

# Culinary Syllabus

2021-2022

**Instructor:** Chef Shaleah Nelson

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**Phone or Text:** Google Voice 510-423-3556

**Office Hours:** M- F 8:00am - 5:00pm emails, texts & voice mails will be checked during this time and be returned (to the best of my ability) within 24 hrs.

**Credits:** 4th period semester class = 5 units

7th period full year 2-hour class = 20 units

Important please read everything below!

I invite and encourage all of us to practice patience and kindness with each other during these unprecedented times.

\*\*\*The information in this syllabus is subject to change as the health and safety directives change.



Dear Students and Parents,

Welcome to Mission Valley ROP Culinary Arts 1 at Conley Caraballo High School.

Due to the Corona19 Virus there will be changes to our class:

**\*\*\*Until the CDC and local health agencies say differently, we are wearing masks over our nose and mouth in class at all times.**

## COVID/HEALTH REQUIREMENTS:

- 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.



## Communication is KEY!

It's vitally important that we have clear communication. Communication between teacher to student, teacher to parent, and student to parent. We can have success if we keep these lines of communication open. How?

**By giving me an accurate email and cell phone.**

**I welcome all questions!**

**Ask questions**, PLEASE! Parents & students, when you don't understand something, if you can't make a deadline for an assignment, if you need support. Questioning equals answers that can help. Not questioning can mean failure due to lack of information. **STAY INFORMED!**

I look forward to a wonderful semester/year cooking and learning with you!

**- Chef Nelson**

Please read this syllabus carefully! I will outline class expectations, supplies needed, & grading policies. **My contact information is on the first page of this syllabus. If you have questions or concerns please contact me.**

This class is about learning "life skills".

### Course Subjects:

(these will be covered throughout the course)

- Food safety(& sanitation & personal hygiene
- Kitchen & equipment safety
- Tools & equipment Identification
- Knife Skills
- Basic Cooking Techniques
- Basic Baking Techniques
- Purchasing, Cost Control & Menu Design
- Nutrition
- Successful work-place skills (resume, applications, interview skills)

The student will be able to:

- Demonstrate proper handwashing process.
- Demonstrate & explain safety and sanitation procedures.
- Demonstrate basic knife skills and different knife cuts.
- Identify & use hand tools, utensils, and measuring equipment used in cooking and baking.
- Demonstrate skill in using and maintaining equipment and tools.
- Demonstrate the ability to read a recipe, follow directions, and produce a quality product.
- Reinforce basic skills, including math, reading, and science.

Because of distance learning the students will be demonstrating their skills through pictures, video, and possibly demo live online.

**Grading Policy: All assignments are point based**

Attendance, Punctuality and work ethic about 40%

Class participation & at home cooking about 30%

Quizzes/exams about 30%

90%-100% = A

80%-89% = B

70%-79% = C

60%-69% = D

59% & below = F

**If the student is failing, parents/guardians will be notified in advance so we can work out a solution.**

**Other Stuff:**

**Certificate of Completion:** Students completing this course with a grade of "C" or better will receive a Mission Valley ROP Certificate of Completion listing the competencies achieved in the course.

Students not maintain a "C" will be notified before the end of the semesters.

**Life Skills:**

This course is going to teach you skills that you'll use throughout your life such as:

- **Following directions, this is something we do from the beginning of life to the end.**
- **Being clean, neat, and organized.**
- **Learning to be a leader.**
- **Being a team player.**
- **Being respectful.**
- **Using good manners (please, thank you, etc.)**

**Keys to success:**

- Be engaged
- Be ready to work, that means paper, pencil or pen, computer and reliable connection.
- Students will have respect for Chef, fellow classmates, and self
- Remember you are learning workability or life skills.

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: **Plagiarism**) will be given **ONE** warning and a failing grade for that assignment. Any subsequent incident will result in termination from the ROP program, a failing grade, and loss of credit.



Make sure that you and your parent(s) have signed the syllabus. If you need a version in Spanish, please let me know.

**Please have both student and parent sign this to show your understanding of the information contained within the syllabus document on Canvas, and the expected behaviors that have been expressly described.**

Student \_\_\_\_\_

Date \_\_\_\_\_

Parent \_\_\_\_\_

Date \_\_\_\_\_