

# Course Syllabus

**School:** Crook County High School

**Course Title:** Foods 2 “A Curious Culinaricians Introduction to Good Food”

**Instructor’s Name:** Macy Hagensee

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**Semester:** 1 and 2

## Course Description:

**Foods 2** This class is for students who want to pursue a career in the food production industry. In this class students will continue to build on their fundamental culinary skills. Students will learn the art of *garde manger* (breakfast, lunch, salads, and dessert preparation) and how to work with meats, fish, sauces, dressings, vegetables, dairy, grains, legumes, and appetizers. By the end of this class students will be ready to competently enter into an entry level position in the food service industry.

## 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 tasks and techniques practiced 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, etc...
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 tasks.

## Materials:

**Texts:** *Oregon Food Handlers Manual* and *ProStart 1*, Becoming a Food Service Professional

**Film, Videos/ Other Electronic Media:** *Cooked, The Mind of a Chef, Chef's Table, Parts Unknown, NOMA, Culinary Institute of America Techniques and Food Principles, ServSafe Sanitation and Food Safety.* Disney Movie, "Ratatouille".

### **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 2**. 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:** Begin the introduction to Kitchen Safety.

**Week 3:** Continue Safety and begin discussing HAACP, and reviewing basic sanitation.

**Week 4:** Review for Sanitation Test (Oregon Food Handles Card). Begin introduction to proper kitchen weights and measures. This includes how to compute the number serving by serving size. Lecture on calculations and conversions and their importance in the restaurant industry. Discuss why accurate weights and measures are key to successful production and quality control.

**Week 5:** Introduction to Breakfast, meats associated with breakfast, eggs, dairy, grains and cereals, and citrus. Introduction to mixing and production of various Quick breads. Lab 1:(Simple muffins and smoothies).

**Week 6:** Continue with the introduction to Breakfast. Discuss the various techniques for preparing breakfast meats, grains, and egg preparation. Lab 2: Make biscuits, eggs, bacon, grits, and fresh juice.

**Week 7:** Continue with the introduction to Breakfast. Discuss the various techniques for preparing making pancakes, and crepes. Discuss the concept of sweet and savory. Lab 3: Make sweet and savory stuffing's for crepes.

**Week 8:** Finish breakfast preparation with egg omelets.

**Week 9:** Introduction to Grains and Flatbreads and their place in culinary evolution, and basic baking techniques. Prepare, bake, cut and plate various *Flat Breads*. Work with making Corn and Wheat Tortillas and Middle Eastern Pita Bread.

**Week 10:** Begin working with lunch products. Introduction to preparing and cooking Legumes. Introduction to handcrafted cheese. Introduce to simple, classical principles of meal preparation. Make a pot of Pinto beans for Tortillas and homemade goat milk cheese.

**Week 11:** Continue work on simple meal production and move to preparing Mediterranean flatbread. Introduce grilled vegetables as a food staple. Explain complex sugars and how different cooking processes affect texture and flavor. Reintroduce emulsions by preparing a curried mayonnaise.

**Week 12:** Watch the movie *Ratatouille*.

**Week 13:** Continue with simple cuisine. Introduction to Yeast Bread. Make pizza crust. Make pepperoni from scratch. Make Mozzarella cheese from scratch. Introduce Mother Sauces. Make basic Marinara (Red Sauce). Introduction to the proper use of an oven, and dry baking. Prepare Pizza.

**Week 14:** Introduction to Sandwiches. Make loaf yeast bread. Slow roast beef shoulder for pulled beef sandwiches. Learn the art of preparing protein based stock into gravy. Learn about condiments, and fixing's.

**Week 15:** Continue with the introduction to sandwich. Discuss the various techniques for preparing *Kaiser Rolls*. Lab 10: Prepare a basic Kaiser roll recipe. Make BBQ pulled Pork. Introduce moist cooking. Make basic barbeque sauce. Make Cole slaw.

**Week 16:** Introduction to House salads. Parts of a house salad. Definition and combinations of house salads. Lab 11: Grill chicken breast. Prepare Caesar Salad. Introduce the way to make a classic Caesar Dressing.

**Week 17:** Continue with the introduction to house salads. Lab 12: Make a classic Chefs salad.

**Week 18:** Prepare for Final Project. Prepare Buffet Brunch.

**Week 19:** Prepare Final Project. Prepare for Final Exam.

**Week 20:** Deep Clean, Sanitize, Organize Kitchen for Summer Break.