

Whitmer High School CTC

Culinary Arts

Culinary 1

“Once you have mastered a technique, you barely have to look at a recipe again”

- Julia Child

SY 2018-2019

C111

Monday - Friday

Instructor: Chef Dave Napierala dnapierala@wls4kids.org
419-473-8376

Office Hours: By appointment – just see me and we will make one!

I. Rationale:

This course exists to provide you the student with the skills and qualifications necessary to gain entry-level employment in a commercial kitchen of a restaurant, catering operation, or institution. It also exists to provide you the student with enough background skills and information to make the transition to a college culinary program.

II. Course Aims and Outcomes:

Aims

This course will aim to satisfy the job requirements for an entry level position as a food service professional in a wide variety of commercial kitchens:

A. Food Service Operation

1. Sets up food service, kitchen, or salad area facilities, equipment and utensils, under detailed instruction, in accordance with specific area needs; checks food temperatures and/or prepares areas for daily operations; may operate cooking or bakery equipment as assigned.
2. Conveys food and supplies from the main kitchen, bakery, and/or salad preparation area to the serving site either by carrying or by utilizing a utility cart.
3. Follows prescribed procedures in setting up hot and cold food lines; chooses proper utensils and sets steam line to appropriate temperature for menu items.
4. Prepares or assists in the preparation of hot and cold meat and vegetable dishes, beverages, salads, sandwiches, pie fillings, simple bakery items, salad dressings, and/or other similar food items, as appropriate to the position.
5. As appropriate to the position, serves food items to customers from counters and/or steam tables, in accordance with specific instructions, ensuring that appropriate portions are served.

6. May serve a range of hot and cold food items from counters and steam tables; adds relishes and garnishes according to instructions.
7. As needed, replenishes foods, silverware, glassware, dishes, and trays at serving stations; may order and replenish condiments.
8. Fills ice cream, yogurt, and/or ice machines, if present in area of operation; ensures that machines are cleaned and maintained, as necessary.
9. Attends to day-to-day problems and needs concerning equipment and food supplies; detects and ensures disposition of spoiled or unattractive food, defective supplies/equipment, and/or other unusual conditions.
10. May clean and maintain work areas, including floors, facilities, utensils, and equipment; collects and places garbage and trash in designated containers; as appropriate to the area of operation.
11. Washes pots, pans, and other serviceware ensuring sanitary handling; organizes and replaces serviceware to appropriate location.
12. May perform cashiering duties, as required.
13. May provide guidance and training to other employees performing related work.
14. Performs miscellaneous job-related duties as assigned.

Source:<http://jobdescriptions.unm.edu/detail.php?id=9523&posn=Food+Service+Worker>

B. This course will also provide the following outcomes :

15. Describe the interaction among history, culture, and food that draws connections between major historical events and how and why these events affected and defined the culinary traditions of different societies.
16. Describe how history influences our diets.
17. Identify the roles and responsibilities of culinary professionals in a variety of industries.
18. Describe the importance of professional development and becoming a “lifelong learner”

Student Learning Objectives:

By the end of this course, students will have the foundational knowledge in the following content areas:

- Food Science Basics
- Culinary Math
- Recipes and Food Cost
- Tools and Equipment
- Knife Skills
- Basic Mise-en-Place
- Stocks, Sauces & Soups
- Cooking Methods
- Basic Nutrition

The Student will also be able to:

1. Describe the fundamental characteristics of the culinary profession.
2. Classify foodservice operations based on a culinary perspective.

3. Identify the major purpose of professional organizations including The National Restaurant Association, National Restaurant Association Educational Foundation, American Culinary Federation, and Northwest Ohio Restaurant Association.
4. Describe typical organizational structure for cutting edge and multi-unit restaurants.
5. Describe culinary career opportunities in cruise lines, hotels, restaurants, healthcare, business/industry, education and the military.
6. Describe the interaction among history, culture, and food that draws connections between major historical events and how and why these events affected and defined the culinary traditions of different societies.
7. Develop a professional resume.
8. Develop a professional portfolio
9. Develop professional development opportunities.

III. Format and Procedures:

This course was constructed using the Pro Start curriculum/program from the National Restaurant Association. There will be a combination of lecture, instructor demonstrations, and practical lab experiences. Students will also participate in the *Campus Caf *, the student run restaurant here on Whitmer's campus. The restaurant will be operated every Wednesday through Friday from October – May.

Class Expectations

1. Class Attendance Policy

- a. The Washington Local Schools' district attendance policy will be followed but I expect each and everyone of you to be present each day of class. Now, I understand that unexpected circumstances may arise from time to time preventing you from coming to class. Should such circumstances arise, please see me. However, it is essential that you are present. This class cannot exist without you here!

b. Policy for Make-up Work

- **Students who are absent are required to make up any written assignments! It is your responsibility as the student to come to me to inquire about missing assignments!**
- Make up work cannot be made up during instructional time, but on the student's own time. If you need time during class to finish an assignment, you must contact me and ask for permission to do so.
- Do your own work! No copying or cheating will be tolerated.
- To complete assignments and make up missed work, students may sign out a classroom textbook, use the internet, or make arrangements to meet with Chef at specified periods or after school.

2. Mature Behavior

- a. **The disciplinary policies set forth by Washington Local Schools will be strictly enforced.** This is for your safety as well as mine! In addition to those policies, I expect each student to act in a manner befitting a professional member of the foodservice industry:

- i. **BE ON TIME!!!** – Class starts when the bell rings – period! We will not wait for you.
- ii. **Show respect towards others – It is my duty to provide you the student a safe environment in which to learn and grow. Any disrespect or bullying towards another student will not be tolerated at all for any reason!**
- iii. **Show respect to me** – You will address questions to me in a manner befitting a professional member of the food service industry. That means raise your hand and say please. You have the right as a student to participate in discussions, ask questions, and even challenge my reasoning if you think of a better solution to a problem but you will do so in a courteous and professional manner.

IV. Classroom/Lab Disciplinary Policy

The disciplinary policies set forth by Whitmer High School/Washington Local Schools will be enforced along with the culinary arts disciplinary rules/ policies explained below:

Culinary Arts Disciplinary Policy

- First offense - verbal warning with written acknowledgement of warning
- Second offense - written warning with phone call home to parents
- Third offense - detention issued, phone call home to parents
- Anything after the third offense could result in further disciplinary action including parent conference with the student, instructor, and CTC Principal where removal from the program may be discussed.

This policy is not totally sequential. The seriousness of the infraction will be taken into account. The instructor reserves the right to make this determination.

Lab Rules:

1. No one leaves the lab/cafe until all production areas are thoroughly cleaned, dishes are done and put away, and floors are swept.
2. Keep the classroom neat, clean and organized.
3. If you make a mess or spill something, clean it up as soon as possible. Messes cause unsafe working conditions for your fellow students.
4. Do not start a project until I tell you to start.
5. If you use a kitchen tool, put it back where it goes. Any intentional misuse of kitchen tools will result in a zero being issued for the day and if necessary, further disciplinary action including assessment of any fees incurred by the district for the repair or replacement of tools.
6. Be sure all equipment in your station and the dish room is turned off and stowed away neatly. Any intentional misuse of kitchen equipment will result in a zero being issued for the day and if necessary, further disciplinary action including assessment of any

fees incurred by the district for the repair or replacement of equipment.

7. No, eating or gum chewing in the lab.
8. No outside food or drinks. You must have a covered container with a straw to drink in the lab. Even water!
9. You must wear your assigned uniform everyday that our class is in session. I wear mine everyday, so you will wear yours.
10. You must wear a head covering. Caps are assigned as part of the uniform however if you forget it, you must wear a hairnet. No exceptions!
11. No false or long nails can be worn in the lab. No nail polish is allowed. If you forget, you have to either wear gloves for the entire lab session or sit out.
12. No open toed shoes, sandals, “flip flops”, etc. will be allowed in the lab.
13. You may not leave the lab at any time or for any reason without permission from the instructor and receiving a written pass. Failure to honor this rule will result in a detention and a phone call home.
14. You must wear your culinary arts ID badge if you are going to leave the lab for any reason.
15. You may not utilize any food allocated for labs or the café without prior permission. Doing so will result in removal from class and a zero will be issued for the day.
16. All culinary students will pay ½ of the published menu price for any food purchased during the operation of the Campus Café.
17. Cleaning projects are mandatory in this class and are a part of everyday life in the professional kitchen. Failure or a refusal to participate will result in a zero being issued for that day’s lab points.
18. Any equipment stored in the hallway adjacent to the kitchen will be treated with respect or left alone.
19. Failure to comply with these rules will result in a reduction of grade and a written warning for the first infraction. Any subsequent infractions will result in a detention being issued.

b. Campus Cafe Rules:

1. If the cafe is closed, no students are to be in the cafe without permission from the instructor.
2. The cafe doors are to remain closed and locked when the cafe is not in session.
3. Do not open the cafe doors for any students from inside the cafe without permission from the instructor.
4. Students are **NOT** allowed to eat in the cafe unless a PBIS pass is presented at the time of service or they are accompanied by an instructor.
5. Students who are allowed to eat in the cafe will be issued a “reservation” card on the table.
7. Senior culinary students who have their culinary arts ID badge may eat in the cafe for ½ of the published menu price.

***Failure to adhere to these rules will result in negative consequences. See classroom disciplinary policy.**

V. Uniform Policy

You will be issued the following uniform: grey/black chef's jacket, black chef pants with white pinstripe and black baker's cap. **Once the uniforms have been issued to you; you must wear the uniform to class everyday. You also must wear closed, rubber soled shoes. No open toed shoes such as sandals will be allowed.** Uniform infractions will result in deduction of points up to and including exclusion from the day's activities, in which a zero will be issued.

VI. Course Requirements:

1. Class attendance and participation policy: See student handbook

2. Course readings:

(a) Required text: National Restaurant Educational Foundation (2011) *Foundations of Restaurant management and Culinary Arts* Chicago: Prentice Hall

VII. Assignments/Grading Procedures:

Whitmer High School uses the 10 point grading scale on assignments, tests and quizzes:

A = 100%-90%

B = 89% - 80%

C = 79% - 70%

D = 69% - 60%

F = 59% or below

The major projects you will be completing this semester will be:

1. Constructing a professional portfolio of the student's individual accomplishments. Examples of the contents could be: photos of food items created in the lab or campus café and evidence of academic/athletic achievements obtained during the student's high school career.
2. Writing a professional resume.

More information will be given to you throughout the semester on these various projects

VIII. Academic Integrity

Each student in this course is expected to abide by Whitmer High School's Code of Academic Integrity. Any work submitted by a student in this course for *academic* credit will be the student's own work. For this course, collaboration is allowed in practical lab experiences and any other assignment that the instructor sees fit. Those assignments will be communicated to the student by the instructor.

You are encouraged to study together and to discuss information and concepts covered in lecture and the sections with other students. You can give "consulting" help to or receive "consulting" help from such students. However, this permissible cooperation should never involve one student having possession of a copy of all or part of work done by someone else, in the form of an e-mail, an e-mail attachment file, flash drive, or hard copy.

Should copying occur, both the student who copied work from another student and the student who gave material to be copied will both automatically receive a zero for the assignment. Penalty for violation of this Code can also be extended to include failure of the course and Whitmer High School disciplinary action.

During examinations, you must do your own work. Talking *or discussion is not permitted during the examinations, nor may you compare papers, copy from others, or collaborate in any way.* Any collaborative behavior during the examinations without permission from the instructor will result in failure of the exam, and may lead to failure of the course and school disciplinary action.

IV. Accommodations for students with disabilities

In compliance with both Whitmer high school and Washington local schools district policy and equal access laws, I am available to discuss appropriate academic and lab accommodations that may be required for students with disabilities.

V. Inclusivity Statement

We understand that our students represent a rich variety of backgrounds and perspectives. Whitmer high school and the Washington Local school district are committed to providing an atmosphere for learning that respects diversity. While working together to build this community we ask all members to:

- share their unique experiences, values and beliefs
- be open to the views of others
- honor the uniqueness of their colleagues
- appreciate the opportunity that we have to learn from each other in this community
- value each other's opinions and communicate in a respectful manner
- keep confidential discussions that the community has of a personal (or professional) nature
- use this opportunity together to discuss ways in which we can create an inclusive environment in this course and across the Washington Local Schools community