**Culinary Arts**



**Home Economics 9, Cafeteria Training 9, 10, 11 and 12, Professional Cooking 1**

***Your Role as a Teaching Kitchen Student***

Approach all activities as learning opportunities and challenge yourself to improve daily.

Be positive, respectful, responsible and reliable.

Ask questions and do your best!

Complete all your assigned work.

Attend regularly, arrive for class before the bell and immediately get ready to work.

Learn, learn, learn, practice, practice, practice.

***What Will You Learn***

Culinary Arts is a hands-on course­­­­­­­­­­­­­­­­­­­­­ that focusses on quantity food preparation and service. Students will learn the skills necessary for commercial food preparation as they participate in activities related to receiving, storing, preparation, presentation and service of a variety of nutritious foods. Students also have opportunities to develop attitudes required by food-service professionals including punctuality, time management, responsibility, working to a deadline and customer service. The content of each course is determined by British Columbia Ministry of Education. Prescribed Learning Outcomes can be found at the following links:

Home Economics Foods and Nutrition 8 – 12 <http://www.bced.gov.bc.ca/irp/course.php?lang=en&subject=Applied_Skills&course=Home_Economics:_Foods_and_Nutrition_8_to_12&year=2007>

Home Economics 11 and 12, Cafeteria Training 11 and 12 <http://www.bced.gov.bc.ca/irp/course.php?lang=en&subject=Applied_Skills&course=Home_Economics_11_and_12:_Cafeteria_Training&year=1998>

Professional Cook 1 <http://www.bced.gov.bc.ca/irp/course.php?lang=en&subject=Applied_Skills&course=Professional_Cook_1&year=2010>

On-line lessons and quizzes reinforce and enhance theoretical knowledge introduced during practical work in the Teaching Kitchen. On-line work is to be completed outside of class time on Stelly’s Moodle and at the Rouxbe On-Line Cooking School. Students are asked to provide an email address that acts as a login username and mailbox to which the tutorial results are sent. Parents are encouraged to explore the website with their children and monitor student progress.

***Who Will Guide You***

Mrs. Monika Gysler, Culinary Arts Instructor

Mrs. Jamie Kaatz, Food Service Assistant

Ms. Nicole Dunford, Kitchen Manager

***When Will You Gain Knowledge and Skills***

By the end of the first week:

-meet key Teaching Kitchen personnel and team members (students)

-complete an orientation and tour of the Teaching Kitchen

-review expectations, professionalism, uniform assignment, food service responsibilities, safety, evacuation routes and sanitation

-learn mise en place, how to hone a knife, knife skills, scaling, how to measure (mass and volume) ingredients, how to read a recipe

By the end of the second week:

-access Stelly`s Moodle for Cafeteria 10, 11, 12 and Rouxbe Cooking School

-complete three Rouxbe lessons

-fulfill general kitchen duties including food preparation, dish washing and food service

-recognize Teaching Kitchen stations and practices

-engage in Teaching Kitchen duties, responsibilities and routines

By the end of the fifth week:

-earn FoodSafe Level 1 certificate

-be a responsible and reliable member of the Teaching Kitchen team and line service rotation

-complete one week in each station (Entrée, Grill and Sandwich-Bakery)

-practice basic to advanced food preparation techniques

-recognize location and access ingredients in dry storage, walk-in cooler, walk-in freezer and chest freezer

-recognize location and access tools, equipment, dishes and utensils

-apply dish washing and storing practices

-practice in portioning and serving food to customers

-promote kitchen sanitation practices and standards

-complete half of Rouxbe lessons and all Moodle quizzes

By the middle of semester:

-gain confidence and experience in food preparation techniques and item completion

-demonstrate increasing expertise and knowledge in all facets of safety, sanitation, food preparation, food service and kitchen clean-up practices

***How Will You Experience Success***

Assessment will focus on critical thinking, creativity, collaboration and communication in the following areas. Grades are outcome based and reflect student improvement throughout the semester and are determined as follows:

50% **Daily Application** of basic principles, techniques and routines including attendance, professionalism, arriving on time, uniform, safety, sanitation practices, teamwork, time management, practical skill development, knife skills, baking methods

15% **Cleaning and sanitation** of personal work space and all areas of the teaching kitchen including washing dishes, scraping, sorting and storing dishes, stocking and refilling ingredients as needed, stocking

10% **Line service**

25% **Theory and technical work** on Stelly’s Moodle and Rouxbe Cooking School

Attendance is critical to experiencing success and absences result in missed learning opportunities. Student grades will reflect absences (minus 1%/class) and tardiness (minus ½%/class).

**Due to WorkSafe BC Safety and Sanitation regulations there is NO CELL PHONE USE or MUSIC LISTENING DEVICES permitted in the Teaching Kitchen.** Students will be reminded once to put their devices away. Students who continue to use their devices will be sent to administration.



If you have any questions, please contact

Monika Gysler

250 544 0305

[mgysler@sd63.bc.ca](mailto:mgysler@sd63.bc.ca)

Please complete and return **THIS PAGE** **ONLY** to Mrs. Gysler



I have read and understood the information provided in the Cafeteria course outline.

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Student Name (please print) Student Signature

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