

**MISSION VALLEY ROP
KENNEDY HIGH SCHOOL
CULINARY ARTS 1**

Providing Students with a Recipe for Success-

INSTRUCTOR: Chef Mari Moschetti

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Course description:

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

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

Goals:

- 1. Learn and follow all safety and sanitation procedures**
- 2. Proper use and care of all cooking/baking equipment in the lab kitchen**
- 3. Follow recipes and learn when to deviate from recipes**
- 4. Perform basic cooking demonstrations**
- 5. Basic understanding of the food service industry and the career opportunities available within**

Topics we will study:

Food History & Culture

Intro to Hospitality/Careers in Industry

Front of the House Customer Service

Workplace Law

Sanitation and Safety

Green Practices

Knife Skills

Culinary Terminology

Baking Science, Measurements & Weights

Baking Ingredients & Techniques

Smallwares Identification

Cookies, Cakes & Pies

Yeast Dough, Quick Breads, Muffins & Scones

Breakfast Cookery

Baking Cooking Techniques

Herbs and Spices

Stocks, Soups & Sauces

Meat & Poultry Identification and Fabrication

Purchasing & Food Costing

Plate Presentation

Nutrition

Employability (resume, applications, interviewing skills)

Assignments will be given such as:

Famous Chef

Home Cooking Project

Daily Sheets (goals, planning, math, hot topic, journal and reflection)

Portfolio

Weekly Lab Assignments (hands on cooking)

Evaluation is based on the following:

Lab Projects

Tests and Quizzes

Attendance

Assignments

Homework

Clean – Up- Each time you or your assigned group cooks, you must clean. If all equipment and your working area are not clean when you leave, the entire group loses points – NO EXCUSES!!!!!!

A Student Portfolio is required for the Mission Valley ROP. Students completing the class (with a grade C or better) will receive a certificate of completion and verification of the skills they mastered. Also, students will be trained on how to properly fill out an application, complete a resume and provide at least 1 visual example of their work in the class.

Grading Policy:

Lab Work and Class Assignments 30%

Tests and Quizzes 30%

Attendance, Punctuality and Work Ethic 40%

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 of grade posting.

Our Recipe for Success

- 1. Be on time and ready to work**
- 2. When working as a team, work together- don't exclude any team member**
- 3. Listen to instructions when they are given**
- 4. Respect the instructor, classmates, equipment and kitchen**
- 5. Adjust your voice to suit the activity**
- 6. No electronic devices- unless given permission by Chef**
- 7. Keep kitchens and classroom CLEAN**

COVID/HEALTH REQUIREMENTS:

- All students are required to wear a mask or face covering while inside any classroom or building on campus. 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.**

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 for that assignment. Any subsequent incident may result in termination from his/her Mission Valley ROP program, a failing grade and loss of credit.

If you are absent, it will be YOUR responsibility to pick up your missed work. If you need further assistance please see me and accommodations can be made.

Supplies students will need for this class are:

1" 3 Ring Binder for all work, tests, notes etc. *If you are a G.V.A. student a binder will be provided to you.*

1 Set Dividers

Notebook/Binder Paper for Notes

Pencil and Pen

A food storage container to take your lab projects with you

Student/Parent: I have read this kitchen and classroom plan and understand it. I will honor it while in our classroom and kitchen.

Print Name: _____

Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Thank you and I really look forward to working with you all this year-

Chef Moschetti