

## Culinary I - Beginning Foods and Nutrition Course Syllabus

INSTRUCTOR: Carissa McCrory  
ROOM NUMBER: F - 9  
OFFICE HOURS: Intervention and After School  
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COURSE PAGE: whs.rocklinusd.org/CTE  
ACADEMIC UNITS: 5 units per semester  
ACADEMIC CREDIT: Elective Credit

DESCRIPTION - This is a comprehensive course designed to introduce students to the culinary world. Students will learn important basic cooking skills including reading a recipe, measuring accurately and food preparation. Kitchen safety and sanitation; proper use of equipment; and essential job skills in the food industry will be reinforced as well. Basic food science principles will be introduced. Students will participate in cooking labs several times per week, as well as a variety of classroom activities.

PURPOSE - The course is a prerequisite for the two advanced culinary courses that follow it; Baking and Pastry Careers and Restaurant/Hospitality Careers. Students are given a strong foundation to begin their exploration of the culinary/hospitality career field. This basic culinary course assumes no previous cooking experience or training, so the initial emphases are on the use of equipment and basic procedures. Each culinary unit will explore new foods and cooking techniques and will have a unit exam. There is also a comprehensive final exam.

COURSE OBJECTIVES - By the end of this course, students will be able:

- Students will • Consistently demonstrate kitchen safety procedures and sanitation techniques.
- Students will • Demonstrate knowledge of healthy eating patterns, including MyPlate and Dietary Guidelines.
- Students will • Identify and understand basic nutrition concepts for each of the food units.
- Students will • Identify abbreviations and food measurement terminology, and demonstrate proper measuring techniques. STEM (Math)
- Students will • Identify types, use and care of selected kitchen equipment. STEM (Technology)

COURSE TOPICS - The course will cover the following topics: Safety and Sanitation, Reading a Recipe and Measuring Techniques, Fruits, Vegetables, Salads and Casseroles, Poultry, and Cakes, cookies, Pies and Candies.

CAREER AND TECHNICAL EDUCATION (CTE) ELEMENTS - The following information is directly related to this course and its designation as a CTE course on campus:

- INDUSTRY SECTOR: Food Service and Hospitality
- COURSE LEVEL: Introductory
- ADVISORY COMMITTEE: The advisory committee for this course meets annually. Additional meetings are held at the discretion of the instructor and/or district office.
- ARTICULATION INFORMATION: Not Applicable

- OCCUPATIONS FOR IDENTIFIED PATHWAY: Pathway occupations organized by level of education and training required for workplace entry.
  - High School - Prep Cook, Host or Hostess
  - Post-secondary Training - Culinary School or Junior college Hospitality Program
  - College/University - Hospitality Management at a University or an Accredited Culinary Program

GENERAL: Recorded grades will be available for review at any time on Schoology. Remember to keep all class items returned so that any discrepancies can be easily and fairly straightened out. Except in cases of actual error, semester grades are permanent.

INSTRUCTIONAL SUPPLIES - Students may be required to purchase specific projects if they want to keep them and take them home. The list below provides information for the student regarding items they will be using in this course. Students may want to purchase items on this list if they are very interested in this course and/or pathway. Please see the instructor for specific information regarding supplies.

- Text: Guide to Good Food
- Computer Programs and/or software: Not Applicable
- Supplies: Binder, paper, pens, pencils, planner

GRADING PLAN - Grades are based on a point system. Points are received for chapter work, test scores, projects, lab activities and class participation. Students must master all essential concepts and skills, and complete at least 70% of all graded class assignments. A= 90 – 100% B= 80 – 89% C= 70 – 79%. A final grade of below 70% will result in the student failing the course.

#### CLASSROOM RULES OF CONDUCT

- For an excused absence, you will be given one extra period to submit homework or class work due on the day you return. Late homework/class work or projects will be penalized 30% of the points earned. Major projects will be due on or before the due date whether you are present or not. If you have an emergency be sure to contact your teacher by phone or email A.S.A.P. Missed tests due to an excused absence must be taken within 2 class periods of your return in order to avoid being penalized 30% of the points earned.
- Team work is essential in this foods class. I expect everyone to be respectful on one another by working cooperatively and using positive language. Inappropriate language or behavior will result in loss of participation points.
- Professional behavior must be exhibited at all times and especially during labs.
- The student dress code will be enforced. During labs, coats are not allowed in the kitchen, and long hair must be tied back.

In general, your ideas, comments, suggestions, questions, grade challenges, and more are welcome. However, your discretion in these matters is expected. Furthermore, no part of your grade will be based on anything other than your coursework and attendance. You are encouraged to take advantage of instructor office hours for help with coursework or anything else connected with the course and your progress.