

Mission Valley ROP
Culinary Arts 1
2021 - 2022

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Location: American High School, Rooms 601 and 602

“Cooking demands attention, patience, and above all, a respect for the gifts of the earth. It is a form of worship, a way of giving thanks.” – Judith B. Jones



Overview of the Course

This competency-based course is geared to introduce students to the Hospitality and Foodservice Industry. Integrated throughout the course are career preparation standards, which include basic academic skills, communication, interpersonal skills, problem solving, workplace safety, technology and employment literacy.

Although the main goal of this course is to prepare you for the professional workplace, it is now more important than ever for you to learn how to shop for and prepare nutritious foods at home to sustain good health and wellbeing.

Course Goals

Students will learn

- How to demonstrate all safety and sanitation procedures.
- Proper use and care of all cooking/baking equipment in the kitchen.
- How to follow recipes and when/how to deviate from them.
- How to perform basic cooking and baking skills.
- Basic understanding of the food service industry and the career opportunities offered within it.
- Basic life skills that create better opportunities for students in the future

Course Topics

We will cover

- Food History and Culture
- Safety and Sanitation
- Knife Skills
- Culinary Terminology
- Culinary Math
- Weights and Measurements
- Smallware Identification
- Basic Pastry Skills and Baking Science
- Breakfast Cookery
- Basic Cooking Techniques
- Soups, Stocks, and Sauces
- Meat and Poultry ID and Fabrication
- Purchasing
- Product Identification and Storage
- Herbs and Spices
- Nutrition
- Plate Presentation
- Employability (communication, interpersonal skills, resume writing, interview skills)
- Careers in Hospitality
- Front of the House- customer service
- Sustainability Practices

Required texts

All textbooks, handouts, worksheets, cookbooks, magazines, and recipes will be provided.

Supplies Needed

- 2" three ring binder for all work, recipes, tests, notes, etc.
- Set of dividers (5)
- Binder paper (3 ring)
- Pens, pencil, highlighters

If you need assistance obtaining the required supplies, please see me.



Homework/Projects

Assignments will be posted in the Google Classroom each week. Students are responsible for due dates when announced. Should any problems arise (unable to complete work on time, need access to materials, etc.), **please notify me as soon as possible.**

Projects will be assigned throughout the course. They may include (but are not limited to):

Famous Chefs - Past and Present

Home Cooking Projects

Farmers Market Project

Student Portfolio - A student portfolio is required for all students of the Mission Valley ROP.

Students will be trained on how to properly fill out an application, complete a resume, obtain letters of recommendation, and provide at least two visual examples of their work in the class.

Grading Policy

Grading is based on your completion of all assignments, attendance, participation and citizenship, and quizzes and tests. Your final grade in the course will be based on the following:

Class Assignments / At home cooking projects - 30%

Quizzes and Tests - 20%

Attendance, Participation and Work Ethic - 50%

Your letter grade is determined as follows:

A 90-100%

B 80-89%

C 70-79%

D 60-69%

F 0-59%

Students completing the class (with a grade of C or better) will receive a Certificate of Completion from the MVROP. If the student is failing (below a C), parents/guardians will be notified in advance of grade posting.

Additionally, students may earn college credit from Mission College and/or Diablo Valley College upon completing this class with a "B" or better (additional conditions apply). This course maintains a UC - "g" rating.



Attendance, Participation and Citizenship

This is an interactive class and the coursework deals with issues that significantly affect a student's success on the job. Much of the work will be completed during class time. **Attendance is vital to your success.** If you are absent, it is your responsibility to make up your missed assignments. Students with excused absences will be allotted the same number of days as the absence to complete their work. Make up assignments will be given for excused absences only, which include medical, legal or bereavement circumstances. Failure to complete make-up assignments will adversely affect your grade. Students are expected to attend class daily and to arrive on time. Excessive tardiness and/or absence may prevent the student from receiving a course certificate.

Just as in business and industry, where employees are expected to show up on time every day, Mission Valley ROP students are expected to be on time for classes every day. Mission Valley ROP is committed to preparing students for the workforce. This preparation includes technical skills as well as work and business ethics. Most young people lose jobs for three reasons: tardiness, being on their phones, and not being on-task.

Mission Valley ROP does not condone cheating. Any student caught cheating on an exam or copying work (from another student or any other source) will be given one warning and a failing grade for that assignment. Any subsequent incident may result in termination from the ROP program, a failing grade, and/or loss of credit.

Dress Code

Proper attire is expected of Mission Valley ROP students. Pajamas, slippers, clothing that is too revealing or poses a safety concern (i.e. pants that must be held up with one hand because they are too baggy, large earrings) should not be worn. Appropriate undergarments must be worn at all times. Clothing must be clean, neat, in good repair, and must convey professionalism. Clothing/accessories that identify affiliation with street gangs may not be worn. Clothing which covers the head and eyes **for fashion purposes** will not be allowed (i.e.: hats, caps, hoodies, do-rags, skull caps, bandannas, sunglasses, etc.) Applying makeup must be done outside of class. At the discretion of instructor and/or administrator, students may be placed on contract for violating dress code and/or removed from class.

Smoking/Alcohol/Illegal Substances

The use of tobacco, alcohol and drugs by minors is against the law. Students found in violation will be disciplined and possibly dropped from the program. This policy extends to all Mission Valley ROP-related training and activities including internship and job shadowing opportunities, field trips and events.

COVID/Health Requirements

- All Mission Valley ROP students are required to wear a mask or face covering while inside any classroom or building. A mask will be provided if there is a need.
- All students should conduct a daily self-assessment for any signs or symptoms of illness.
- Students should stay home from school and school activities if they have any symptoms of an illness such as a fever, a cough, a sore throat or headache.
- Students should not return to school after an illness until they have been symptom free without medication for 24 hours.



Our Recipe for Success

- Be on time and ready to work.
- Participate fully in all activities.
- Listen to instructions when they are given and ask for clarification when needed.
- Respect your teacher and your classmates.
- **No cell phone use is allowed during class** (unless directed to do so by the instructor).
- Always dress appropriately.