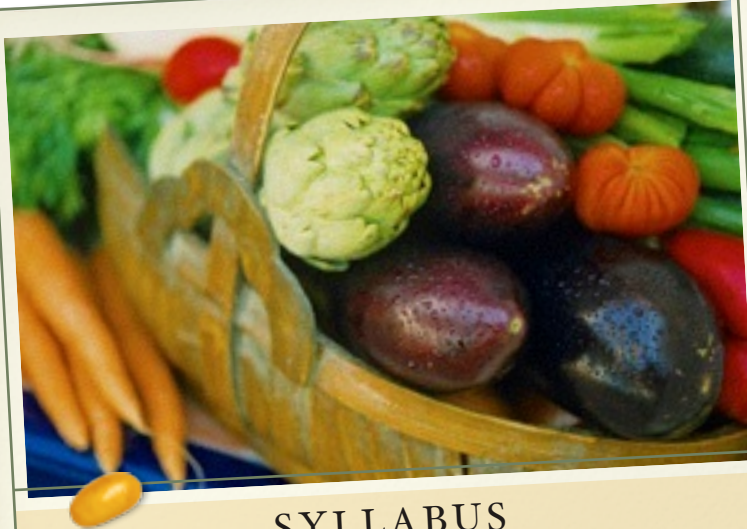


CULINARY FUNDAMENTALS



SYLLABUS

By the end of this semester, you will be able to prepare a safe a healthy meal. You will have mastered basic kitchen skills and be able to apply your knowledge of nutrition to your food choices.

TOPICS

- Mis en place
- Safety/Sanitation
- Food Borne Illnesses
- MyPlate
- Kitchen Tools
- Measurements/Equivalents
- Knife Skills
- Weight Management
- Cuts of meat
- Baking
- Foods from other cultures
- Sauces and gravies
- Daily food plans



Policies

Assessment

Labs- group grade

Classwork- worksheets, video responses

Projects- research

Quizes and test



Absence



When returning from an absence, it is your responsibility to get your missing work from the absent student basket.

Late Work

One day- 10% off
Two days- 50% off

3 days- you earn a 0%

Extra time may be given for valid excuses, but don't count on it

What You'll Need

One binder to be left in the classroom.

Cell Phones and iPods

Cell phones and iPods must be put in designated area and silenced. I see them, I take them.

NO excuses!!!