



Introduction to Culinary Arts

Insert Teacher Name

Insert Room Number

Insert Full Year/Semester

Insert Period

Insert Email Address

COURSE DESCRIPTION

Grades 9, 10, 11, 12

In Culinary Arts 1, prepare for an active hands-on cooking experience while gaining healthy eating habits that you will use for the rest of your life. Learn food preparation skills for appetizers, main courses and desserts, as well as creative ways to incorporate fresh fruits and vegetables and natural cooking methods into daily life. Join us for a cooking adventure!

COURSE OBJECTIVES

Students will be able to:

- incorporate good safety practices to help prevent kitchen accidents
- properly clean and sanitize a kitchen workstation
- read a recipe, understand recipe vocabulary, and execute a recipe
- utilize culinary skills learned over the course of the semester to create a meal from ingredients on hand
- propose methods for preparing foods
- select and demonstrate the safe use of appliances, small kitchen equipment, cookware, and bakeware
- prepare a variety of fruits, vegetables, beef, poultry, salads, casseroles, eggs, sauces, and baked goods

UNITS OF STUDY

1. **Technique Fundamentals:** Overarching tips and techniques will be taught and applied throughout the semester to demystify the processes of creating recipes that work.
2. **The Basics:** Kitchen safety and sanitation, how to read a recipe, creating a mise-en-place, identifying and utilizing culinary equipment, understanding culinary terminology
3. **Knife Skills:** Properly holding and using various knife cuts. Identifying appropriate cuts for different ingredients and recipes. Produce (fruits/vegetables/herbs) identification and preparations.
4. **Eggs:** What are they really and why are they the building block for so many recipes?
5. **Sauces/Proteins:** Proper preparation of protein sources (meat-based and vegetarian) and sauces to compliment them.
6. **Food & Community:** Exploring various career opportunities in the culinary field, the connections between our academic classes and the culinary world, and finding opportunities for community service in the field.

GRADING

Cumulative/In-Progress Grade:

- 10% of the grade will be based on formative assessments, homework completion, or behavior (see FPS BOE [Policy 6154AR](#))
- 90% will be based on summative assessments based on a minimum of four assessments (see FPS BOE Policy 6146AR)

End-of-the-Year Grade:

- 90% of the overall course grade will reflect the student's mastery of course content and skills during the school year through the Cumulative/In-Progress Grade.
- 10% of the End-of-the-Year course grade will be based on the Final Assessment.

Grade Reporting

- All grades will be communicated through Infinite Campus
- Summative assessment results will be reported back to the student within ten school days from the date of submission or the due date.

Guidelines for Late Work (see FPS BOE Policy 6146AR):

- Late work will be accepted for both summative and formative tasks within a defined timeline agreed upon between the student and the teacher

The total points may be reduced as a penalty for late work

REASSESSMENT GUIDELINES

Eligibility of assessments	All summative assessments.
Process	Students indicate desire to reassess within 2 class periods after receiving feedback on original assessment. Students must fill out the Request for Reassessment Form.
Frequency	Students will have the opportunity to reassess on two summatives per year but not more than one per term (quarter).
Assessment Format	Based on discussion between the student and teacher, students will either complete modifications or an entire redo of the summative assignment. The end result will be a complete new version of the original assessment.
Gradebook impact	Original and reassessment scores will be averaged in the gradebook.

MATERIALS:

All students should come to class prepared with:

- A school-issued Chromebook and charger or personal laptop and charger
- A writing utensil (dark ink pen or pencil)
- Kitchen-appropriate clothing and footwear
- A hair-tie, hat, or head covering for hair longer than ear-length

Optionally, students can choose to have

- Headphones (for independent work like listening to course videos)
- Sharpies or highlighters (for annotating recipes)

EXPECTATIONS OF STUDENTS:

Students are responsible for routinely practicing and applying learned cooking and sanitation skills in collaboration with their teammates during labs. During these labs, students are expected to demonstrate behavior that is appropriate for the safety of themselves and their peers while working in a kitchen classroom. Students are expected to complete post-lab reflections to assess their own efforts and learning.

EXTRA HELP:

Students should seek out extra help when needed. Teachers will be available for extra help upon request.