

# Course Syllabus

**School:** Crook County High School

**Course Title:** Foods 1 “A Curious Culinarions Introduction to Good Food”

**Instructor’s Name:** Macy Hagensee

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**Semester:** 1 and 2

## Course Description:

**Foods 1** is an introductory class into the world of quality food preparation and time honored cooking techniques. In this class students will learn the rules and standards of proper kitchen safety and sanitation which has been carefully aligned with core professional restaurant industry standards. Students will also begin to learn proper knife skills and kitchen equipment while working with a variety of food preparation techniques, ingredients and strategies. The student will also learn basic baking principles and candy making. The students will end the class by exhibiting their various, and newly acquired skills and techniques by planning, preparing and implementing a series of tasks associated with menu design and successful banquet/party hosting.

## Learning Standards: (Based on Industry Validated Student Outcomes and High Desert ESD Culinary Outcomes)

1. Students will learn basic kitchen safety and proper sanitation.
2. Students will pass with a grade of 75% or better grade on the test associated with the sanitary standards set by the State of Oregon and purchase an **Oregon Food Handlers Card** allowing the student to legally work around food and in the food service industry.
3. Students will learn the proper knife skills associated with the various task and techniques practices in the food service industry.
4. Students will demonstrate various techniques for prepping, cooking, garnishing, and serving food safely, and consistently. This includes: aesthetics, taste, smell, proper preparation, eye appeal, set-up, texture, time management, ect...
5. Students will plan, creatively design, prepare, and cook menu items that are compatible with our classroom kitchen capabilities, food possibilities and potential guest preferences.
6. Students will prepare a meal using cost and portion controls.
7. Students will demonstrate basic baking techniques including, yeast breads, flatbreads, cookies, pies and candies.
8. Students will demonstrate proper work ethics, etiquette, vocabulary, management and courtesy during a variety of interpersonal task.

**Materials:**

**Texts:** *On Cooking: A Textbook of Culinary Fundamentals*. Labensky, Hause, Martel, 2010. 1440pp. Prentiss Hall, Upper Saddle Ridge, New Jersey.

**Film, Videos/ Other Electronic Media:** *Food Inc* by filmmaker Robert Kenner lifts the veil on our nation's food industry, exposing the highly mechanized underbelly that has been hidden from the American consumer with the consent of our government's regulatory agencies, USDA and FDA. This video features interviews with such experts as Eric Schlosser (*Fast Food Nation*), Michael Pollan (*The Omnivore's Dilemma, In Defense of Food: An Eater's Manifesto*) along with forward thinking social entrepreneurs like Stonyfield's Gary Hirshberg and Polyface Farms' Joel Salatin, *Food, Inc.* reveals surprising—and often shocking truths—about what we eat, how it's produced, who we have become as a nation and where we are going from here.

**Notification of the Right to Object to the Use of Materials**

Any resident of the district may raise objection to instructional materials used in the district's educational program despite the fact that the individuals selecting such materials were duly qualified to make the selection and followed the proper procedure and observed the criteria for selecting such material.

The first step in expressing objection is consultation with the classroom teacher or library staff and providing a brief written complaint. The staff member receiving a complaint regarding instructional materials shall try to resolve the issue informally through the discussion of the original assignment or the opportunity for an alternative assignment.

If not satisfied with the initial explanation or an alternative assignment, the person raising the questions will meet with a building administrator who, if unable to resolve the complaint, will provide a Request for Reconsideration form which will be given to the superintendent for action.

**Goals:** By the end of the Semester 1 and 2, 2011/2012, 100% of students will meet or exceed subject level learning standards in Food 1 as measured by a score of 71% or better on all graded and monitored assignments.

**Citizenship and Evaluations:**

## Attendance

- Attendance is critical to passing this class.

## Participation

- Take part in classroom discussion.
- Complete all assignments, projects, presentations.

## Behavior

- Follow all rules and procedures.
- Treat everyone with kindness and respect.

**Evaluation (grading):**

Grades may be comprised from scores in any of the following:

- Daily Opener
- Daily Assignment/Homework

- Lab Work
- Projects
- Presentations
- Quizzes
- Exams
- Class Participation
- Etc.,
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**Grading Scale:** Grading is based a point system. The points are totaled to determine the grade earned for each grading period. The scale is as follows: 100-90% **A**, 89-80% **B**, 79-70 **C**, 69-60 **D**, 59 or below **F**.

**Makeup Policy:**

- All school policies apply. See Handbook.
- It is the responsibility of the student to make up all missed work and as soon as possible after returning to school.
- Upon return to school it is the student’s responsibility to contact the teacher before 8:00am or after 2:45pm to receive makeup work.
- A student missing two days or more will be given an extra two days to make up missed work.
- Remember there is no late work in the real world! This policy is extremely generous and should not be taken advantage of.

**Extra Credit Policy:** There are multiple ways for students to receive extra credit in **Foods 1**. 1. Bring in an Elk or Deer roast that we can process into sausage, or some other class related item. 2. Students can bring in a whole, or cleaned seafood product, an example would be a whole salmon, Sockeye, trout, any fish product that I can demo and use to supplement a related dish. 3. If you grow food, bring me in some and we will use it to practice skills. 4. Those students that do not have access to any of the above items, a un-open bag of bread flour, jar of mayo, sugar, anything that we can use to cook with will qualify for extra credit

**Course Content:**

**Week 1:** Introductions, class bonding, expectations, rules and basic instructions for the class procedures followed a brief introduction to the history and philosophy of good food production.

**Week 2:** Chapter 1 “Professionalism”

1. Discuss the development of the modern food service industry.
2. Name key historical figures responsible for the developing food service professionalism.
3. Explain the organization of classic and modern kitchen brigades.
4. Understand the attributes a student needs to become a industry professional.

**Week 3:** Chapter 2 “Sanitation and Safety”

1. Identify the causes of food-borne illness.
2. Handle foods in a safe manner.
3. Explain and follow of HACCP system.
4. Take appropriate actions to create and maintain a safe and sanitary working environment.

**Week 4:** Chapter 3 “Nutrition”

1. Identify categories of nutrients and explain their importance in a healthy diet.
2. Identify characteristics of a nutritious diet for healthy adults.
3. Describe diet-planning tools available to consumers and chefs.
4. Appreciate the use of alternative ingredients and substitutes in developing recipes and menus to provide guest with nutritious foods.

**Week 5:** Chapter 4 “Menus and Recipes”

1. Appreciate the different types and styles of menus.
2. Understand the purpose of standardized recipes.
3. Convert recipe yield amounts.
4. Appreciate the need to cost controls in any food service operation.

**Week 6:** Chapter 5 Tools and Equipment.

1. Recognize a variety of professional kitchen tools and equipment.
2. Select and care for knives.
3. Understand how a professional kitchen is organized.

**Week 7:** Chapter 6 “Knives Skills”

1. Care for Knives Properly.
2. Use knives properly.
3. Cut Food into a variety of classic shapes.

**Week 8:** Movie “*Food Inc.*,” by filmmaker Robert Kenner lifts the veil on our nation's food industry, exposing the highly mechanized underbelly that has been hidden from the American consumer with the consent of our government's regulatory agencies, USDA and FDA. This video features interviews with such experts as Eric Schlosser (*Fast Food Nation*), Michael Pollan (*The Omnivore's Dilemma*, *In Defense of Food: An Eater's Manifesto*) along with forward thinking social entrepreneurs like Stonyfield's Gary Hirshberg and Polyface Farms' Joel Salatin, *Food, Inc.* reveals surprising—and often shocking truths—about what we eat, how it's produced, who we have become as a nation and where we are going from here.

**Week 9:** Chapter 7 “Flavors and Flavorings”

1. Understand the basic principles of the physiology of the sense of taste and smell.
2. Recognize a variety of herbs, spices, oils, vinegars, and other flavorings.
3. Understand how to use flavoring ingredients to create, enhance or alter the natural flavors of a dish.

**Week 10:** Chapter 8 “Dairy Products”

1. Identify, store and use a variety of milk-based products including cheese.

**Week 11:** Chapter 9 “Mis-en-place”

1. Organize and plan your work more efficiently.
2. Understand basic flavoring techniques.
3. Prepare items need prior to actual cooking.
4. Set up and use the standard breading procedures.

**Week 12:** Chapter 10 “Principles of Cooking”

1. Understand how heat is transferred to food through conduction, convection and radiation.
2. Understand how heat affects foods.
3. Understand the basic principles of various cooking methods.

**Week 13:** Chapter 11 “Stocks and Sauces”

1. Prepare a variety of stocks.
2. Recognize and classify sauces.
3. Use thickening agents properly.
4. Prepare a variety of classic and modern sauces.

**Week 14:** Chapter 12 “Soups”

1. Prepare a variety of clear and thick soups.
2. Garnish and serve soups appropriately.

**Week 15:** Chapter 29 “Hors D’ Oeuvres and Canapés”

1. Prepare and serve a variety of cold and hot hors d’ oeuvres including canapés.
2. Choose hors d’ oeuvres that is appropriate for the meal or event.

**Week 16:** Introduction to Global Street Food.

1. Discuss and recreate delectable creations reflecting the cultures and ethnic traditions associated with local, regional pallets.

**Week 17:** Final Cooking Exam. Final: Plan and design a menu for an imaginary local business “Meet and Greet.” Design an invitation and menu to the event. Cook, creatively decorate and present multiple hors d oeuvres and canapés using environmentally sustainable and seasonal food products.

**Week 18:** Final Written Exam and Sanitation and Kitchen cleaning.