



## Cooking Basics

### Course Syllabus

Teacher: Mrs. Mapes



**Course Description:** Food is an essential part of our lives. Making nutritious meals is just as important as cooking with practical ingredients. Throughout this course we will be improving upon existing cooking skills and learning new cooking techniques using practical ingredients and equipment.

#### Learning Objectives:

- ❖ Use appropriate terminology used in cooking.
- ❖ Apply food and kitchen safety practices when preparing foods.
- ❖ Identify equipment and utensils used in cooking and discuss proper use and care.
- ❖ Demonstrate proper measuring techniques.
- ❖ Read and follow a recipe.
- ❖ Prepare nutritious meals, snacks and appetizers using a variety of cooking techniques.
- ❖ Adapt recipes and techniques for use with different ingredients.

#### Course Expectations:

*Be Respectful – Be Responsible – Be Ready to Learn*

**Beginning of Class** → Please enter the classroom quietly and look at the board for instructions on what materials will be needed for the days' lesson. Students should follow these directions and take out these materials without being told.

**During Instruction** → Please model respectful and positive behavior. Do not shout out answers or comments or speak over others. Raise your hand if you would like to contribute and I will call on you.

**Partner/Group Work** → Treat all group members with respect and come and speak with me privately if you have an issue. I will not tolerate disrespectful comments about your classmates or teachers.

**Working in the Kitchen** → Be responsible and SAFE when working in the kitchen area and follow directions on the proper use of equipment. Failure to do so will result in your removal from the kitchen and a re-evaluation of those privileges. I expect students to fully clean their kitchens and put away all food, dishes and equipment before leaving the classroom.

**Ending Class** → I will allow time for students to pack up at the end of class, so I expect you to continue working until you receive that instruction. Please do not pack up early. If you finish your work early, you may work on an assignment for another class or take out something to read.

## **Materials/Supplies:**

Students are responsible for coming to class with a pen or pencil and a charged iPad.

Students will also be given a classroom folder that should be kept in your classroom mailbox. Please do not remove them from the classroom unless you speak to me first. Check the board each day when you walk into class to see what materials you need to get from your mailbox.

## **Classroom Policies and Behavior Expectations:**

**iPads:** Please bring your iPad to class every day and make sure it is charged enough to make it through the entire class period. iPads should stay in your backpack unless we are using them that day.

**Bathroom:** If you need to use the bathroom, please ask when you first enter the classroom so that we can all be present during the full lesson. You must be back within the first 3 minutes of class or you will be marked tardy. You may only use the bathroom during class if it is an emergency.

**Water:** Please drink at the fountain BEFORE coming to class – I will not let you leave to go get a drink. If you need water during class, please bring a water bottle with you (fill it before you get to class).

**Attendance:** If you are absent from class, it is your responsibility to check Teams for assignments that you have missed and make them up. You will also be responsible for checking your classroom mailbox when you return to school for any papers you have missed. You will have one day for every day you were absent to turn in assignments.

**Tardy Policy:** Per the GVCSD Student Handbook, students will be referred to the main office and receive a lunch detention and phone call home following their 3<sup>rd</sup> tardy within a quarter.

**Leaving Class:** I will only send you to the main office or guidance if you are called down or if there is an emergency. The nurse's office should only be visited if absolutely necessary (I have band-aids in my room). Please sign out EVERY time you leave the room and sign back in when you return.

**Propping the Door:** If you are leaving the classroom, please make sure to prop the door against the wall magnet.

**Talking/Disruption:** Side conversations or disruptions during class are very distracting and will prevent us from getting our work done. Please save conversations for lunch and focus on our work during class.

**Participation:** I expect you to participate in class discussions and activities and to keep your comments relevant to the topic we are discussing. Please raise your hand and wait to be called on if you would like to speak. I may ask you to wait until the end of class to share stories, since we have limited time together each day.

**Classroom:** Please do not touch or use anything in the classroom without permission. This includes anything on or in my desk, the cabinets, whiteboard, outlets and kitchen equipment. I will almost always let you use classroom supplies, but I would like you to ask permission first so that I know who is using what.

**Pen/Pencils:** If you need a pen or pencil, you may borrow one from the cup on my desk at the beginning of class. Please treat our materials with respect and return them at the end of class. Do not tear off erasers or chew on pens/pencils.

**Folders:** Classroom folders and notebooks must stay in the classroom in your assigned mailbox. Please check the board when you get to class and get them out if we are using them.

**Cellphones:** As per the student handbook, students are prohibited from having the following devices on their person for the duration of the school day: Cell phones, wireless headphones, ear buds, smart watches and any other smart device that can send or receive messages. If you have a device on your person in this classroom, I will ask you to place it in the bin behind my desk and it will be in the main office at the end of the school day. Further consequences will be at the discretion of the school principal.

**Class Headphones:** Please ask before using a pair of class headphones. These must be treated with respect and should be returned in their original plastic bag to the bin before the bell rings. Volume on the headphones should be low enough that I can't hear what you are listening to. Failure to follow these rules will result in a loss of the privilege to use them.

**Hats:** Hats are allowed in class, however, I may ask you to remove them and place them in your backpack if they are a distraction or safety issue.

**Backpacks:** Please keep your backpack out of the classroom aisles. Take all your materials from your backpack before sitting down.

**Food:** You may have a water bottle out in class, but **all food and sugary drinks must stay in your backpack.** The exception is if you bring enough food for the whole class to enjoy 😊

**Assigned Seats:** After the first week, I will assign you to a seat, and I expect you to sit in that seat at the beginning of each class. I will change the seating chart throughout the year or during some projects, so you get to work with different members of the class.

**Desks:** Keep your desks clear of everything except the materials we are working with on that day and a water bottle. If you take out other items during class, I will put them on my desk until the end of the period.

You are expected to sit properly at your assigned desks with your feet on the floor at all times during class. Sitting incorrectly on desks can be dangerous.

**Drills and Emergencies:** I expect you to be quiet and cooperative during any school emergencies or drills. No talking, no phones, follow directions, line up in a straight line outside, etc.

**Pack Up:** I will plan in at least one minute for pack-up time each day. **Please do NOT pack up materials, go to the mailboxes or stand up before that time.** It is important that you are focused during the last few minutes of class for the wrap up of our lesson. If class accidentally runs to the bell, I will write you a pass to your next class if needed.

**Done with your work?:** If you are done with independent work early, you may choose one option from the following list to work on silently.

- Read a book (I have physical books in the back that can be borrowed. Please return them before the bell rings.)
- Draw something (There are supplies above the mailboxes).
- Work on HW from another class.
- Silently use your iPad.

## 5 Extra Tips for a Successful Year in my Classroom:

- If you are unhappy with the group you have been assigned to – keep those feelings to yourself and show your group members respect. Have a private conversation with Mrs. Mapes after class if there is a true issue that needs to be addressed.
- Use appropriate and thoughtful language when discussing a dish or recipe. Form a respectful opinion about dishes using observations about color, texture, taste, sweetness, bitterness etc.
- Remember that we are all still learning! Don't put down another student for not knowing something.
- If you don't enjoy a hands-on activity, please offer respectful constructive criticism or suggestions for improvement instead of complaining to your classmates. Activities take a lot of hard work to set up and prepare.
- You worry about you 😊 If you truly need to talk to me about an issue with another student, the time to do this is privately after class.

## **Working in the Kitchen:**

In order to ensure the safety of students and food preparation students will face consequences and receive a zero for the day if they are:

- using inappropriate language or actions,
- touching other students,
- abusing kitchen equipment,
- not using safe handling practices with any of the sharps,
- not cleaning up a mess immediately after it occurs,
- threatening other students (even if they are joking around) and
- not staying with assigned group.

Consequences for not following the rules include, but are not limited to:

- removal from the kitchen for the day and the assignment of textbook work.
- losing the privilege to taste food in class.
- removal from kitchen activities for a period of time to be determined by the teacher and principal.
- lunch detention.
- after school detention
- further consequences to be determined by teacher and principal according to the discipline code in the student handbook.

## **Additional Kitchen Rules:**

- You will never be forced to eat something, but I will encourage you to at least try one bite of the recipes we make so that you can reflect on them during our discussions.
- There will be NO throwing of any objects in the kitchen, paper towels and hand towels included. Place items in the trash when you need to dispose of them.
- You must have teacher's permission in order to be working in the kitchen or to go in the refrigerator or cupboards. Supplies in this room are for instructional purposes, not individuals.
- Gum is not allowed when working in the kitchen.
- Do not sit on the counters or tables; it is unsanitary, and we have plenty of chairs to sit in.

- If you are uncomfortable or unsure of a task or recipe assigned to you, you must speak up and let the teacher know. You will never be forced to do something you are uncomfortable with.
- Don't keep score with cleaning – pitch in wherever you can. We are all responsible for leaving the kitchen clean at the end of the period. Complete every item on the clean-up checklist before you leave for the day.
- Please check your recipe before asking the teacher a question about what you are making. Most of the time the answer to your question can be found there.
- Wash your hands a LOT! Washing should be done before, during and after cooking, including any time you touch a contaminated surface, such as raw meat, pants pockets, face, etc.
- Aprons will always be available in class upon request. It is recommended that you wear one to protect your school clothes from kitchen messes.

## Grading Policy:

Students will be assessed on their day-to-day classwork and their work during projects using a participation point system (10 pts per day). Students will also be assigned short, written lab reports that will be completed at the end of each project (10 pts each). There are no individual homework assignments in this course unless a student needs to make up missing classwork.

The students' cumulative grade will be based on the **total points earned, divided by the total points available.**

## A TYPICAL WEEK, GRADED

### Participation – 50 points total (10 points per day for our work on projects, activities or planning)

- *Were you working on the project/activity the whole time during class? Did you put in your best effort? Were you being respectful of your team members and including everyone? Did you clean up your station completely at the end of class?*

### Lab Report – 10 pts

- *What were some of the main skills you learned through this project? What would you do differently next time? Time will be given during class to work on reports. Reports must be written in complete sentences to receive full points.*

It is extremely important that you are in class on a regular basis in order to earn your daily participation points. If you are absent from class for an unexcused reason, you will receive 0 pts for the day. **You will be responsible for setting up a time with your teacher for a make-up.** A make-up Teams assignment may be assigned if there is no appropriate time for an in-person make-up. If you have a question about your grade, please see me as soon as possible. I will put grades in on a weekly basis. In addition to the previous policies, points may be deducted for not participating, not behaving appropriately, failing to clean your station appropriately, or missing class.

**Contact Information:**

If you have any questions, comments or concerns I encourage you to come talk to me after class, or reach out through an email or TEAMS message.

Please don't hesitate to come talk to me if you are ever stressed, anxious or frustrated about an assignment, project, class policy or anything else going on in our class. I am always happy to talk things through with you and come up with a solution 😊 I am always rooting for all of you and want you to have a successful school year!

**Mrs. Mapes - Room 2101**

**ParentSquare: Caroline Mapes**

**Phone: 268-7900 Ext. 2101**

**Email: [cmapes@genvalley.org](mailto:cmapes@genvalley.org)**

**Please take your syllabus home and review it with your parent/guardian(s).**