**Culinary Arts I** Course Syllabus

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**Course Description**

This Career & Technical Education (CTE) course is designed for students who want to

build skills working with recipes, meal planning, and food preparation. Students will have an

opportunity to explore a variety of cooking techniques, an understanding of how food choices and

the way food is prepared contributes to their total wellness, learn how to balance time management in order to meet time restraints, and explore a variety of resources available to them as consumers when making choices about the food they eat and prepare. There will be emphasis on techniques and skills that are appropriate for home use and can be built upon to transfer to the food service industry.

Instruction will take students through basic kitchen equipment, food prep terminology, kitchen safety and sanitation, along with healthy preparation of foods from all food groups. Labs associated with each unit will accommodate special diets such as Vegetarian, Gluten Free, Diabetic, Lactose Free, etc.

**Proficiency Standards**

National FACS Standards:

1.2 Demonstrate transferable and employability skills in school, community and workplace settings.

8.2. Demonstrate food safety and sanitation procedures.

8.3 Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.

8.4 Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.

8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.

9.3 Evaluate nutrition principles food plans, preparation techniques and specialized dietary plans.

**CTE Oregon Skill Set VPZ09.01**

*Performance Indicators* Identify and demonstrate positive work behaviors and personal qualities, including an understanding of organizational policies, rules and procedures.

National CTE Career Ready Practices:

Act as a responsible and contributing citizen and employee.

Apply appropriate academic and technical skills. Communicate clearly, effectively and with reason.

Demonstrate creativity and innovation. Utilize critical thinking to make sense of problems and persevere in solving them.

Model integrity, ethical leadership and effective management.

Work productively in teams while using cultural/global competence.

**Classroom Textbook**: Guide to Good Food (Student Site) <http://www.g-wlearning.com>

This site allows the student access to “Chapter Activities” and a “Resource Center” which will provide the student additional understanding and review for most topics covered.

**Course Topics** The following topics will be addressed throughout the course through classroom discussion, student activities, videos, simulations, short readings, and hands on labs in stocked kitchens:

Safety and Sanitation

Preparation Terms & Methods

Cutlery Skills

Measurements, Abbreviations, Substitutions, and Equivalents

Meat & Poultry- Methods of cooking

Daily Food Choices- My Plate, Portion Sizing, Eating Out Nutritiously

Nutrition and Special Diets

Dairy Products- Milk & Cheese, Egg Cookery

Fruits & Vegetables- Selection & Prep, Plant Protein

Grains- Yeast Breads, Quick Breads, Rice & Pasta

Shopping For Food- Food Labels

**Course Expectations**

**Class Time:** Students are expected to be on task PARTICIPATING at all times in their assigned kitchen and/or seat. Lab work is to be completed COOPERATIVELY as a team. Written work is to be completed individually. Copied assignments will not be awarded any credit.

**Absences:** Good attendance is necessary to do well in any class. Oregon City High School guidelines concerning absences and tardiness will be in effect**.** Make-up work will be required for all labs, assignments, and tests.

**Tardiness:** Students need to be to class and in their assigned seat on time. If you are 15 or more minutes late arriving for class, first check in with attendance. Continued infractions will result in a referral. Tardiness, 15 or more minutes on lab days will require make-up.

**Make-up assignments & lab forms need to be obtained by the student upon returning to class**. Make-up work must be completed & turned in NO LATER than the day before the unit test, unless there are extenuating circumstances.

**Due Dates:** Keeping up with work is important as skills build on each other and culminate in tests. No assignment will receive credit after the day of a unit test.

**Homework** will consist of completing written assignments and studying for tests. Prior to tests review your Early Work Journal. To Review textbook chapter activities & resources go to the following site. <http://www.g-wlearning.com>

**Appropriate dress:** The dress code in the student handbook will be strictly enforced. Furthermore, on lab days, no loose clothing or open-toed shoes will be allowed in the kitchens. If hair is able to be pulled back, you need to bring a hair-tie and restrict your hair during labs. Professional dress in the kitchen that is up to industry standards in mandatory in this course.

**Lab Fee:** The $20.00 lab fee covers a portion of the cost of groceries for this class. Please pay this ASAP.

**Cell Phones (and other electronic devices such as I-Pods etc):** Students are permitted to carry cell phones while at school. However, cell phones must remain out of sight with no power, while in **any** classroom or during their class time in all academic areas, i.e. library, career center, counseling office. Cell phone use will not be permitted in the restrooms or locker rooms at any time.

Use of a cell phone, iPod’s or any electronic device during a test, i.e.: text messaging will be considered cheating (see Code of Conduct) and appropriate action will be taken. No use of cell phone cameras will be permitted during the school day.

Cell phones may not be used in any manner that will cause disruption to the educational environment. If a cell phone is brought to school, it is at the individual’s own risk and the school will not compensate a student for lost, stolen or damaged devices.

**Sanctions:**

·        **First Offense: Verbal warning by teacher. Student will secure cell phone out of sight (i.e. immediately turn off and put in backpack/purse/locker).**

·        **Second Offense: Parent notification by teacher, referral to Vice-Principal for consequences.**

·        **Third Offense: In-school suspension.**

·        **Fourth Offense: Full range of sanctions.**

**Cell Phones in the Culinary Arts Classroom:** Students should be engaged in a learning activity all period and will adhere to the district cell phone policy, unless direct communication and permission with Ms. Warnock has occurred. Taking a picture of a final product in the kitchen, searching for a recipe variation or substitute, or converting measurements with a calculation app would be examples of times when a cell phone could be permitted, again only AFTER communication and permission with Ms. Warnock (or the acting teacher) has taken place.

**Student Conduct:** Students will be expected to follow the rules of conduct outlined in the student handbook. Students that interfere with the learning environment will be reprimanded. Continued infractions will result in a referral and removal from the class until the behavior is resolved.

**Safety & Sanitation:** Foods students will be expected to maintain a safe and sanitary work place for the preparation and serving of foods at all times. Students that fail to maintain safe and sanitary conditions will lose credit for the lab. Continued failure to maintain a clean lab will result in loss of lab privileges. Endangering other student’s safety will result in the student being sent from class to the office with a disciplinary referral. **Expulsion from the class will occur if the student recklessly endangers the health and safety of others**.

**Grading/Reporting Procedures**

**Labs** will equal **40%** of the grade.

(Lab instruction, planning, preparation, presentation, participation, national CTE career ready practices.)

**Assignments** will earn **30%** of the grade.

(Textbook worksheets, demonstrations, videos, dietary computer analysis, early work journal, etc.)

**Quizzes/Tests** will earn **30%** of the grade.

(Food Handlers, Unit 1 Test, Unit 2 Test, Final Exam.) **Test Retakes**: All unit work must be completed and turned in to be eligible for a Unit 1 & 2 Test Retake. Test Retakes must be completed prior to the next unit test.

Ms. Warnock is available for help and make-up after school in RM F113. Direct communication and verification with teacher prior to stopping by is ideal due to meetings and extenuating circumstances. Please email me with concerns and/or questions at: [Jamie.Warnock@orecity.k12.or.us](mailto:Jamie.Warnock@orecity.k12.or.us) or leave me a message at 503-785-8942, after 3:00pm.

