

WELCOME TO CULINARY I/II/III

Welcome to WBHS ProStart Culinary Program! If you enjoy eating good food and have the desire to learn what it takes to cook a delicious meal, then you are ready to have some fun in the kitchen with Mrs. Marhefka! At the WBHS Bobcat Den, you will learn safety, sanitation and basic cooking techniques that will help you gain the confidence that you need in order to follow recipes and prepare food for yourself, family and friends!



COURSE DESCRIPTION

Culinary Arts 1: A "hands-on" entry-level culinary course that introduces the students to "the kitchen." Students will learn "step by step" cooking techniques while gaining knowledge of the Hotel, Restaurant & Food Service Industry. Students will build their food knowledge and organization skills needed in order to prepare and cook food at home or in a professional kitchen.

Culinary Arts 2/3: Continue to improve on the skills that were learned in CA1. More focus on the importance of Food Safety & Sanitation. Emphasize on Ethnic/International Cuisines from around the World. The CA2 students will have first priority to participate in catering functions & competitions.



COURSE OBJECTIVES

By the end of the course, students will be able to:

- Demonstrate proper kitchen food safety and sanitation procedures
- Demonstrate practical knife skills (cutting)
- Demonstrate culinary math by calculating recipe measurements
- Identify and demonstrate the use of kitchen utensils, tools and equipment
- Articulate & define culinary vocabulary
- Identify basic to "not so basic" ingredients
- Demonstrate prepping & cooking techniques
- Demonstrate organization skills used in efficient cooking practices

REQUIRED MATERIALS

- 3 ring binder with lined paper and 4 divider tabs (labeled- notes/vocab, study guides, quizzes and recipes)



- Black/ blue pens
- A rubber band, hair "scrunchie", or hair clip etc. is required, by the Health Department, to restrain hair when handling food, if the student's hair is shoulder length or longer.
- Closed toed, rubber soled, slip resistant shoes worn when handling food.

Chef's Expectations:



"I expect you to be in full uniform once the tardy bell rings or you will be marked tardy."

"If I have to remind you about any part of the Uniform Standards, points will be deducted from your Uniform grade."

METHOD OF INSTRUCTION

- Course work, projects & quizzes 75%
- "Hands-On" practice & group work 25%



Mrs. Marhefka:

Wants you to have an enjoyable time while learning! ☺

Has lots of patience to teach you

Will treat you with respect & in a professional manner

Will give you honest Feedback on how you are doing in the class

Will teach you practical skills that you will use for the rest of your life!

PARTICIPATION/ TEAMWORK EXPECTATIONS

This means that:

You are "actively" involved. Are you doing something to help out?

You demonstrate positive Communication, Respect & Cooperation.

You have the required materials: paper, pens, hair accessories

You Clean-up, do Side work, & Wash dishes when you are in the Sanitation Group (pot sink duty)

You complete your Sous Chef & Safety Manager responsibilities until the bell rings.

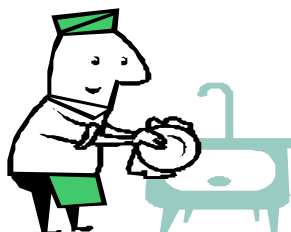
You don't have unexcused Absences or Tardies.

You follow House Rules.

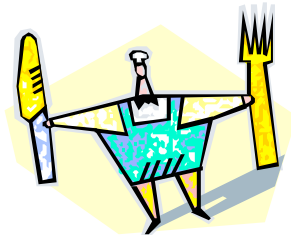
SANITATION STANDARDS (5 THINGS YOU MUST KNOW)

1. **Frequently washed hands.** Hands washed for 20 seconds. Always wash hands after, sneezing or coughing or touching hair or face (eyes, ears, nose, mouth, earrings etc.) This is local Health Department policy.

2. **Dishes "grease free".** Don't put it away if it feels greasy. The "WASH" water **MUST** be soapy not "murky". Refill as needed. Make sure everybody **SCRAPES** their dishes before dropping them off.



3. **Knives, Measuring spoons & cups "grease free" & replaced in drawers.**
4. **Prep tables kept sanitized.** Never sit or put feet on prep tables.
5. **Taste with plastic forks & spoons.** Never with your fingers. Each table must be stocked with forks & spoons.



SAFETY STANDARDS (5 THINGS YOU MUST KNOW)

1. **Use knives with caution.** Always cut away from your body and other people. Use the proper knife for the job and make sure it's sharp. If walking with a knife, always walk slow & cautious, with the knife tip pointed down to the floor. NEVER point a knife at anyone!
NEVER leave a knife in a sink.
NEVER leave a knife handle over the edge of a work surface.
NEVER grab the knife by the blade.
2. **Wipe up spills & sweep up what you drop immediately.** Use the wet floor sign. Floors shouldn't be greasy or slippery. NEVER use a towel on the floor and then use it to wipe a food surface.
3. **NEVER play around in the kitchen.** Avoid distracting others.
4. **Lift only what you can handle without exerting yourself.** Lift with your knees bent, back straight, firm grip, object close to your body and lift with your legs. ALWAYS ask for help when object is heavy.



Chef's Expectations:

*"I expect the Safety Manager to delegate and ask their teammates to ensure that these **SANITATION STANDARDS** are met on a daily basis"*

5. **Be vocal (LOUD MOUTH!).** ALWAYS say "behind you; hot stuff; coming through; watch out, move it" etc. or give some kind of warning when approaching someone from behind. Do this EVEN when you don't have anything in your hands!



Safety & Sanitation is everyone's concern and responsibility. Report all injuries to Mrs. Marhefka as soon as possible. West Broward High Schools expects all of the students to follow the Safety & Sanitation standards. We will do everything necessary to make sure that these standards are enforced, including disciplinary action for noncompliance.

UNIFORM STANDARDS (5 THINGS YOU MUST KNOW)



1. **Rubber soled closed toed shoes** (toes are covered); You can store an extra pair of shoes in a locker.
2. **Hair** pulled back (shoulder length); Supply your own hair accessories.
3. **Jewelry** removed from fingers.
4. **Apron** worn appropriately (tied on)
5. **Freshly washed hands.** Hands washed for 20 seconds. Always wash hands after touching hair or face (eyes, ears, nose, mouth, earrings etc.)

HOUSE RULES OF WBHS PROSTART

DO'S: 

Be APPROPRIATE. Use appropriate language & actions.

THINK before you say it or do it!!!!

Know the 5 Uniform Standards, Safety Standards and Sanitation Standards

Be quiet & LOOK at Mrs. Marhefka when she is teaching/demonstrating.

DON'TS: 

⊗ Make any Racial, Ethnic, Homophobic, Sexist or Hateful remarks. THIS is Harassment & it's AGAINST the Broward County School District Policy.

⊗ Horseplay (bodily & throwing objects). It's Unsafe & a CRIME in a kitchen!

⊗ Take anything that doesn't belong to you, no matter how small. It's STEALING.

⊗ Eat anything that you are not authorized to eat. It's STEALING.

DON'TS: 

⊗ Go into the office; Touch the Board or AV equipment; Stand around my laptop. These areas are "off limits" to students.

⊗ Chew gum, eat food (that's not yours) or use cell phones in class. it's unsanitary & against food safety policy.

⊗ Put your backpacks, purses, and jackets etc. on the floor. They belong on the cubbies or cage.

PARENT & STUDENT ACKNOWLEDGEMENT FORM

(PLEASE DETACH AND RETURN TO Mrs. Marhefka)

I have read and understood the content of this packet. I understand that, as a student of West Broward High ProStart Program , I must comply with these rules and procedures. Failure to do so will result in disciplinary action.

PRINT Student's name: _____

Student Signature _____ Date_____

Parent Signature _____ Date_____