

**Mission Valley ROP**  
**Culinary Arts 1**  
**2019-2020**

**Instructor:** Chef Shaleah Nelson  
**Contact Information:** (510) 471-5126 / [snelson@mvrop.org](mailto:snelson@mvrop.org) or [snelson@nhusd.k12.ca.us](mailto:snelson@nhusd.k12.ca.us)  
**Room Number:** Conley-Caraballo High School, Room 21

*You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients.*  
-Julia Child

*Do or do not, there is no try! -Yoda*

### **Overview of the Course**

This course will introduce basic cooking and baking skills. Students will work in a kitchen lab preparing savory and sweet items.

### **Course Goals**

- Learn and follow all safety and sanitation procedures.
- Proper use and care of all cooking/baking equipment in the kitchen.
- Follow recipes and learn when (and how) to deviate from them.
- Perform basic cooking operations.
- Basic understanding of the food service industry and the career opportunities offered within it.

### **Course Topics**

This course is geared to prepare students for entry level positions in the foodservice industry. Included in the course are sections on:

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

## Required Text

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

## Supplies Needed

- 1 Notebook for recipes, notes, written assignments etc.
- Pens, pencils, highlighters

## Additional Assignments

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

Famous Chefs - Past and Present

Home Cooking Project

Farmers Market Project

Student Portfolio

A student portfolio is required for 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 one visual example 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. If you are absent, it is **YOUR** responsibility to pick up (and make up) your missed work. Please see me for specifics. Your final grade in the course will be based on the following:

Lab Work and Class Assignments	30%
Quizzes and Tests	30%
Attendance, Participation and Work Ethic	40%

For the "Attendance, Participation and Work Ethic" grade, students will meet regularly with Chef before every report card to review the student's ability to meet these expectations: An "A" is awarded for meeting the expectation of showing up on time every day, staying off phones/devices, and remaining focused on work. A "B" is for a student who is very rarely late, almost never on their phone/devices, and consistently is on-task. A "C" is for a student who is late only a few times, once in a while has be reminded to put away their phone, and is mostly on task, meeting the minimum acceptable behavior for a workplace. Anything below these expectations will require developing a plan to help the student and to meet the course's minimum expectations: this will involve counselors, parents, coaches and AP's.

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 and verification of the skills they mastered. If the student is failing (below a C), parents/guardians will be notified in advance of grade posting.

**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 done in class and is not necessarily written 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.

Mission Valley ROP is committed to preparing students for the workforce. This preparation includes technical skills as well as business ethics. 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, and/or a failing grade.

**Our Recipe for Success**

1. Be on time and ready to work.
2. Include everybody when working in teams. Everyone should do their part.
3. Listen to instructions when they are given and ask for clarification when needed.
4. Respect your teacher, your classmates, the equipment, and the kitchen.
5. Always dress appropriately.
6. Adjust your voice to suit the activity.
7. No using electronic devices (unless directed to do so by the instructor).
8. Keep our kitchen and classroom clean

\_\_\_\_\_  
Student Signature \_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature \_\_\_\_\_  
Date