

CULINARY ARTS I

Mrs. Smithers - jsmithers@mauryk12.org - ext. 1093

WELCOME TO CULINARY ARTS I

Culinary Arts I equips students with the foundational knowledge and skills to pursue careers in the culinary field as competent entry-level quick service and fast food employees. Upon completion of this course, proficient students will have knowledge in the components of commercial kitchen safety and sanitation, history of the foodservice industry, hospitality careers, nutritional concepts, recipe basics, proper kitchen tools and equipment, and kitchen staples.

TOPICS COVERED

1. **FOOD SAFETY:** How to keep a clean kitchen, what makes food safe or unsafe, and what we can do to prevent accidents.
REQUIRED: All students are required to pass a food safety test before participating in labs.
2. **HISTORY OF THE FOOD SERVICE INDUSTRY:** Discover the history of restaurants, cafes, and the future of food service. Learn about industry professionals and how they developed their craft.
3. **CAREER EXPLORATION:** Meet local food professionals and develop teamwork and collaboration skills in the kitchen. Discover potential careers in the food service industry.
4. **NUTRITION AND HEALTH:** Learn about micro- and macro-nutrients and how they help us.
5. **RECIPE BASICS:** How to break down a recipe and understand measurements.
6. **KITCHEN EQUIPMENT:** Covering everything from basic hand tools to large appliances and understanding their function in the kitchen.
7. **COOKING PRINCIPLES AND KITCHEN STAPLES:** Learn different cooking methods and cover all our basic ingredients, from fruits and vegetables to seasonings and starches.

BASIC RULES

1. **There is a zero tolerance policy with kitchen safety.** No running or playing with kitchen

equipment. Our kitchen equipment functions as tools, not as toys. All incidents will be written up and kitchen privileges will be lost.

2. Participation in kitchen lab activities is dependent on whether you've kept up with class assignments. If you haven't done your work, you won't be cooking.
3. Food safety is our highest priority. As you will learn, the smallest mistake could have big consequences. We are here to have fun, learn, and be creative, but there are rules to follow.
4. No phones/headphones/airpods are allowed during classtime or during lab activities. You will have time to check your phones eventually; it's disrespectful to everyone's time to be on your phone.
5. Be respectful of others and clean up after yourself.

EXTRACURRICULAR OPPORTUNITIES

We are trying to create a program that can branch out into the community and serve others through producing great food. There will be opportunities outside of class to cater for various events, including Night of Stars, Hall of Fame dinner, football game tailgates, and more. **Extra credit is given for your attendance and participation in these events.**

CHS Culinary Instagram: @columbiacentralculinary

By signing below, you acknowledge that you have read and understand the above class rules. You will receive your first 50 points in this class for bringing this paper to class, signed and dated! Please share this syllabus with your parents and have them sign below as well.

Student Signature

Date

Parent Signature

Date