



Culinary Basics I
Valencia High School
Mrs. Seifried, Room 111
tseifri@hartdistrct.org

This course orientation has been prepared to communicate the expectations, course content, course requirements, policies, and other information that will give you the opportunity to achieve.

COURSE DESCRIPTION

In Culinary Basics I, students learn how to function safely and efficiently in the kitchen through small group recipe lab experiences. At the same time, students will learn about the importance of nutrition and how it affects health. They will also learn about sanitation, recipe skills and cooking methods, the food pyramid, role of nutrients, food labeling, and making healthy choices.

COURSE OUTLINE

Units of study (based on Food and Nutrition Content Area Standards):

Kitchen Safety and Sanitation

- Food borne illnesses
- Sanitary practices of food prep
- Food Storage
- Preventing accidents
- Safe equipment use

Food Preparation Skills

- Proper measuring
- Recipe Conversions
- Food prep terminology
- Using a variety of appliances, equipment and food prep techniques
- Introduction to Baking
- Introduction to cooking methods
- Meal service and etiquette

Food and Nutrition

- Basic food science principles
- Role of nutrients
- Nutrient composition of food

Health

- Relationship between nutrition and good health
- Fad diets
- My Pyramid
- Food Labels and terminology
- Process of digestion

TEXTBOOK AND SUPPLIES

Required Student Supplies: *½-inch 3 ring Binder (notebook), Lined Paper, Pen/Pencil*. Students will be required to bring their notebook to class everyday. (Binders may be kept in the classroom.) All work must be kept by the student in their notebook in the appropriate order. Notebooks will be collected for points during the semester.

Demonstration Project Supplies: Students will be required to research and demonstrate a recipe from another culture. Supplies, other than staple ingredients where available, will be provided by the students.

Textbook: **Food for Today**

Copies of this textbook are available in the classroom. They will be used for in-class assignments only. Books may not be checked out overnight to make up a missed assignment.

LABORATORY INFORMATION

There is a **\$25.00** contribution requested for this class. These contributions pay for the food consumed by the students during the food preparation skills laboratories. Contributions may be paid by cash, check or credit card. Cash and checks, made out to Valencia High School ASB, can be paid directly to the ASB office, or given to me for deposit. Credit card online instructions may be found at www.ValenciaASB.com, "on-line store".

ATTENDANCE

Attendance is important and directly related to your success in this course. You will need to be on time to class each day. Valencia High School's tardy policy is strictly enforced. The school attendance rule of 15 days/Fail will be applied.

GRADING

All grades will be computed on a point basis. Homework, class work, projects, participation, quizzes, and exams will be given a point value based on their importance. Grades will be computed every five weeks and a progress report will be given to each student. Student grades may be accessed at <http://staff.hartdistrict.org/tseifri/>. The following scale will be used to determine student grades:

A = 90% - 100%	Notebook/Classwork	20%
B = 80% - 89%	Labs	30%
C = 70% - 79%	Tests/Quizzes/Exams	50%
D = 60%- 69%		
F = 59% or below		

CLASSWORK, HOMEWORK, AND TESTS

All work must be turned in when it is due. **NO** late work will be accepted after the grades have been recorded and the work has been returned to the students. However, students with an excused absence have as many days as they were absent to make up the work. It is your responsibility to find out what you missed by checking "The Box", containing class assignments.

You must be present on lab days to receive participation credit. You can make up **one** lab as homework by submitting a "Lab Make-Up Form". Labs can also be made up by participation in an in-class demonstration. Sign-ups for demonstrations will be taken in class.

ACADEMIC HONESTY

Any student involved in dishonesty on any work will be subject to one, some, or all of the following: an automatic zero on the work; one day suspension from the class; a referral, and a conference with an administrator, the parent, and the teacher.

CLASSROOM MANAGEMENT

In this classroom you are expected to follow the behavior standards of Valencia High School, as presented to you at registration, and treat all persons with respect. Remember that you signed an agreement to follow these standards! Breaking your agreement by not adhering to these standards will result in consequences such as a verbal warning, student-teacher conference, detention, referral, and steps.

In addition to the standards of VHS, the following are additional ones I expect you to follow in my classroom:

1. There is to be no talking when the teacher is talking.
2. The use of profanity, coarse talk, or obscene gestures **will not be tolerated**.
3. Do not help yourself to food, beverages, or anything else from the refrigerator or cupboards in the room.
4. No hoods or sunglasses may be worn in this classroom.
5. Food may only be consumed in the lab area (not in the classroom).
6. Electronic devices (Cell Phones, iPods, etc.) may not be used during class unless specified by the teacher.

TEACHER AVAILABILITY

You can reach me on campus approximately one half-hour (1/2) before and after school each day. My conference period is Period 2, 8:00 – 8:56. You may also call me at 294-1188, ext. 111, or e-mail me at tseifri@hartdistrict.org.

I have read the class rules and information for the Culinary Basics I class. I understand that there is a \$ 25.00 contribution for consumables.

Parent/Guardian

Print Name

Sign Name

E-mail address

Date

Student

Print Name

Sign Name