. If no passing grade is earned, a make-up lab worksheet can be completed in place of a culinary lab. Make sure you turn in classwork and pass you exams in order to participate in culinary labs.

**Class work and late policy:** Classwork should be done in class. You will receive a stamp on your work if you do your work in class and WITH A STAMP YOU WILL RECIEVE 100% CREDIT. If you do not receive a stamp on your classwork, that is because you did not use your class time wisely. You may still do your classwork at home and turn in WITH NO STAMP FOR 70% CREDIT up to one week after assignment is due. After 1 week has passed, no late work will be accepted.

If you're absent, it is your responsibility to get the work you missed and turn it in within one week of returning to class. After a week has passed, you may not turn in late work. This is to prevent you from falling behind. Focus on work at hand and keep caught up.

**EXTRA CREDIT:** There are always opportunities to receive extra credit through volunteering for catering events throughout the year. There will be 1-2 extra credit questions on exams and extra credit assignments can be arranged according to students’ individual needs.

**Class Expectations**:

I understand that I am enrolled in the Culinary 1 class as part of the Career Technical Education (CTE) program. This course is designed to provide me with foundational skills and knowledge essential for a career in the culinary industry. To succeed in this class and prepare for a professional environment, I agree to adhere to the following expectations:

\_\_\_\_\_1 .Professional Behavior: I will conduct myself with professionalism, including punctuality, preparedness, and a positive attitude. I will approach each class with respect and readiness to learn.

\_\_\_\_\_ 2. Respect and Safety: I will show respect for my classmates, instructors, and all individuals involved in the course. I will also adhere to all safety protocols, especially when using kitchen tools and equipment.

\_\_\_\_ 3. Knife Safety: I understand that knives are essential tools in the culinary field and must be used with the utmost care and respect. I agree to:

- Use knives only for their intended purposes.

- Avoid any inappropriate or unsafe handling of knives.

- Never use or hold a knife in a manner that could pose a risk to myself or others.

- Keep knives properly stored when not in use and handle them with care at all times.

\_\_\_\_ 4. Active Participation: I will engage actively in class activities, discussions, and projects. I will contribute to a collaborative and supportive learning environment and complete assignments to the best of my ability.

\_\_\_\_\_ 5. Commitment to Learning: I will approach the course with a willingness to learn and a commitment to mastering the skills and techniques covered in Culinary 1.

By signing this contract, I agree to uphold these standards and to approach my participation in the Culinary 1 class with dedication, respect, and a focus on safety.

*Student Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Guardian Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Print Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Print Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_*

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