

Wallenpaupack Area School District

Wallenpaupack Area High School

Course Title: Introduction to Culinary Arts Class

Length of Course: Semester - .5 Credit

District Policies:

Academic Integrity:

Academic integrity is essential to the success of an educational community. Students are responsible for learning and upholding professional standards of research, writing, assessment, and ethics in their areas of study. Written or other work which students submit must be the product of their own efforts and must be consistent with appropriate standards of professional ethics. Academic dishonesty, which includes cheating, plagiarism, multiple submissions and other forms of dishonest or unethical behavior, is prohibited.

Assessment:

The goal of grading is to report student progress and achievement to the parents to strengthen the home-school connection. The grade should accurately reflect the student's performance in mastering the PA Standards and the WASD curriculum.

Attendance:

Regular school attendance is vitally important to academic success. Not only does attendance reinforce and enrich the learning process; it also establishes patterns and attitudes that will carry forward into adult work habits. Regular, consistent attendance is a prerequisite to successful school life. Children should be absent only in cases of illness or emergency.

Special Education:

Our commitment to each student is to ensure a free appropriate public education which begins with the general education setting, with the use of Supplementary Aids and Services. Inclusive education describes the successful education of all students with the appropriate supports and services to participate in and benefit from the general classroom settings and other educational environments.

Course Description:

This course includes the study of nutrition and the My Plate food guidance system as related to the food service industry. Labs for food service preparation in the food service kitchen are part of the program. Introduction to menu planning, recipe standardizing, weights and measures, portion control, food service safety and sanitation, and restaurant operation are among the topics covered. A student must take this course in order to enroll in the Food Service program the following year. Any ninth grade student who thinks he/she might be interested in pursuing the three-year food service program is permitted to take this course.

Pennsylvania State Standards:

Family and Consumer Sciences

- 11.2.12. C. Analyze teamwork and leadership skills and their application in various family and work situations.
- 11.2.12. H. Evaluate the effectiveness of using interpersonal communication skills to resolve conflict.
- 11.2.12. E. Assess the availability of emerging technology that is designed to do the work of the family and evaluate the impact of its use on individuals, families and communities.
- 11.3.12 C. Evaluate sources of food and nutrition information.
- 11.3.12. E. Analyze the break down of foods, absorption of nutrients and their conversion to energy by the body.
- 11.3.12. D. Critique diet modifications for their ability to improve nutritionally-related health conditions.
- 11.3.12. F. Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation and serving of meals that fit the specific nutritional needs of individuals across the lifespan.

Career Education and Work

- 13.1.11. A. Relate careers to individual interests, abilities and aptitudes.
- 13.1.11. B. Analyze career options based on personal interest, abilities, aptitudes, achievements and goals.
- 13.1.11. D. Evaluate school-based opportunities for career awareness preparation.
- 13.1.11. E. Justify the selection of a career.
- 13.1.11. F. Analyze the relationship between career choices and career preparation opportunities.

Course Objectives:

This course includes the study of nutrition and the My Plate food guidance system as related to the food service industry. Labs for food service preparation in the food service kitchen are part of the program. Introduction to menu planning , recipe standardizing, weights and measures, portion control, food service safety and sanitation, and restaurant operation are among the topics covered.

Students will learn large and small equipment:

- Be able to identify and use tools and equipment in the food service kitchen.
- Learn how to clean and maintain equipment.
- Evaluate quality tools and equipment.
- Learn proper measuring techniques.
- Learn measurements and equivalents.

Students will experience career and school to work opportunities:

- Identify the types of jobs available in the food service industry
- List the qualities employers are looking for.
- Describe the advantages and disadvantages of food service work.
- Become familiar with workplace competences and skills.
- Explore further education possibilities.
- Describe interviewing and job application skills and requirements.

The students will understand the importance of proper nutrition.

- Discuss how eating habits can affect health and job performance.
- Explain how the body uses food.
- Understand the functions of the nutrients.
- Use the My Plate nutrition guidance system for menu planning.

The students will demonstrate menu planning principals:

- Identify the kinds of menus and in what facilities they are used.
- Describe the influences on menu types and choices.
- Identify the key menu planning principals.
- Create menus using proper menu format.
- Analyze menus in terms of the key menu planning principals.

The students will standardize recipes:

- Explain the purposes of standardization in the food service kitchen.
- Compare various recipes for standardization format.
- Identify the parts of a standardized recipe.
- Correctly increase or decrease recipe ingredients and amounts.
- Demonstrate proper measuring technique.
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The students will understand the importance of food safety and sanitation:

- Identify the causes of food borne illness and ways to prevent food borne outbreaks.
- Practice safety and sanitation on a daily basis.
- Recognize and practice proper food handling in order to prevent cross contamination.
- Learn proper dish/pot washing techniques.

The students will understand the relevance of MyPlate (former food guide pyramid) to menu planning:

- Choose, prepare and analyze foods from all of the food groups including proteins, dairy, grains, fruits, vegetables sugars and fats.
- Choose, prepare and analyze quantity foods including soups, baked goods, appetizers and entrees.
- Identify the steps used in food preparation.
- Produce food service establishment menus.

The students will participate in real life restaurant experiences:

- Identify and perform steps used to set-up, breakdown and cleanup the Lakeside Café.
- Practice safety and sanitation during cleanup.
- Learn proper food storing procedures.
- Prepare various catering products.
- Prepare soup and desserts to be used in the Lakeside Café.

Major Activities to Support Course Objectives:

Student Responsibilities:

Attendance expectations:

Attendance is central to your success in this class. Due to the hands-on nature of this class, the coursework is completed during the class period; therefore, any absence will result in the student missing work which must be completed. Cooking labs are unable to be made-up with another cooking assignment; therefore, a student will be given an alternate reading/writing assignment to be completed in place of the missed lab.

Homework expectations:

Homework is generally not assigned in this class due to the hands-on nature of the course. If homework is assigned, students are expected to complete the homework and submit it the next class period.

Make-Up Work:

Food labs cannot be made up by participating in an extra food lab. The only way that you may make-up the grade missed from a missing lab is to complete a make-up assignment article review on your return to school. It is your responsibility to request the make-up assignment and the assignment must be returned ASAP with teacher approval on the exact due dates.

Late Work:

Penalties for late projects will be determined depending on the project.

Assessment:

Grading Components:

Grading Category Weights are as follows:

Class work/Homework	30%
Food Labs	30%
Tests/Projects	40%

There will be a final exam.

Content Pacing Guide:

TEXT: Professional Cooking and Baking

Topic	Major Assignments	Estimated Time
Kitchen Tools and Equipment	Worksheets and hands on equipment identification	3 blocks: ongoing
Measurements/Equivalents	Lab experience	3 blocks: ongoing
Basic Nutrition	Chapter 2 text and worksheets Menu and lab planning	3 blocks: ongoing
Menu Planning	Menu Planning project/Lab planning Chapter3 text and worksheets	5 blocks: ongoing
Standardization	Chapter 4 text and worksheets Reading and preparing recipes	3 blocks: ongoing
Safety and Sanitation	Teacher review of Serv Safe standards and Serv Safe DVDs Practice of safety and sanitation in daily labs	2 blocks: ongoing
MyPlate guidance system	Application of MyPlate to menu planning and food preparation labs	2 blocks: ongoing
Restaurant Experience	Real life restaurant set-up and cleanup Preparing and packaging catering orders Soup and bakery items production	8 blocks: ongoing
Careers	Chapter 1 text and classroom discussion	2 blocks