



# WORCESTER TECHNICAL HIGH SCHOOL

## Foundations of Professional Cooking (INTRO)

Fall Semester, School Year: 2021-2022

**Course:** Foundation of Professional Cooking    Level: 3    Credits: 2.0

**Instructor:** Chef Phil Cropper,  
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Telephone: 410-632-5050

### Course Description:

The first year culinary student will be introduced to the industry of foodservice. While approximately 11 million Americans are employed in the industry, there are still shortages for qualified cooks and managers.

**This is not Domestic Studies or Home Economics.** This course entails food costing, yielding, preparation, and extensive cleaning. Sanitation is emphasized in the kitchen, and serious participation is expected.

**The student will be exposed to an American Culinary Federation (ACF) curriculum which will allow for a strong foundation on which to build throughout their career.** The Culinary Arts program is an ACF accredited secondary program which recognizes American Culinary Federation Secondary Culinary graduates who complete a rigorous written and lab practical exam with a combined score of 70% or better or Certified Fundamental Cook or CFC, scoring 75% or better on the Lab Practical and 70% or better on the written test provided by the National Occupational Competency Testing Institute approved by the ACF and proctored by offsite professional Chefs from industry. The students also complete the National Restaurant Association's Educational Foundation's Serv Safe Course book and Nutrition Certificate Program and are certified in both sanitation and nutrition upon course completion by passing the national exams with a 75% or better score.

The studies will develop a problem-solving, critical thinking, adjustment, adaptation and the excitement that comes along with working in the restaurant industry. Even if the student decides to never work in the business, these skills are invaluable in any field.

The Culinary Arts program references Professional Cooking by Wayne Gisslen, Serv Safe Course book 7<sup>th</sup> edition. Culinary Nutrition Principals and Applications by Eric M. Stein. MS, RD, CCE. & The Nutrition Certificate Program by the National Restaurant Association Educational Foundation, Culinary Math second edition by Linda Blocker + Julia Hill, and Remarkable Service by The Culinary Institute of America all published by Wiley Publishing. The Culinary Arts program also references the Culinary Institute of America's Basic Cooking Skills and Customer Service Skills video series. In this program we will use an online software program KPCOMPASS, this program will allow students to study and learn on their own time as well as in class. The online program will administer test, quizzes and exams for the students and the teacher can adjust the level of learning to accommodate students one-on-one.

**Textbooks Used for Lecture:** (\*\* -is the program's main course book)

Culinary Essentials, Johnson & Wales University. Glencoe, McGraw Hill Press, 2007.

Culinary Fundamentals, American Culinary Federation. Pearson, Prentice Hall Publishers, 2007.

Baking Fundamentals, American Culinary Federation. Pearson 2007

Foundations of Restaurant Management & Culinary Arts (pro-start) Level one. Pearson 2011

Pastry & Dessert Techniques, Daniel M. Pliska. ATP publishers 2014

\*\*Culinary Art Principles and Applications, McGreal Trakselis. ATP publishers 2017

### **Required Supplies, Clothing and Fees:**

#### **TOTAL PROGRAM FEE \$249.00\* (\$183.00- non ACF membership)**

- Uniforms - for all levels purchase through New Chef (\$168.00 approximately) □ Safety Shoes – black leather with a hard rubber non-slip oil -resistant sole
- Skills USA Membership (\$20.00) -Optional
- ACF Professional Student Membership & Certification Fee's / DCCA Local Chapter (\$66.00\*)
- \*This is an Optional Fee / However if you would like Certification from the program, You Must be a student member of the ACF (American Culinary Federation)
  
- **Please contact WTHS or Chef Cropper for any Program Financial Concerns**

### **Grading Process Information**

#### ***Grading Scale***

- A (90-100%) - Outstanding level of achievement
- B (80-89%) –high level of achievement
- C (70-79%) – Satisfactory level of achievement
- D (60-69%) – Low level of achievement F (50-59%) - Failure
- 0- If student does not attempt the work

#### ***Category Weights***

- 60% Summative Assessments- lab 40%, Test/ Quizzes 20%
- 40% Formative Assessments – Drills 5%, Class work/ Notebook 10%, Homework 10%
- 15% work habits

### **Due Dates/ Late Work**

All assignments will have a due date. Assignments submitted after the due date will be penalized on a sliding scale basis. The outside date for late work to be submitted shall be five (5) school days form the original due date.

### **Re-Teach & Re-Assess**

Students shall have *one* additional opportunity to improve their score on a qualifying assessment, activity, or assignment which demonstrates knowledge of course content, skills, and standards. To qualify, students must have completed and submitted the original assessment, activity, or assignment by the due date and must have participated in the teacher-facilitated re-

teaching (before, during, or after school) within five school days following the return of the original graded work. Within ten school days of receiving the returned original graded work, students must complete and submit the new assignment, activity, or assessment. The higher grade shall be the grade of record.

Work eligible for re-assessment: quizzes and written test

Work **NOT** eligible for re-assessment: theory and lab practical application

### **Minimum Grades**

A minimum grade of 50% will be assigned to assignments or assessments for which the student made a good faith effort, as determined by the teacher, to meet the basic requirements. If a student does not work on an assignment or assessment, the teacher will assign a grade of zero.

### **Group Work Grades**

On occasion, students will be asked to work in small groups on a variety of assignments. In those cases, each student will be individually assessed and assigned a grade that reflects their own level of success in meeting the outcomes for that particular assignment.

### **Online Learning thru KP-Compass and Engrade**

#### **☐ STUDENTS WILL BE REQUIRED TO BRING SCHOOL ISSUED LAPTOP DAILY**

KP Compass is a student-centered learning environment designed to give you access to content anywhere on any device. You can use computers, laptops, tablets, smartphones, I touch, kindle fire, and even X-Box one. There are self-tests which help you identify the topics you need to spend more time studying to prepare you for the actual test. This is referred to as your “personal digital tutor.” Using KP Compass you will learn Culinary Principles that includes all of the content required to master the essential culinary skills.

- Introduction to Culinary Careers
- Kitchen Equipment and Safety Practices
- Food Safety Essentials
- Common Sanitation Duties
- Calculations, Measurements, and Conversions
- The Basics of Nutrition
- The Fundamental Knife Skills
- Preparing Cold Foods
- The Fundamental Cooking Techniques
- Preparing Eggs and Breakfast Dishes
- Basic Meat Fabrication
- The Essentials of Stocks and Soups
- The Essentials of Sauces
- The Essential Baking Principles
- Fun With Desserts and Pastries & French Culinary Pronunciation

## **COURSE OBJECTIVES:**

*Upon successful completion of the course, the student will be able to:*

### **I will be able to:**

- Mise en Place (set up and preparation)
- Understand Safe food handling and sanitation
- Cooking Techniques
- “Opening a New Restaurant”
- History of Culinary Arts
- The Student will be able to describe and utilize Demographics, Feasibility Studies, and Psychographic Studies
- The student will be able to provide insight on product Availability
- The Student will have basic knowledge of culinary math
- The Student will be able to identify the need for specific equipment
- Food and Labor Costs will be assessed by the student
- Menu Pricing will be performed by the student
- Menu Analysis is a powerful tool used in the industry which is to be understood by the student
- The student will have a nodding knowledge of nutrition
- Menu Content will be analyzed by the student
- NOCTI Exam Practical & Written

## **Instructional Methods & Assignments**

For the lecture portion of the course, the instructor will utilize smartboard projections, handouts, videos and demos. For the lab portions the student will follow written recipes and instructions given by instructor while producing assigned products and working with common commercial grade ingredients. Before EACH class it is the students responsibility to read any material or assignments given out as preparation for the class; to review and study the recipes or techniques that will be utilize; write out working recipes on index cards adjusted to reflect the quantities that will be produced. If student does not come prepare they will not be allowed to enter lab and not receive credit for the day. No cards will be written during lecture. Student will not be allowed to enter lab and will not receive credit for the day.

**STUDENTS WILL BE REQUIRED TO BE FULLY DRESSED IN THE ACF APPROVED UNIFORM TO ENTER AND PARTICIPATE IN THE KITCHEN – NO EXCEPTIONS, Zero's (0) will be given to any student that doesn't not have a clean , well maintained full uniform on lab days. A Washer and Dryer along with laundry supplies are provided at school; each student will be responsible for their own laundry.**

### **Academic Expectations:**

Students are expected to maintain high standards of academic integrity. Since college credits are possible through this course, college expectations regarding plagiarism on papers, cheating on assignments, and dishonesty in any form will be considered unethical and will result in a zero for the assignment for both the giver and receiver of assistance. Students will also be referred to the office.

### **Course Content:**

The following is a projected outline of the course topics to be covered during the semester which runs from September 5<sup>th</sup>, 2017 through January 26<sup>th</sup>, 2018. Various factors impact our schedule, including, but not limited to, assemblies, school delays/closures/holidays, etc. Within each unit of study are competencies which must be mastered by the students to continue with new material. There are approximately 90 clinical skills that must be learned during this semester.

### **Course Outline**

#### *Serv Safe Coursebook\**

by National Restaurant Association Educational Foundation, Wiley Publishing

1. Providing Safe Food
2. The Micro world
3. Contamination, Food Allergies, and Foodborne Illness
4. The Safe food handler
5. The Flow of Food: An Introduction
6. The Flow of Food: Purchasing and Receiving
7. The Flow of Food: Storage
8. The Flow of Food: Preparation
9. The Flow of Food: Service
10. Food Safety Systems System
11. Sanitary Facilities and Equipment

12. Cleaning and Sanitizing
13. Integrated Test Management
14. Food Safety Regulations and Standards
15. Employee Food Safety and Training

**\*Students will Take and Pass the National Sanitation Exam before moving into the lab.**

*Text- Culinary Math by Blocker + Hill, Wiley Publishing*

1. Math Basics
2. Customary Units of Measure
3. Metric Measures
4. Basic Conversion of Units of Measure within Volume or Weight
5. Converting to and from Mixed Measures within Weight and Volume
6. Advanced Conversions with Units of Measure between Weight and Volume
7. Yield Percent
8. Applying Yield Percent in the kitchen
9. Finding Cost
10. Edible Portion Cost
11. Recipe Costing
12. Ignoring Yield Percentage in ordering and costing
13. Beverage Costing
14. Recipe Size Conversion
15. Kitchen Ratios
16. Metric Measurement

*Text- Culinary Arts Principles and Applications by McGreal Trakselis' ATP Publishers 2017*

Chapters:

1. Professionalism and Culinary History
2. Human Relationships and Customer Service
3. Sanitation and Safety
4. Restaurant Safety, Equipment, and Knife Skills
5. Kitchen Basics
6. Sandwiches
7. Salads and salad Dressings
8. Nutrition
9. Soups, Stocks and Sauces
10. Dairy, Eggs, and Breakfast Cookery

# CLASSROOM DISCIPLINE PLAN

## CLASSROOM RULES

1. I WILL SIT IN MY ASSIGNED SEAT OR BE MARKED ABSENT.
2. I WILL RAISE MY HAND TO BE RECOGNIZED.
3. I WILL RESPECT MY NEIGHBOR'S PROPERTY.
4. I WILL LISTEN WHEN THE INSTRUCTOR IS TALKING AND EXPECT THE SAME IN RETURN.
5. I WILL COME PREPARED FOR CLASS.
6. I WILL NOT EAT OR DRINK IN THE CLASSROOM.

## LAB RULES

1. I WILL CHANGE INTO MY UNIFORM IN THE 5 MINUTE TIME ALLOTMENT.
2. I WILL WEAR MY SAFETY SHOES AT ALL TIMES AND OBSERVE ALL SAFETY RULES.
3. I WILL WEAR A CLEAN UNIFORM OR APRON, HAT AND OR HAIR NET
4. I WILL NOT CHEW GUM IN THE LAB OR CLASSROOM.
5. I WILL NOT USE GLASS CONTAINERS IN THE KITCHEN.
6. I WILL NOT RUN OR PARTICIPATE IN HORSEPLAY OF ANY KIND IN THE LAB.
7. I WILL NOT OPERATE ANY EQUIPMENT UNTIL I HAVE SAFELY PASSED ALL REQUIRED TESTS WITH 100% ACCURACY. I WILL OBSERVE ALL SAFETY RULES WHEN USING ANY EQUIPMENT OR TOOLS.
8. I WILL NOT DAMAGE, DESTROY, OR RIDICULE ANY PROJECT.
9. I WILL FOLLOW THE CLEAN-UP SCHEDULE ACCORDINGLY.
10. I WILL NOT USE FOUL OR ABUSIVE LANGUAGE TOWARDS ANOTHER STUDENT OR INSTRUCTOR WHILE IN THE FOOD SERVICE AREA.
11. I WILL NOT EAT IN THE FOOD SERVICE AREA EXCEPT, WHEN SPECIFICALLY PERMITTED BY THE INSTRUCTOR OR AIDE, WHEN SAMPLING OR ANALYZING A FOOD PRODUCT.
12. I WILL NOT GO INTO THE INSTRUCTOR'S OFFICE UNLESS PERMISSION HAS BEEN GRANTED BY THE INSTRUCTOR OR TEACHER'S AIDE.

## FAILURE TO COMPLY WITH THE ABOVE RULES WILL RESULT IN:

- 1<sup>ST</sup> OFFENSE VERBAL WARNING TO STUDENT
- 2<sup>ND</sup> OFFENSE SAFETY VIOLATION
- 3<sup>RD</sup> OFFENSE CALL HOME TO PARENT/GUARDIAN
- 4<sup>TH</sup> OFFENSE DISCIPLINARY REFERRAL
- 5<sup>TH</sup> OFFENSE PARENT/STUDENT/TEACHER CONFERENCE



## Parent Notification Information

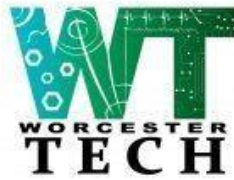
### **Types of parent Notification**

- a. Phone Calls- I can be reached at 410-632-5050 (school), 410-632-5564 (chefs office)
- b. E-mail- My email address is [PECropper@worcesterk12.org](mailto:PECropper@worcesterk12.org)
- c. Parent/ Teacher Conferences
- d. Grades can be accessed online thru PowerSchool

### **To allow for timely, potentially corrective action, prompt communication with a parent/ guardian will occur if:**

- a. A student is in danger of failing or
- b. A student is in danger of dropping the equivalent of 2 or more letter grades at any point during the marking period.





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**Foundation of Professional Cooking**  
**Fall Semester, School Year: 2017-2018**

**PLEASE**

**Detach this page and return to Mr. Cropper, Culinary & Pastry Arts- Worcester Technical High School.**

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Please print legibly: Contact info – Email #1** \_\_\_\_\_

**Email #2** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_

**Cell/Work Phone:** \_\_\_\_\_

**Student Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Student Printed Name:** \_\_\_\_\_

