

Course Syllabus
2024-2025
Culinary Arts 1

Instructor: Chef Marisa Ades

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This course will focus on learning the basic skills & principles of cooking and baking. Skills that will be useful in life and the workplace.



- Demonstrate proper hand washing process.
- Identify & use hand tools, utensils, and measuring equipment used in cooking and baking.
- Demonstrate & explain safety and sanitation procedures.
- Demonstrate skill in using and maintaining equipment and tools.
- Demonstrate the ability to read a recipe, follow directions, and produce a quality product.
- Demonstrate basic knife skills and different knife cuts.
 - Reinforce basic skills, including math, reading, and science

Course Outline:

- ☐ Food safety & sanitation & personal hygiene
- ☐ Kitchen & equipment safety
- ☐ Tools & equipment Identification
- ☐ Knife Skills
- ☐ Basic Cooking Techniques
- ☐ Basic Baking Techniques
- ☐ Purchasing, Cost Control & Menu Design

☐ Nutrition

☐ Successful workplace skills (resume, applications, interview skills)

Every day my expectation is you leave the classroom as clean, or cleaner, than you found it.

On lab days, the kitchens will be spotless. That means equipment, dishes, counters, floors, everything. If your kitchen is not clean, the whole group loses points. No Excuses!

Evaluation Process:



- ✓ Students will be evaluated on class & food lab participation.
- ✓ Evaluated on safety & sanitation procedures in labs
- ✓ Appropriate dress and hair restrained on lab days
- ✓ Demonstrate personal hygiene
- ✓ Quizzes & examinations
- ✓ Cookbook

Grading Policy:



❖ Attendance, Punctuality and work ethic 50%

❖ Class & lab participation 50%

90%-100% = A

80%-89% = B

70%-79% = C

60%-69% = D

59% & below = F

If the student is failing, parents/guardians will be notified in advance.

Keys to success:

- Be on time & ready to work.
- Be engaged.
- Students will have respect for the instructor, fellow classmates, self, equipment, and kitchen/classroom.
- Students will maintain a clean & sanitary work environment.
- Respect your teacher, your classmates, guests, the equipment, and the kitchen.
- **This classroom is a NO cell phone and personal electronic device zone! Required**

Dress on lab days:

- Students will wear closed toed, slip resistant shoes on lab days.
- Preferably, no painted fingernails. If painted or acrylic, gloves must be worn.

*If students do not comply with the above rules on lab days, they will not be cooking. They will have an alternative worksheet or reading assignment. They will also lose points for the day, for not dressing appropriately.



*Mission Valley ROP is committed to preparing students for the workforce. This preparation includes technical skills as well as business ethics. Mission Valley ROP does not condone cheating. Any student caught cheating on an exam or copying work (from another student or any other source: **Plagiarism**) will be given **ONE** warning and a failing grade for that assignment. Any subsequent incident will result in termination from the ROP program, a failing grade, and loss of credit.*



Cell Phone Policy

Cell phones/headphones/electronic devices are strictly prohibited and need to be put away (**Daily**) inside your pouches. **Exception:** When Chef allows it for use related to the activity/project. **Note:** If a student does not store their phone appropriately, Chef, will call the office and the cell phone will be picked up, stored in the office, and may be picked up after class is over. Your grade will be affected.

Life Skills:

This course is going to teach you skills that you'll use throughout your life such as: •

Following directions, this is something we do from the beginning of life to the end.

- **Being clean, neat, and organized.**
- **Learning to be a leader.**
- **Being a team player.**
- **Being respectful.**
- **Using good manners (please, thank you, etc.)**

MVROP "SLO" SCHOOL LEARNING OUTCOMES

- **WORKPLACE BASIC SKILLS AND BEHAVIORS**
 - Apply skills learned in class
 - Analyze information and make decisions
 - Communicate verbally and in writing
 - Work independently and as a team member in a diverse workplace
 - Work reliably, responsibly, and ethically
- **CAREER TECHNICAL SKILLS**
 - Demonstrate occupational competencies
 - Use appropriate technology
 - Understand and practice occupational safety standards
 - Demonstrate an awareness of how a business or industry functions
- **JOB EMPLOYMENT SKILLS**
 - Develop a plan to achieve career goals
 - Use effective job search strategies
 - Demonstrate an awareness of the importance of lifelong learning

Chef Ades

Please sign and return this form to Chef Ades. I am aware that some students may have food allergies. Please let Chef Ades know if there are any foods that cannot be ingested or touched. To the best of my ability, I will make substitutions.

Student Name: _____

Food Allergies:

- 1.
- 2.
- 3.
- 4.

Parent & Student Syllabus Acknowledgment Form

Please sign and return this form to Chef Ades on or before _____.

Parent/Guardian must sign and return this notice. Your student will receive 50 points if this form is returned on time.

I have read and understood the information in the syllabus. I understand that failure to comply with the rules set forth in this syllabus and all additional paperwork provided by my instructor shall be subject to action under Student Discipline Policy & Student Code of Conduct.

Student Name (Printed):

Student Signature & Date:

Parent Name (Printed):

Parent Signature & Date:

Parent/Guardian Contact Information:

Cell Phone: _____ Email: _____