

**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**

**Farmer's Market Visit**

**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:**

- Masks are recommended indoors and are available in our classroom if you would like one.**
- All students will review the daily health screening before entering campus.**
- 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.**
- We will continue to follow all mandated procedures issued by Alameda County.**

**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 the 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. You will have access to the "In Case You Missed It" files in our classroom. You will have the number of days you were absent to complete and turn in your missing 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**