



Grading

Grading Policy

Homework Policy:

Students are required to study 1/2 hour per night. Written homework is assigned approximately two times weekly. Late homework is not accepted

Evaluation:

- 40% - Lab Work (Quality of Work, Accuracy, Efficient, Being Cooperative and Initiative)
- 25% - Quizzes
- 25% - Homework
- 10% - Professional Attitude

Textbooks/Supplemental Reading

- Professional Cooking, Wayne Gisslen (John Wiley & Sons)
- Nutrition for Foodservice and Culinary Professionals

Certification Exams

Precision Exam: 21st Century Success Skills

Precision Exam: Customer Service I

Precision Exam: Customer Service II

Precision Exam: Culinary Arts I

Precision Exam: Culinary Arts II

SafeServe Exam

ICN (Institute of Child Nutrition) eLearning Portal

Chef Okumodi

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183 Palmer Road
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Culinary 9 / Restaurant Management

Overview

Students learn a broad range of fundamental culinary-related topics, from cooking techniques to nutritional considerations and food safety.

Learning Outcomes

Students will be able to:

- Identify kitchen safety procedures, and food safety
- Identify culinary career opportunities
- Define the terms purchasing, selection, and procurement
- Identify commercial and noncommercial hospitality operations.
- Explain how technology and e-commerce applications are changing the purchasing process in the hospitality industry.
- Explain how technologies are used by hospitality operators in the selection, procurement, and inventory processes.

Projects

Kitchen Safety

- Identify the do's and don't of kitchen procedures

Career and Finance Management

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Culinary Arts/Restaurant Management 10

Overview

Introduction to Culinary Arts informs students of the skillful and efficient handling of raw ingredients as it pertains to the preparation and quality of meals. Instruction deals with preparing and storing foods used in cooking and sauce bases. Emphasis is placed on making the best use of ingredients to eliminate waste and spoilage.

Learning Outcomes

Students will be able to:

- Master the fundamental processes of cooking
- Demonstrate job acquisition skills
- Demonstrating how to use tools and equipment, weigh and measure, and how to follow a recipe
- Master the fundamental concepts, skills and techniques involved in basic cookery

Projects

Ingredient Study

- Students will research an ingredient and prepare a poster presentation

Cookies

- Students will prepare and decorate holiday sugar cookies

Pasta

- Students will prepare pastas from scratch

Work-Based Learning

- Students will earn WBL hours by preparing food for the community

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Nutrition for Food Service and Culinary Professionals

Prerequisite: Foods 10: Culinary Theory and Skill Development

Overview

Understanding of nutrition by identifying human needs through functional nutrition concepts. An introduction to several inter-related areas of social and scientific nutritional needs, problems and priorities are explored and tested.

Students study the seven dietary guidelines of healthy cooking which explores basic concepts and principles of nutrition, including basic nutrients, proteins, fats, carbohydrates, vitamins, minerals and water.

Learning Outcomes

Students will be able to:

- Analyze nutritional charts, tables and summarize data
- Use appropriate technology to express food chemistry
- Evaluate recipe information for interpretation and prediction cooking process
- Conduct a thoughtful interview, taking appropriate notes and summarize the information learned
- Test possible solutions using appropriate statistical information

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Culinary Arts/Restaurant Management 11

Prerequisite: Culinary Arts/Restaurant Management 10

Overview

This course reviews measuring and use of recipes. Emphasis is placed on proper techniques and efficient organization. Students will prepare food for service in quantity, emulating actual industry conditions.

Learning Outcomes

- Expand or contract a recipe and calculate the cost per serving
- Calculate yield and cost percents
- Prepare simple Profit and Loss Statements and Balance Sheets
- Demonstrate proper buffet setup
- Demonstrate and explain how to properly saute, simmer, roast & boil
- Describe factors that influence flavor and tenderness in meats & poultry
- Explain proper cooking techniques for various cuts of meats, poultry and fish
- Identify various vegetables, explain proper preparation and cooking methods
- Demonstrate and describe proper cooking techniques for rice, potatoes and pasta

Projects

Prepare Thanksgiving Dinner for community (150 people)

- 4 Course Menu- Salad with Dressing, Roasted Turkey, Stuffing, Mashed Potatoes, Dessert

Prepare four categories of soup

- Cream soups, purees, bisques, and chowder

Meat & Poultry Fabrication

- Describe the composition and structure of meat and explain how they relate to meat selection and cooking method.

ICN (Institute of Child Nutrition) eLearning Portal

- Employee Discipline
- Delegating and Empowering
- Creating a Motivating Workplace
- Performance Standards and Expectation
- Communication Skills for Managers
- Dealing with Difficult People and Situations
- Dealing with Conflict in the Workplace

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Commerical Goods 12 (Baking)

Prerequisite: Culinary Arts / Restaurant Management 10 and 11

Overview

This course covers techniques and ingredients of baking. Through demonstration and participation, the student will become familiar with yeast dough and its makeup, including layered dough, quick breads, pastries, eclair paste variations, cakes, fillings and icings, mousses, souffles and Bavarians. Use of the pastry bag will be stressed and practiced. Introduction to chocolate molding is included.

Learning Outcomes

Students will gain knowledge of:

- Function of Ingredients
- Measuring
- Yeast Dough
- Layered Dough
- Quick Breads
- Sugar Syrup
- Creaming and Two Stage Method of Cakes
- Sponge, Chiffon, and Angel Food
- Icing and Use of Pastry Bag
- Dessert Sauces and Creams
- Eclair Paste
- Pastries
- Bavarians, Mousses and Souffles
- Chocolate
- Receiving/ Inventory
- Management Techniques

Projects

- **6 types of lean dough breads**
- **International breads including Italian, and Korean breads**
- **Dinner rolls, hard rolls and bagels**
- **Cake Show (Exit Project)**
 - Design 2 tier cakes, one with fondant the other with buttercream

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