

CULINARY ARTS I & II

Fall 2023

Welcome to Culinary Arts! I am so excited to be your instructor at BHS. Please take some time to read through this entire syllabus as a family (all 4 pages). These ground rules will help us all have a successful semester. For the 2023/2024 school year BHS will offer both Culinary I & Culinary II. You must pass Culinary I to join Culinary II. **Students who took culinary I online between 2020-2021 will have opportunities to master hands-on basic skills when joining culinary II.

Course Description

Culinary Arts is a program that prepares students for a variety of occupations in the hospitality and food service industries. First year students learn food preparation, sanitation and safety, nutrition, basic knife skills, basic baking, menu planning, human relations, sustainability, and nutrition. Second year students continue to advance their competencies in food preparation, advanced knife skills, sanitation and safety, garde manger, cooking methods, nutrition, resumes, classical baking techniques, and international cuisines.

Culinary I	Culinary II
Food Safety & Sanitation	Food Safety & Sanitation
Basic Knife Skills & Safety	Advanced knife skills and cuts Knife identification
Washington Food Handler	Nutrition in restaurant environment. Food allergies.
Measurements & reading recipes	Sauces, Stocks, soups, Vegetables, Starches
Nutrition <ul style="list-style-type: none"> - What bodies need - Differentiated diets 	Cuts of meats <ul style="list-style-type: none"> - Seafood - Poultry - beef/pork
Basic cookery <ul style="list-style-type: none"> - Proteins - Vegetables - starches 	Cooking methods: dry/moist heat, grille, braise, poach, boil, simmer, steam
Soups, sauces, emulsions	Classic french baking <ul style="list-style-type: none"> - Laminated doughs - Bakery production
Basic Baking <ul style="list-style-type: none"> - Leavening - Quick Breads - Cakes/Doughs 	International cuisines : TBD by instructor Catering: *Varies by semester adn school need

Textbooks - access provided in class

- We are piloting the use of Professional Cooking by Wayne Gisslen in alignment with Olympic College.

Grading:

Grading will be weighted heavily by participation in labs and class activities. Culinary students will be required to show proficiency in both written exams and physical labs.

- **Quizzes:** Quizzes will be assigned as hands on demonstration or as written quizzes relating to current units of study.
- **Tests:** Tests will be given as skill demonstrations or as written tests relating to current and previous topics. Culinary students should expect to take both industry proficiency tests and in-class unit of study tests.
- **Kitchen Labs:** Kitchen Labs will be set up on a team system and/or individual. Teams will be assigned to a production area and required to perform various tasks. Labs evaluate mise en place, sanitation, workstation, waste, clean up teamwork/participation, time management, use of equipment, technique, skill level, attitude. Team members not performing their job duties will have point deductions from their lab participation grade. Keep in mind that what you do as an individual affects the product that your entire team will be graded on. In addition, each student will be given leadership roles throughout the course and be evaluated on their performance.
- **Written Assignments:** Assignments could be reflections in your class portfolio, a recipe/lab reflection, or marketing materials created for a project. All written assignments must be turned in on time and be done to the best of your high school abilities.

Google Classroom:

Written assignments, rubrics and classroom documents will be posted on Google Classroom.

- **Attendance:** Attendance is crucial. Labs are difficult, if not impossible, to be made up. Due to school activities, general illness and appointments, students will occasionally have to be out of class. Supplemental assignments have been incorporated into the schedule to give students an opportunity to supplement points they have missed in the lab for legitimate excused absences (*getting your hair done is not a legitimate reason to miss school*). All work to be made up is the responsibility of the student. All assignments must be turned in as scheduled by the instructor. These assignments are crucial for students to expand their understanding and will give both of us an opportunity to check for comprehension before moving on. If you are absent, it is the student's responsibility to get the make-up work and discuss with Chef Courtway an appropriate timeline to get caught up. If it is found that you have skipped class, you will not have an opportunity to make up lab points. Do not skip class.
- **TARDIES:** You must do your very best to be in class on time. If you arrive with a fresh Starbucks run, you will not participate in that day's work and will lose class points. You are not allowed to eat or drink personal foods in class, so it's not worth being late.

Three ways to make up missed lab because of excused absence: TBD By Chef Courtway

1. Assisting in culinary arts catering event, outside of class time frame (after school, before school, weekends, etc.), or cleaning lab environment outside of class time as arranged with Chef Courtway.
2. View demonstration videos over curricular unit (when available), view powerpoint over curricular unit, review required recipes for curricular unit as decided by teacher and reflect.
3. Set up a time with Chef Courtway to demonstrate student can perform hands on curricular unit when possible for Chef Courtway (this will likely only be used for missed knife lab).

A.I. (Artificial Intelligence)

As we embark on a new academic year in the high school culinary class, I'm excited to share our plan to integrate artificial intelligence (AI) into our learning environment. This addition aims to equip students with valuable skills while emphasizing the importance of honest effort. AI will be a supplementary tool, encouraging creativity, critical thinking, and ethical responsibility. I believe that by responsibly utilizing AI, students will enhance their culinary abilities and learn to navigate its role in the industry. Your support in promoting thoughtful engagement with AI throughout our educational environments is greatly appreciated.

~The above content was written for you with the assistance of the AI bot ChatGPT.

Classroom Expectations:

I enforce ALL school rules and have high expectations of behavior in this adult working environment. I expect each student to conduct themselves in an appropriate manner at all times in the classroom/kitchen. Be respectful of the teacher, other students, and yourself. Use appropriate language, manage your own behavior and attitude, and accept responsibility for the consequences of negative behavior. Disruptive, disrespectful behavior will not be tolerated. I expect each student to work hard at all times in the classroom/kitchen. Abide by all safety rules, stay on-task at all times in order to complete your assignments, and take pride in your work. Take ownership of your learning.

• Any dangerous horseplay or misuse of sharp or hot tools will result in your removal from class, potentially long term. Zero tolerance.

• I expect each student to pay close attention to my instruction. Stay focused during instructor demonstrations, discussion, and recipe review. Follow instructions carefully.

• You must be in full class “uniform” EVERYDAY. (Uniform Policy below). For safety and sanitation reasons students will not be permitted to participate in a lab environment, if they do not meet kitchen uniform policy of closed toe & non-slip shoes, full length shirts, hair restraint, and jewelry/watches off. Being out of uniform results in NO points for participation.

• NO gum chewing

• NO drink containers or outside foods allowed in the kitchen, apart from closed water bottle.

• **NO use of personal electronic devices or phones.** Personal devices are NOT allowed during Kitchen Labs. ALL students must leave personal devices in bags or phone caddy as directed by instructor. Using a personal device can lead to a physical, biological contamination in the foods that we prepare and serve. Safety and sanitation is one of our main concerns. If parents/guardians need to contact you, they can call the main office at BHS ***Exceptions to this rule, Chef Courtway MUST give permission for a phone to be used for pictures of final product for use in portfolio.*

Class Uniform Expectations:

Culinary class follows basic food service uniform expectations.

1. **Closed toed shoes** must be worn at all times in the culinary environment. Failure to wear closed toe (non-slip) shoes will result in student sitting out of lab. **Appropriate:** Tennis shoes, clogs, vans, boots. **Not-appropriate:** Flip-flops/Slippahs, slides, high heels, high heel boots, sandals, house slippers, crocs with holes.
2. **Full length tops:** In the cooking environment full length shirts must be worn (no middle bodies near the food and stoves). Please plan accordingly.
3. **Hair tied up:** All long hair must be tied up including long bangs that hang in face, side bangs, and mullets. All students should expect to be prepared with hair tying devices before arrival to class. **This is not negotiable!** Hats may be used to secure hair that is shoulder length or shorter. Hair ties and/or hair nets must be used for longer hair.
4. **Jewelry and fingernails:**
 - a. Hands: No jewelry of any kind is to be worn in the kitchen except for plain wedding band. This includes all watches.
 - b. All nails should be kept clean and short. Chipping nail polish is not allowed and nail extensions are discouraged and will require use of gloves.
 - c. Ears: avoid dangling jewelry.

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**Dietary Restrictions (non-allergy):** I acknowledge and recognize that we are a diverse group of humans in this class with different and unique dietary needs. No student will ever be forced to taste or eat foods made in culinary class. This is a culinary class and it is my hope that students interested in pursuing this pathway will do their best to try all foods created or offered.

**Allergies:** In this classroom lab we use wheat flour, dairy, eggs, soy, sesame, shellfish and other common allergens. As a rule we do not use nuts. We can make substitutions or alternatives for people allergic or intolerant to most allergens. In the case we cannot substitute, we can provide an alternative task to keep you safe. In high school we expect students to be in charge of their health and safety and to communicate clearly.

**\*\*There are gluten allergens present in the classroom. Gluten free cooking tools and alternative materials can be provided for celiac students, but this is still a kitchen with allergens present - including in our ovens and sinks.**

Student name (print first, last) \_\_\_\_\_

Class period: \_\_\_\_\_

**Class Agreement Fall 2023 Culinary Arts, Bainbridge High School**  
**REQUIRED (ONLY RETURN THIS PAGE)**

All students and families must sign this agreement before beginning any work in our culinary classrooms. Please take time to read the entire document attached and return **ONLY** this signature page to class. **Signing your name here indicates that you have read the entire syllabus and expectations document.**

1. As a student enrolled in the BHS Culinary Arts program I understand my role as a member of the culinary team. I agree to abide by all rules and expectations listed above.

Student (print) \_\_\_\_\_ Signature \_\_\_\_\_

Date \_\_\_\_\_

2. As the parent/guardian of \_\_\_\_\_ I hereby acknowledge and understand the high expectations of my student enrolled in BHS Culinary Arts Program and will help them to fulfill that role. I have read the expectations document for fall 2022.

Guardian or Parent (print) \_\_\_\_\_ Signature \_\_\_\_\_

Date \_\_\_\_\_

***Allergy Alert:***

If your student has a life threatening food allergy, please list that here for me so that we can do everything possible to keep them safe.

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