Food Preparation

Mrs. Reed
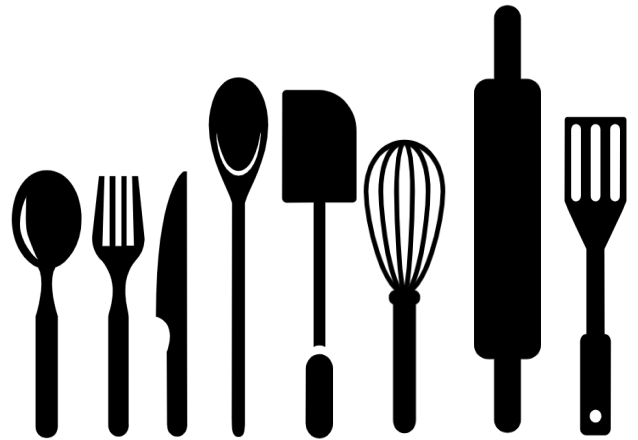Room A102
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570-648-5731 ext. 3102

welcome

to Food Prep

In this class you will study food terms, equipment, and measurements. This course examines food safety and sanitation techniques, common food decisions, meal management-portion control, as well as take a look at the food industry and concerns with food. You will also explore the variety and complexity of the food groups, serving sizes, and daily recommendations. There will be emphasis on the art of cooking and prepping meals from scratch. You will be preparing food on a weekly basis and making healthy modifications to a variety of recipes.

expectations

- be on time
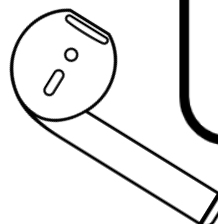
- bring your pencil and chromebook each day

- help with clean up daily
  (even if it's not your mess!)

- respect yourself, your peers
  (this includes opinions and property!)
  and school staff & property

- take responsibility for your own learning
  ie. ask for help or ideas, Stay focused during
  work time given

cell phone policy

You must ask permission to use cellphones in class.

Cell phones need to be put into the classroom holder at the beginning of class.

You are allowed to listen to music with headphones only during "student work time". You are not allowed to listen during presentations, demos, or any group instruction time.

Airpods may not be worn during instruction. Please remove them from your ears.

Misuse of cell phones or headphones will result in loss of privilege.

grades

and how they're weighted

25%
Group Participation, Online Assignments and Written Classwork

25%
Food Labs ~ Cooking, Prepping and Plating

25%
Formal and Informal Assessments and Quizzes

25%
Food Prep Projects and Class Participation

This course is designed to introduce students to food preparation terms, concepts and methods in Culinary Arts where laboratory practice will parallel class work. Fundamental techniques, skills and terminology are covered and mastered with an emphasis on basic kitchen and dining room safety, sanitation, equipment maintenance and restaurant operation procedures.
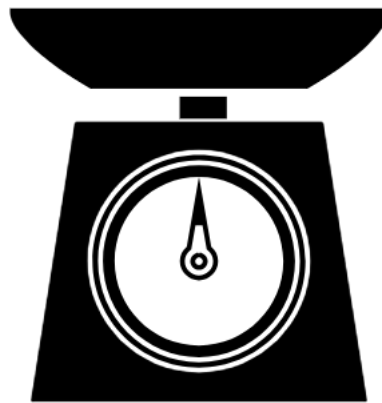
# commonly asked questions

What if I miss a lab day?

If you are absent for a lab day you must notify the teacher. There will be an alternative written assignment in place of a lab day. That assignment is to be completed in the amount of days absent. For example, if a student is absent three days, they have three days to complete the missed work.

Do I lose points for late work?

Yes. Each online assignment, project, or lab day will be posted in the weekly agenda on our Google Classroom stream. These all come with due dates. It is your responsibility to keep track of lab days and assignment due dates. Make sure you turn your work in on time!

I'm not the best cook... will I struggle?

Not at all! Culinary skill is learned, not inherited (& science will back me up). No one enters a math class expecting to receive a grade for what they already know & an 'F' if they don't understand the next semester's worth of material they haven't yet heard about! You will be fine!

units OF study
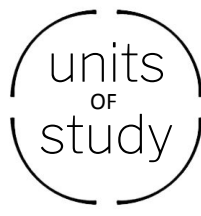
Introduction to Culinary Techniques

Safety & Sanitation
Knife Skills
Kitchen Tools & Equipment
Time Management
Analyzing Labels
Nutrition
Protein ~ Eggs
Vegetables
Fruits
Dairy
Grains

Food Service Production

Quick Breads
Yeast Breads
Pies, Pastries and Tarts
Cookies
Frozen Desserts
Baking Production
Soups & Stocks
Sauces & Thickening Agents

Projects & Events

Halloween Recipes
Menu Development
Thanksgiving Recipes
Gingerbread House Competition
Cinco De Mayo Recipes
Spring Desserts
Management & Entrepreneurship
Final Project ~ Chopped

allergies

Throughout this course, students will prepare, taste and season a variety of foods.
If your student has allergies, please list them in the space provided below.

_____   _____

_____   _____

signature

Share this syllabus with your parents and let them know what you'll be up to this year, and return
with your parent or guardian's signature as well as your own for credit. It's important to
include your family in your education to ensure you get the help, reminders, and support you need
to succeed.

_____   _____
your signature   your parent/guardian's signature