**Cafeteria On-line Homework**

(to be completed outside of classroom time)

On Stelly’s Moodle (<http://stellys.sd63.bc.ca/> ):

Students should complete the following within four weeks of beginning Culinary Arts. (Students will experience greater success if they work in the kitchen for a couple of weeks before attempting the quizzes.)

* Log in with school ID and password
* At right of student name at top of Moodle page, click on downward arrow
* Click on ‘My Home’
* Click on ‘Culinary Arts 9/10/11/12’
* Click on ‘**Safety and Sanitation**’
* Review provided resources as needed and complete:
  + Final Safety Quiz

Results are automatically sent to the Cafeteria instructor.

On Rouxbe Cooking School website (<https://rouxbe.com> ), students are required to complete selected lessons according to their year of attendance in Cafeteria. The list of lessons follows. It is recommended that students entering Professional Cook 1 complete all the Rouxbe lessons.

Students review cooking videos, complete tasks and quiz for each assigned video. You may attempt each quiz **once** but there is an opportunity to rewrite quizzes by ‘Flambé this quiz’ prior to completing the task.

* Log in with your email address and password (unless password has been changed it is cook123
* Click on ‘Lessons’ at the top of the web page
* Click on the **photo** of the assigned lesson to access the instructional video and then the **‘start’** button on the right below the photo
* After completing each task, e.g., watching a video, check the ‘**Task#: Complete**’ box, then the ‘**Next**’ box to move to the next task
* The grey bar below the Rouxbe title indicates your progress in each lesson
* The last task is the quiz. Click **‘Start Quiz’** to attempt quiz. You may take the quiz once and repeat by **‘Flambé this quiz’** to improve your grade. Completed lessons show a **✓Passed** on the lessons page.

Results are automatically sent to the Culinary Arts Instructor.

Please contact Mrs. Gysler (250 544 0305 or [mgysler@saanichschools.ca](mailto:mgysler@saanichschools.ca)) if you have any questions.

**Year 1**

Selecting a Knife Set

Handling a Chef’s Knife

How to Cut Using a Chef’s Knife

Wheat & Gluten

How to Make Bread – Basics

Salad Greens – Selecting & Preparing

Salad Dressing & Vinaigrette Basics

Eggs – Anatomy, Boiling & Scrambling

**Year 2**

How to Make Roux

How to Make Béchamel Sauce

How to Make Velouté Sauce

How to Make Tomato Sauce

How to Make Pan Sauce

Rice Basics

Cooking Rice – Steaming & Boiling Methods

How to Select Pasta

How to Cook Pasta

How to Make Stock-Based Clear Soup

How to Make Roux-Based Soup

**Year 3**

Submersion Cooking Methods

**Year 3**

How to Pan Fry

Pan Tossing

How to Sweat Ingredients

How to Sauté

Searing

How to Bread & Batter Foods

Introduction to Stir-Frying

How to Stir-Fry

Submersion Cooking Methods

Combination Cooking Fundamentals

Braising – Combination Cooking

Stewing – Combination Cooking

Pot roasting – Combination Cooking

Steaming – Basics

Cooking Rice – Pilaf Method

The Risotto Method

How to Preserve Vegetable Pigments

Cooking Vegetables in Water

How to Steam Vegetables

How to Roast Vegetables

Poultry Fundamentals

How to Roast Chicken