

Introduction to the Culinary Arts--Course Syllabus 2017--18

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Course Objective: To learn to be a competent, safe food-handler in a commercial kitchen setting.

Course Description: A year-long class, Introduction to the Culinary Arts is an introductory course that prepares students to work in a commercial restaurant kitchen. Our kitchen is licensed and inspected by the Health department of Mendocino County. **Sanitation and Safety** in a commercial kitchen is the over-riding theme of the year in Culinary Arts; students will learn cooking terms, basic cooking techniques, equipment identification, use and care, ingredient identification and nutrient values, recipe reading, wait staff techniques, and food presentation. In addition, students will learn the soft skills that apply to any employment, including filling out applications properly, resume writing and interview techniques. This knowledge and skill set will be gained through a variety of activities and projects.

~Introduction to the Culinary Arts is an elective, hands-on class. Generally we cook every Wednesday and Friday, while Monday is dedicated to studying in the textbook. Students usually eat what they've prepared, which is the best way for them to evaluate their ever-increasing skill level. The other three days of the week students will be engaged in a variety of activities which include, reading in the textbook, class discussions, group projects, creative demonstration, worksheets, role play, etc.

School MANTRAS: Be Respectful, Be Safe, Be Responsible

These mantras are a key component of the Culinary Arts field, as well as being essential in all areas of today's work world.

Employees in every sector are expected to treat their co-workers and supervisors in a **respectful** manner; it will be expected they are **prepared** for their job not only educationally, but that they also demonstrate a good attitude, a willingness to **work hard**, and a desire to be a part of a team.

Welcome to the exciting, fast-paced, and fun world of FOOD!