**Culinary Arts & Nutrition 1 (CAN 1) 2015/2016**

**Instructor:** Mrs. Stiker

**Phone:** 630-636-2358

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**Remind-notification set up – text @culu to 81010**

A link is also provided within my district 308 website.

**Course Information:**

**Culinary Arts and Nutrition 1** - .50 credit (1 semester) SELECTIVE ELECTIVE/OPEN ELECTIVE

Grade Level: 9–12 Prerequisite: None

In the classroom and the laboratory, students learn and apply principles of basic food preparation and nutrition. Promoting wellness through meeting health and safety needs in planning and preparing food are included as well as utilizing food resources and analyzing nutritional needs. Career information is incorporated throughout the course.

**Topics Covered:**

* Kitchen Equipment
* Food Safety
* Cooking/Kitchen Terms
* Measurements

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* Microwave Cooking
* MyPlate

 - Fruits

 - Vegetables

 - Dairy

 - Meat/Poultry/Protein

 - Grains

* Baking Basics

**Course will be graded on a point basis**

**Break down of grading average:**

Classwork/Homework 20%

Labs 40%

Tests/Quizzes 20%

Final Exam 20%

**Note:** You must pass Can II with a “C” average and a “C” or better on the practical final in order to sign up for the Restaurant Management classes.

**School Rules**

All Oswego East High School rules and policies will be followed at all times!

**Classroom Expectations**

* Be RESPECTFUL at ALL times!!
* Be on time
* Be prepared/responsible
	+ Writing utensil, paper, packet, homework, etc.
	+ Check agenda written on board
	+ Use restroom BEFORE class.
	+ Eat/Drink BEFORE class (NO outside food in the classroom! Exceptions may be made for lab days.)
* Be in your seat and quietly working/ready to work when bell rings.
* Positive/No Attitude
* Intelligent, appropriate discussions
* No swearing, inappropriate discussions/comments
* Stay in your seat
* Listen/Pay attention
* Accept/Respect other classmates/differences
* Clean up after yourself and others
* Keep room clean/sanitary
* Do not touch/eat any food that is not yours
* Take responsibility for own actions



* Limited CELL PHONE use!
	+ Educational use with teacher approval
	+ Other times, Must be OFF/OUT OF SIGHT!
	+ First offense=warning
	+ Second offense=cell phone jail/phone call home
	+ Third offense=referral/ possible loss of lab

DON’T LET THIS BE AN ISSUE!!

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REWARDS:

- Positive classroom

- Praise

- Surprises (food, etc.)

- Music while cooking

CONSEQUENCES:

- Parent contact

- Conference

- Detention

- Referral to dean

Severe disruptions will result in an immediate referral

**Dress Code – THIS IS A BIGGIE!!!**

Closed-toed shoes MUST be worn on lab days. Students will NOT be able to participate without proper shoes.

No low-cut shirts, short skirts/shorts, or sagging pants will be allowed. Students violating the dress code will immediately be sent to their dean. Any work missed will have to be made up outside of class. On lab days, points will be deducted or lab will have to be made up at home.

**Attendance**

Attendance in class every day is vital as this is a lab-based class! Labs/Groups depend on students being in class. Any work missed is the responsibility of the STUDENT. Points may be deducted for labs made up outside of class.

**Absences**

**Excused**—Students will have the same number of days to make up work as the number of days they missed. It is the responsibility of the STUDENT to get all missed work after class or before/after school, NOT before class.

**Unexcused**— No credit for participation, in class work, assignments, or labs. It is the responsibility of the STUDENT to make-up tests and major projects missed.

**Classwork/Homework**

Any classwork/homework is due ON THE DUE DATE. NO LATE WORK will be accepted!

Foods Labs

* Working in Groups- In this class you will frequently work in groups. Some of the groups I will establish and some you will select (if student behavior permits). Whenever you are working in groups, remember that everyone has a job and no one is to leave the work to someone else. Leaving before your group is finished may get you dismissed from the next lab. Your grade is based on your individual work and the entire group’s work.

**Be a team player, not a spectator.**

* NO ONE LEAVES until your entire group is finished and has been checked off. Part of your grade is to complete the lab during class time. We do not have the right to take time away from another teacher and their class.

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Dear Parents,

Welcome to the world of Culinary Arts 1! These classes are designed to offer students an opportunity to have a wide range of experiences in food preparation as well as all other aspects in the kitchen. Students are required to follow safe, sanitary procedures at all times, as well as to behave in a mature, responsible manner. Students may not jeopardize the safety of others through unsafe practices or disrupt the learning experiences of those who want to succeed in class. Participating in labs is a privilege that can be lost by inappropriate behavior.

**Attendance in class every day is vital to success!** Be aware that excused absences do not guarantee success in a lab class! Lab work is assessed by active participation in lab preparation planning, accurate measuring techniques, application of correct procedures and principles as covered in the classroom and in the text, as well as individual and kitchen group performance. Make-up lab work done at home cannot be judged on these criteria; therefore, students will be allowed only 30 rather than 35 points for make-up labs. Make-up labs require the student to bring in a small sample of the food made, along with the required form filled out by both the student and the parent. In addition, students may earn extra credit by preparing food at home! This may be done **three** times, earning up to 10 points each time by preparing a recipe from scratch. This requires the recipe, a sample, and a completed Extra Credit form to be turned in. Please review this letter and the required responsibilities with your child and then sign and return the lower portion.

I look forward to a great semester with your child! Please contact me with any questions or concerns.

Thank you, Mrs. Stiker

Please sign and return, in order to participate in cooking labs, this sheet **MUST** be turned in. **Due Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

We have read and understand the contents of this syllabus. We will notify the teacher immediately of any questions or comments.

Student Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_best phone or email for contact\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_