

VSS Culinary Arts Program

"Preparing today's students for tomorrow's careers."



Contact and Resource Information

Email: jgray@sd22.bc.ca

Phone: 250-545-0701 ext. 1278

Website: <https://mrsgraycooktraining.weebly.com>

Google Classroom: Codes

Block A: _____ Block B: _____

Block C: _____ Block D: _____



Culinary Arts is going to be your favorite class! As a Culinary Arts student you will be busy producing great food for your school community in a top-quality commercial food facility. The pace is steady, and every day will bring new challenges in the form of new skills and techniques to learn and new recipes to try. This program strives to prepare today's students for tomorrow's careers in all types of kitchens. The skills you learn during this course will help build a strong foundation and boost your confidence to cook not only for yourself, but for others as well. **New this year is that our cafeteria will be closed for food service on Monday's to provide more time for culinary instruction. We believe this will help to boost student confidence and culinary knowledge.**

Your Role as a Culinary Arts Student

- Approach all activities as learning opportunities and challenge yourself to improve daily.
- Be positive, respectful, responsible and reliable.
- Ask questions and do your best!
- Complete all your assigned work on time.
- Attend regularly; arrive for class before the bell so you can be ready to work.
(First block: 8:25am, Second Block: 10:05am, Third Block: 12:05pm & Fourth Block: 1:40pm)
- Learn, learn, learn, practice, practice, practice!!!



What Will You Learn?

- Culinary Arts is a hands-on course that focuses on quality food preparation and service. Students will learn the skills necessary for commercial food preparation as they participate in activities related to receiving, storing, preparation, presentation and service of a variety of nutritious foods. Students also have opportunities to develop attitudes required by food-service professionals including punctuality, time management, responsibility, working to a deadline and customer service. The content of each course is determined by British Columbia Ministry of Education. Prescribed Learning Outcomes can be found at the following link:

ADST – Culinary Arts 11:

https://curriculum.gov.bc.ca/sites/curriculum.gov.bc.ca/files/curriculum/adst/en_adst_11_culinary-arts.pdf

ADST – Culinary Arts 12:

https://curriculum.gov.bc.ca/sites/curriculum.gov.bc.ca/files/curriculum/adst/en_adst_12_culinary-arts.pdf

- Textbook, on-line/in-class assignments and quizzes reinforce and enhance theoretical knowledge introduced during practical work in the Teaching Kitchen.
- All assignments are to be completed during fourth block or outside of class time and handed in to Mrs. Gray for assessment.
- Open Door Policy: If students require any assistance with assignments please seek help from Mrs. Gray well in advance of due dates.

Who Will Guide You?

Mrs. Jennifer A. Gray (BA, B. Ed., Food Safe Level 1 Instructor)

- Culinary Arts and VSS cafeteria Instructor

Check out my website <https://mrsgraycooktraining.weebly.com> for more information about your instructor©

When Will You Gain Knowledge and Skills?

By the end of the first week:

- Meet your culinary arts instructor (Mrs. Gray) and team members (students).
- Complete an orientation and tour of the Teaching Kitchen.
- Participate in team building activities. You are a **TEAM** and need to work as one all the time.
- Review expectations, professionalism, uniform assignment, food service responsibilities, safety, evacuation routes and sanitation.
- **Begin the Food Safe Level 1 Course** – those already certified need to produce their Food Safe Card to Mrs. Gray. If you have taken this course previously, but was not certified you will be required to take the Food Safe course again and write the Food Safe Test.
- **Complete Food Safe Level 1** – must pass the test with a minimum of 70% to be able to cook in teaching kitchen. *For students who are already Food Safe Certified will be assigned a Food Safe project and/or complete various prep work for the cafeteria.*
- **Themes that will be covered include:**
 - ❖ Causes of Food borne illnesses (chemical, physical, biological)
 - ❖ Microbes and Food borne Illnesses.
 - ❖ Food handler and hygiene (hand washing, cycle of transmission, cross-contamination).
 - ❖ Receiving and storing food safely
 - ❖ Preparing food safely (thawing, cooking, hot handling, cooling & reheating).
 - ❖ Serving food safely (self-serve, buffet, serving & clearing).
 - ❖ Cleaning and Sanitizing!!!!



By the end of the second week:

- Finish up Food Safe & write the Food Safe test.
- Learn “**mis en place**”, how to hone a knife, knife skills, scaling, how to measure (mass and volume) ingredients, how to read a recipe.
- Understand general kitchen duties including food preparation, dish washing and in-person food service.
- Recognize cafeteria stations (Soup/Salad, Deli, Entrée/Grill, Bake Shop and Dishwashing) along with procedures for each station.
- Engage in cafeteria duties, responsibilities and routines.



Before Christmas Break (Semester 1)/Spring Break (Semester 2):

- Be a responsible and reliable member of the cafeteria team and line service rotation.
- Complete one week in each station (Cold Kitchen, Hot Kitchen, Bakeshop and Dishwashing) for morning classes.

- Practice basic to advanced food preparation techniques.
- Recognize location and access ingredients in dry storage, walk-in cooler, walk-in freezer and chest freezer.
- Recognize location and access tools, equipment, dishes and utensils throughout the kitchen stations.
- Apply dishwashing and storing practices learning through the Food Safe Program.
- Practice in portioning and serving food to customers.
- Promote kitchen sanitation practices and standards.
- Understand the science behind ingredients and cooking principles.

By the end of the Semester:

- Gain confidence and experience in food preparation techniques and recipe completion.
- Demonstrate increasing expertise and knowledge in all facets of safety, sanitation, food preparation, food service and kitchen clean-up practices.

How Will You Experience Success?

Assessment will focus on critical thinking, creativity, collaboration and communication in the following areas. Grades are outcome based and reflect student improvement throughout the semester and are determined as follows:

<p>50% PARTICIPATION</p> <ul style="list-style-type: none"> ➤ Attendance is KEY!!! ➤ Arrive on time! ➤ Proper uniform/footwear*** ➤ Teamwork 	<p>TOQUE 100% food grade virgin polypropylene, today worn for protective purposes</p> <p>COAT Double-breasted to cover up spills + heavy cotton to insulate from heat</p> <p>APRON Added protection from spills and hazards</p> <p>PANTS Loose + checked pattern parts distract from spills and allows movement in the kitchen</p> <p>SHOES Slip-resistant black leather shoes prevent falls</p>	<p>Large Dice, Medium Dice, Small Dice Fine Julienne, Brunoise, Fine Brunoise Batonnard, Allumette, Julienne</p>
<p>25% SKILLS</p> <ul style="list-style-type: none"> ➤ Knife skills ➤ Cleaning & Sanitation practices ➤ Cooking and baking methods ➤ Line service/Delivery of food to classrooms or in-person service 		
<p>25% THEORY WORK</p> <ul style="list-style-type: none"> ➤ "On Cooking" – Textbook work ➤ Various theory assignments, projects, Master Class Videos & kitchen labs (On Mondays) ➤ Food Safe Exam ➤ My Space Portfolio – a showcase of student learning ➤ Final Cooking Challenge – at the end of the semester – will be judged! ➤ Culinary Term Test - written 		

✓Due to WorkSafe BC Safety and Sanitation regulations there is **NO CELL PHONE USE** or **MUSIC LISTENING DEVICES** such as earphones permitted in the Teaching Kitchen. Students are to keep their phones in their lockers or in our classroom. They are unhealthy in a food production environment and a safety risk. Students who continue to use their devices will be sent to administration.

Looking forward to a great semester in the teaching kitchen! If you have any questions, please contact:

Mrs. Jennifer Gray
250-545-0701 ext. 1278
jgray@sd22.bc.ca

Please complete and return **THIS PAGE ONLY** to Mrs. Gray

I have read and understood the information provided in the Cafeteria course outline.



Student Name (please print)

Student Signature

Student Phone Number

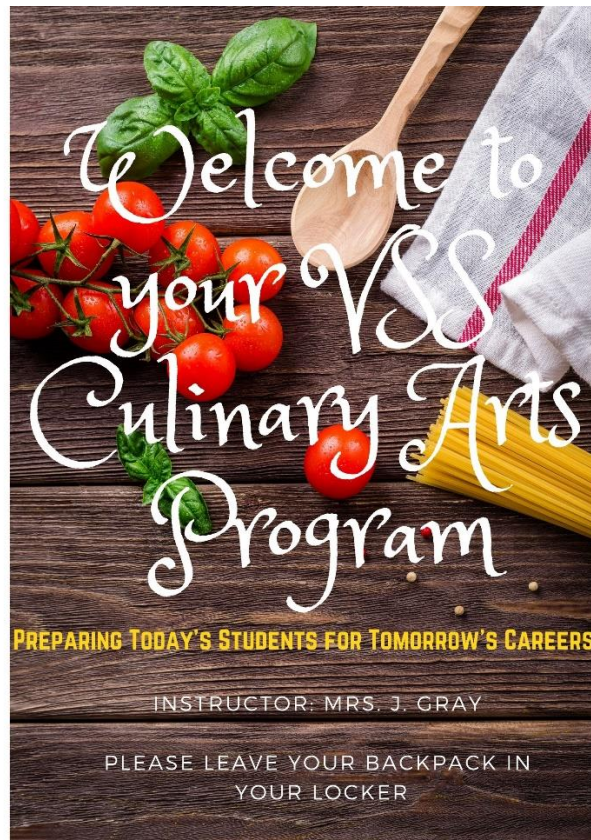
Student Email Address

Parent Name (please print)

Parent Signature

Parent Phone Number

Parent Email Address



Welcome to
your VSS
Culinary Arts
Program

PREPARING TODAY'S STUDENTS FOR TOMORROW'S CAREERS

INSTRUCTOR: MRS. J. GRAY

PLEASE LEAVE YOUR BACKPACK IN
YOUR LOCKER