

## Culinary Arts 10

Instructors: Ms. Booker & Chef Sheets

-Course Outline-

Welcome to Bert Church High School's Culinary Art Program! We hope to instill a passion for cooking while teaching you the skills needed to be a part of the Professional Cooking industry.

**Practical Marks:** These are assessed through your Daily Kitchen Evaluation. Any day we are in the kitchen you will receive a mark out of 10- based on Punctuality, Uniform, Mis en Place, Professionalism, Health and Safety and Basic Skills. If you are absent from the class, you will receive a 0. You have the opportunity to make this up by working an extra lunch hour shift. Chronic absences will not be given the opportunity to make up missed classes. In order to be assessed on an outcome you must be present in class.

### Lab Marking Criteria

Punctuality	/2
Uniform (including hair up, socks, and hat)	/1
Mis en Place (setting up your station & having a chef sign off) Developing good work habits	/1
Professionalism -Treating others and work environment with respect. -Being responsible for your actions -Striving for excellence -Positive Attitude	/2
Health and Safety (no long fingernails, washing hands, washing tables, no fingernail polish)	/1
Basic Skills Reading recipe, knife skills, measuring, following instruction	/3

**Lunch Service Attendance:** Each student is **required** to work a lunch shifts (10's work once a week Mon-Fri). This mark is for every module and attendance at lunch is taken daily).

**Assignments:** The first year of Culinary Arts is all about learning the basics. During this year you will be responsible for completing module booklets and any other assignments Ms. Booker assigns. Once theory, assignments, practical lab work, and lunch service are completed then a module mark will be earned. If any aspect is not completed the module is considered incomplete.

**Attendance:** As Culinary Arts is an apprenticeship course and the majority of marks are obtained through hands on experience, prompt attendance is necessary in order to receive instruction and have the ability to complete tasks associated with modules. Students who arrive later than 20 minutes will be marked absent until the student's guardian has contacted the school and attendance has been changed.

**Intervention:** Students that are not passing or have not met deadlines for assignments or evaluations must complete an intervention plan in consultation with the teacher and parent. This must be completed before the student can proceed to the next module.

**Oct. 12** – Need to have completed all assignments for Apprenticeship Safety, Kitchen Orientation, Kitchen Mathematics, Stocks & Soups

**Nov. 1**– Need to have complete all assignments/ work for Meats & Seafoods & Cooking Proteins 1

**Nov. 23** - Need to have complete all assignments/ work up to this point for Introduction to Baking

**Exams:** At the conclusion of each module, you will be completing a module exam. At the conclusion of the semester each student is required to write four exams. These include the following tests: Knife skills, scaling ingredients, tools and equipment, and a cleaning test.

**COURSE CKA 3900 APPRENTICESHIP SAFETY:** Students develop knowledge, skills, and attitudes in the practice of kitchen health and safety, communication, and career planning.

**Prerequisite: None**

<i>Grace Breakdown</i>	Food Safe Exam	– 30%
	Booklet	- 15%
	WHMIS	- 5%
	Climbing Lifting	- 5%
	Knife Skills Exam	- 5 %
	Resume/ Cover letter–	20%
	Module Exam	- 10%
	Lunch Service	-10%

**COURSE CKA 3401: KITCHEN ORIENTATION** students develop skills and abilities in the food service industry as they develop safe and efficient work habits.

**Prerequisite: CKA 3900 Apprenticeship Safety**

<i>Grade Breakdown:</i>	Hospitality # 1	-15%
	Hospitality # 2	-15%
	Booklet	-15%
	Tools and Equipment Exam –	10%
	Cleaning Exam	-10%
	Module Exam	-10%
	Lunch Service	-15%
	Cleaning Day	- 10%

**COURSE CKA 3406: KITCHEN MATHEMATICS** – Students develop a basic understanding of the mathematics required in every aspect of the foodservice industry.

**Prerequisite: CKA 3900 APPRENTICESHIP SAFETY, CKA 3401: KITCHEN ORIENTATION**

<i>Grade Breakdown:</i>	Booklet	- 30%
	Module Exam	- 20%
	Lunch Service	- 20%
	Scaling Exam	- 20%
	Cleaning Day	- 10%

#### **COURSE CKA 3411: MEATS AND SEAFOODS 1**

Students will develop skills and abilities to recognize products and to learn how products are utilized and handled to ensure foods are safe and wholesome to consume. Students also learn the essentials of pre-cut portions of meat, poultry, and fish products in preparing quality, cost- effective menu items.

**Prerequisite: CKA 3900 APPRENTICESHIP SAFETY, CKA 3401: KITCHEN ORIENTATION, CKA 3406: KITCHEN MATHEMATICS**

<i>Grade Breakdown:</i>	Booklet	- 25%
	Practical Lab	- 30%
	Assignment	- 20%
	Module Exam	- 10%
	Lunch Service	- 15%

#### **COURSE CKA 3421: COOKING PROTEINS 1**

Students develop skills and abilities in using seasoning, flavourings, and marinades. Students learn to use, cook and handle proteins properly.

**Prerequisite: CKA 3900 APPRENTICESHIP, CKA 3401: KITCHEN ORIENTATION, CKA 3406: KITCHEN MATHEMATICS**

<i>Grade Breakdown:</i>	Booklet	-10%
	Practical Lab	- 45%
	Spice Rack Activity -	5%
	Module Exam	- 10%
	Lunch Service	- 20%
	Chef's Challenge	- 10%

### **COURSE CKA 3431: STOCKS AND SOUPS**

Students learn how to prepare stocks and soups.

***Prerequisite:* CKA 3900 APPRENTICESHIP SAFETY, CKA 3401: KITCHEN ORIENTATION, CKA 3406: KITCHEN MATHEMATICS**

<i>Grade Breakdown:</i>	Booklet	-10%
	Practical Lab	- 50%
	Module Exam	-10%
	Lunch Service	- 20%
	Chef's Challenge	-10%

### **COURSE CKA 3451: BREAKFAST AND DAIRY**

Students learn how to plan and prepare traditional breakfast dishes as well as learn how to use dairy products for cooking and baking.

***Prerequisite:* CKA 3900 APPRENTICESHIP SAFETY, CKA 3401: KITCHEN ORIENTATION, CKA 3406: KITCHEN MATHEMATICS**

<i>Grade Breakdown:</i>	Booklets	- 10%
	Practical Lab	- 50%
	Module Exam	- 10%
	Lunch Service	-20%
	Chef's Challenge	-10%

### **COURSE CKA 3456: INTRODUCING TO BAKING**

Students learn the functions of ingredients as well as how to convert formulas and apply accurate measuring and mixing methods to the process of baking.

***Prerequisite:* CKA 3900 APPRENTICESHIP SAFETY, CKA 3401: KITCHEN ORIENTATION, CKA 3406: KITCHEN MATHEMATICS**

<i>Grade Breakdown:</i>	Booklet	-10%
	Practical Lab	-50%
	Module Exam	-10%
	Lunch Service	-10%
	Chef's Challenges	-20%