

**Mission Valley ROP
Culinary Arts 1
2023-2024**

Instructor: Chef Shaleah Nelson
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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.

MVROP "SLO" SCHOOL LEARNING OUTCOMES

WORKPLACE BASIC SKILLS AND BEHAVIORS

- Apply skills learned in class
- Analyze information and make decisions
- Communicate verbally and in writing
- Work independently and as a team member in a diverse workplace
- Work reliably, responsibly, and ethically

CAREER TECHNICAL SKILLS

- Demonstrate occupational competencies
- Use appropriate technology
- Understand and practice occupational safety standards
- Demonstrate an awareness of how a business or industry functions

JOB EMPLOYMENT SKILLS

- Develop a plan to achieve career goals
- Use effective job search strategies
- Demonstrate an awareness of the importance of lifelong learning

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.

- Work collaboratively with a group of people on all aspects of kitchen care and behavior.

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
Fish, Meat and Poultry ID and Fabrication
Product Identification and Storage
Herbs and Spices
Nutrition
Plant forward cooking
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

All supplies needed will be provided.

Required Assignment

All students are required to complete the food-handlers exam to be able to work in the kitchen.

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

Making bread at home Heritage 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%
Projects, Quizzes and Tests	20%
Employability skills and Work Ethic	50%

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 been 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.

Cheating Policy

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 other students will be given one warning and a failing grade on that assignment. Any subsequent incident may result in the termination from his/her Mission Valley ROP program, a failing grade, and loss of credits.

***Using ChatGBT or any other AI program to complete assignments is considered cheating unless specifically cited, and or instructed to be used for that specific assignment.

Your letter grade is determined as follows:

A 90-100%

B	80-89%
C	70-79%
D	60-69%
F	50-59%
NG	0-49%

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.

COVID POLICIES/HEALTH REQUIREMENTS -

*****We will follow the directives of the CDC regarding wearing of masks or other safety/health equipment**

- 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.

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.

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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

Please fill out the attached Google Form to verify that you've read and understand the syllabus.

Student Signature

Date

Parent Signature

Date

Last Updated - 8-2-2023
Approved -