

Fernandina Beach High School Culinary Arts Two Syllabus

I. General Information

Course Name: Culinary Arts 2
Course Number: 8800520
Course Room Number: 06-41 Classroom
06-34 Kitchen Lab
Name of Instructor: Chef Michael Gass
Office Hours: 8:30am-9:00am; or by appointment
Office Room #: 06-35
Phone Number: 904-261-5713, ext. 2659
Email: michael.gass@nassau.k12.fl.us
mikegass@hotmail.com

II. Course Description

Students will acquire knowledge and skill in the preparation of food. Included are basic principles and techniques of food preparation, management of resources, use of recipes, use and care of equipment and evaluation of food products. The courses emphasize safety and sanitation practices. Students will operate kitchen equipment and tools.

III. Course Objectives/Course Outline

Course Title: Culinary Arts 2
Course Number: 8800520
Course Credit: 1 credit

Course Description:

In this course students will learn and perform front-of-the-house and back-of-the-house duties. Students will prepare quality food products and present them creatively; demonstrate safe, sanitary work procedures; understand food science principles related to cooking and baking; and utilize nutrition concepts when planning meals/menus.

16.0 Identify and explain front-of-the house and back of the house duties--
The student will be able to:

16.01 Identify, demonstrate, and utilize fundamentals of customer service.

- 16.02 Identify and explain techniques of front-of-the-house and back-of-the-house responsibilities including but not limited to dining room setup, greeting, order-taking, serving, clearing, check presentation, bussing, and cashiering.
 - 16.03 Identify types of meal services.
 - 16.04 Describe the types of work stations in the commercial kitchen.
 - 16.05 Identify, explain and illustrate basic knife cuts and skills.
 - 16.06 Explain common cooking methods (roasting, baking, broiling, sautéing, frying, deep-frying, braising, steaming).
 - 16.07 Define common baking terms and identify common baking ingredients.
- 17.0 Prepare and present food and beverage items to meet creativity aspects as well as quality standards--The student will be able to:
- 17.01 Explain the role of the five senses in cooking, presenting, and eating food.
 - 17.02 Describe how the four basic tastes (salty, sweet, sour, and bitter) can affect the appeal of food.
 - 17.03 Explain how color, texture, temperature, and balance affect the visual appeal of plated food.
 - 17.04 Demonstrate platter presentation principles, effective platter layout, and techniques for enhancing food presentation.
 - 17.05 Recognize standards of quality as well as prepare and creatively present: bake station items; pantry station items; fry station items; cold station items; hot station items; beverage items.
- 18.0 Exhibit and utilize safe, secure, and sanitary work procedures--The student will be able to:
- 18.01 Follow federal, state, and local sanitation and safety codes.
- 19.0 Apply principles of food science in cooking and baking techniques –The student will be able to:
- 19.01 Identify food products that are a result of fermentation.
 - 19.02 Identify and explain the various leavening agents used in baking.
 - 19.03 Explain the leavening process in baking.
 - 19.04 Identify and explain the principles of thickening agents used in food preparation.
 - 19.05 Distinguish between and demonstrate the physical properties of thickening agents.
 - 19.06 Identify the differences between a permanent and temporary emulsion.
 - 19.07 Explain the role of pH in food preservation and baking applications.

- 19.08 Distinguish between the characteristics of acids and bases.
 - 19.09 Demonstrate and analyze the different functions of sugar in food preparation.
 - 19.10 Demonstrate and analyze the difference between moist, dry, and combination cooking methods.
 - 19.11 Apply basic principles of the chemistry of protein to cooking eggs, dairy, and meat products.
 - 19.12 Apply basic principles of the chemistry of food preparation to fruits and vegetables.
 - 19.13 List categories of lipids (fats and oils) based on physical state and dietary sources.
 - 19.14 Examine the functions of lipids (fats and oils) in food preparation.
 - 19.15 Analyze the nutritional impact of lipids (fats and oils) in the diet.
- 20.0 Apply principles of nutrition in menu planning, cooking, and baking--The student will be able to:
- 20.01 Interpret and create menus to meet current dietary guidelines and nutritional requirements of individuals with special needs.
 - 20.02 Apply the new food pyramid to analyze diets to include special needs.
- 21.0 Perform front-of-the-house duties--The student will be able to:
- 21.01 Recognize the needs of diverse populations.
 - 21.02 Perform duties to meet the needs of the customer (greeting guests; escorting to tables and presenting menus; handling guests with special needs; transporting and serving meals; loading and carrying trays; etc.)
 - 21.03 Handle customer complaints.
 - 21.04 Use merchandising techniques.
 - 21.05 Analyze industry trends.
- 22.0 Perform back-of-the-house and inventory duties--The student will be able to:
- 22.01 Receive, store, and issue supplies.
 - 22.02 Practice environmentally sound procedures.
 - 22.03 Demonstrate and follow operational procedures between the front-of-the-house and back-of-the-house.
 - 22.04 Demonstrate efficient time and motion techniques.
 - 22.05 Coordinate responsibilities with those of other workstations.
 - 22.06 Select appropriate tools and equipment for specific tasks.

IV. Text, Learning Resources and Supplies

- (Class # 851520) Text: National Restaurant Association, Becoming a Restaurant and Foodservice Professional Year Two, 2nd Edition, National Restaurant Association Educational Foundation 2005
- (Class # 8515230) Text: Labensky and Hause, ON COOKING, A TEXTBOOK OF CULINARY FUNDAMENTALS, 3rd Edition, Prentice Hall 2003
- (Class # 8515230) Supplemental: Labensky and Hause, STUDY GUIDE ON COOKING, A TEXTBOOK OF CULINARY FUNDAMENTALS, 3rd Edition, Prentice Hall 2003

V. Procedures

The course will use both lab and lecture format. In the lab, students will be assigned teams to carry out the daily production assignments. In the lecture portion there will be demonstrations, cooperative learning, power point presentations, video, and discussion.

Grading criteria:

Class Participation		Students are expected to arrive to class on time with supplies and contribute to class discussions and group activities.
Daily Work	40	Assignments given during class. Students are expected to participate in the cooking lab 2-4 days per week contingent upon passing safety test, subject area, and available funds.
Homework	10	Assignments given during class and not completed by the end of class should be completed for homework and turned in the next day.
Notebook	10	All assignments and recipes will be kept in order in a notebook/journal. Students will have several notebook checks during each nine week period some will be announced and some will not.

Tests	30	Several tests/quizzes will be given during each nine week period some will be announced and some will not. Students are responsible to schedule make up tests (before or after school) with the teacher if they are absent.
Exams	10	Semester exams will include materials covered throughout the semester. Students are responsible to schedule make up exams (before or after school) if they are absent on the exam date.

Grading Scale is as follows:

1000-900	A
899-800	B
799-700	C
699-600	D
599 or Below	F

Students shall be provided an opportunity to make-up assigned work for all excused absences. The Make-up work must be completed within five (5) school days, or a reasonable length of time based on the length of absence. Students must adhere to the attendance policy explained in the Student Handbook in order to receive credit in the course.

Materials needed for class:

- \$25.00 yearly lab fee. Due August 29, 2012. Make checks payable to FBHS.
- Notebook Paper
- Writing tools
- Inexpensive calculator
- Closed toe shoes and socks for labs.

Academic and honesty policies are on the Nassau County School District Website. Available at: www.nassau.k12.fl.us

Dress Code

1. FBHS will furnish aprons and tools for Culinary 1, 2 and 3. Dual enrollment students will be required to supply uniforms and knife kits.
2. Students will be required to wear closed toe shoes and crew socks when participating in Labs. It is suggested that a pair of closed toe shoes and socks be kept in the student's locker for use in labs. Students who do not have closed toe shoes will not be able to participate in lab and lose the lab points for the day.
3. Students are required to wear clean and presentable clothes when participating in the lab portion of their classes. Students who are not presentable will not be able to participate in lab and lose the lab points for the day.

Protocol

1. Students are not permitted to eat or drink in the lecture or lab areas. When in the lab sections, tasting will be permitted as part of the class structure, and will be done so only with the permission of the instructor.
2. Students show respect to both the instructor and fellow students by being a thoughtful listener, not interrupting others who are presenting or expressing their views, and not attacking or using demeaning or inappropriate language to others who are presenting or expressing their views.
3. The use of cellular phones will be prohibited in the classroom or the lab. During lectures and labs, phones must be turned off and kept out of sight. Students using phones during classes will be subject to the discipline outlined in the student handbook.

Sanitation and Safety

1. Students are expected to practice safe and sanitary procedures as demonstrated and outlined by their instructor.
2. Large, excessive dangling jewelry is not permitted. A simple rule of thumb is to wear only a watch. Strong colognes and perfumes are not permitted.
3. All students are required to demonstrate knowledge and competency in the use of all pieces of large and small cooking equipment. This competency will be recorded on the *equipment knowledge checklist*.
4. Students are expected to be clean shaven. Beards and moustaches are to be neatly trimmed. Hair should be neat and fully restrained under the cook's hat, or by use of a hair net while in lab classes.
5. The finger nail will be clean and short enough to facilitate the use of latex gloves. Latex gloves will be worn if the finger nails have nail polish. Because of food safety issues, the inability to use latex gloves will prevent the student to participate in lab and loose the lab points for the day.

Course Expectations/Course Requirements

The instructor will:

1. commit to being fully prepared for each class session and curriculum topic
2. commit to beginning each and every class on time and to completing topics specific to the day's lesson plan.
3. commit to being fair and equitable to all students in terms of assignments, grades and course requirements while realistically balancing the requirements of each student for the class.
4. commit to communicating with all students in a professional and respectful manner.
5. commit to providing evaluative feedback to students based on lab and lecture performance.
6. commit to being accessible to students via office hours, class meetings, phone and email.
7. commit to utilizing a variety of teaching methods in an effort to accommodate the varied learning styles of students in class.
8. commit to being fully qualified to teach the class by virtue of:
 - a. extensive industry experience;
 - b. holding a variety of managerial positions within the foodservice and hospitality industry;
 - c. holding professional industry credentials and certifications;
 - d. academic preparation;
 - e. participation in ongoing professional development through relevant professional trade organizations and ongoing related conferences and workshops.
9. commit to keeping fully abreast of the course content through professional development activities.

The student will:

1. commit to coming fully prepared for each and every class by completing and becoming familiar with the assigned chapter readings.
2. commit to coming fully prepared for all in-class evaluative exercises such as quizzes, tests, class projects and other related assignments.

3. commit to completing 100% of all course assignments and turning them in at the assigned period.
4. commit to taking full and complete responsibility for any missed classes and or assignments and coming fully prepared for the next scheduled class.
5. commit to the goal of 100% attendance, recognizing that even just one missed class falls short of course expectations.
6. commit to arriving for each and every class on time, recognizing that coming in late shows disrespect for the instructor, fellow students and is disruptive to the learning process.
7. commit to informing the instructor in the event of unexpected emergencies or illnesses preventing attendance of class.
8. commit to facilitating the success of both independent and group learning exercises should the course utilize such concepts and learning formats as cooperative learning, where students work collaboratively through problem solving and topical information gathering.
9. commit to providing appreciation for, participation in and attendance to any related class activities such as field trips and industry guest presentations.