



Tuba City High School

Culinary 1

Instructor Name:Loren Tso

Room: 1520

Phone: 928-283-1039 ext. 5516

E-mail:LTso@TCwarriors.org

COURSE DESCRIPTION

Students will be trained for career opportunities in the food service/culinary arts industry. Students will have the opportunity to learn and practice safety and sanitation procedures, and to use and maintain commercial food service equipment. They will perform quantity food preparation as it relates to catering, bakery, restaurant, hospitality, and fast food business operations. This course will strengthen comprehension of concepts and standards outlined in Sciences, Technology, Engineering and Math (STEM) education.

COURSE PREREQUISITES & CO REQUISITES

Students must have completed Career Exploration and be at least a sophomore.

COURSE OBJECTIVES & LEARNING OUTCOMES

1. Students will explore the history and careers of the food service, tourism and lodging industries.
2. Students will keep food safe through the use of proper sanitation techniques.
3. Students will consistently implement workplace safety.
4. Students will identify professional kitchen essentials and understand standardized recipes.
5. Students will identify professional kitchen equipment and techniques.
6. Students will discuss, prepare and present a quality stock, sauce and soup.
7. Students will describe and identify various effective communication processes.
8. Students will identify the essentials of effective management in the work place.
9. Students will explore and utilize fruits and vegetables.
10. Students will discuss the importance of serving your guests.
11. Students will properly identify the selection, storage and use of potatoes and grains.
12. Students will explore building a successful career in the hospitality industry.

ASSIGNMENTS

- Assignments will be based on units covered, these assignments are to be completed both in class during lecture, as well as at home.
- Each unit corresponds with a specific chapter of the textbook.
- Additional assignments and projects will bring together larger concepts within Culinary Arts to promote a deeper understanding.

Textbooks:

1. The Culinary Professional 4th ed., 2023
2. ServSafe Food Handler Guide, 7th ed.

GRADES

- Your grade will be based upon to following:

90-100	A
89-80	B
79-70	C
69-60	D
Below 59	F



Materials:

The student will need the following items:

1. Paper and writing utensils.
2. Close toed shoes. No cloth, high heeled or open toed shoes or tennis shoes with any mesh on them will be allowed in the kitchen. Walmart sells TreadSafe brand shoes for a low price. Students will be able to store their shoes at school if they choose.
3. Head covering: baseball hat, beanie, chef hat, bandana or hairnet.

Labs:

Labs will typically be set up on a small group system, although some individual assignments will be required. Small groups will be assigned to a production area and required to perform various tasks. Students will receive a lab grade when participating in the lab. Grades will evaluate uniforms, mise en place, sanitation, teamwork/participation and product results. Team members not performing their job duties will have points deducted from their lab participation grade. Keep in mind that what you do as an individual effects the product that your entire team will be graded on. In addition, each student will be given leadership roles throughout the course and be evaluated on their performance.

Due to the nature of labs which involve cooking, specific labs CANNOT be made up. A missed lab is a missed grade. Some lab time make-up will be available later in the semester.

Lab Dress code:

1. A chef coat or an apron must be worn while in the kitchen.
2. Hair must be neat and under control at all times. Hair must remain off of the shoulders and a head covering worn at ALL TIMES while in the lab.
3. Proper footwear is required in the lab. Cloth, high heeled and open-toed shoes are not permitted.
4. No nail polish, false nails, or long nails are permitted. If you cannot comply with this, then you must wear gloves at all times while in the kitchen.
5. Students must avoid excessive use of perfumes while working in the kitchen.
6. No jewelry while in the kitchen. The teacher will have a lock box available if you need to place your items in there while in the kitchen.

Failure to comply with lab rules will disqualify students from receiving a grade for the day.

General Expectations:

- If you need help, ASK FOR IT!
- Think before you act.
- TEAMWORK IS A MUST!
- Always be willing to help those around you.
- Complete your cleaning task every day. Take responsibility for your own actions.
- While you are with a substitute teacher, you will follow the rules that you follow when I am here.
- Always behave in a professional manner inside and outside of the classroom
- Hats are only to be worn in the kitchen lab. Please remove your hat at the door of the classroom.
- Act as if you are on the job.
- Have pride in your work.
- No opened personal food or drink allowed in the kitchen.
- You will not be allowed to leave class for any reason, except for the bathroom (must use bathroom pass and sign out) or if you are called for by an administrator.
- **All electronic devices (including headphones) are to remain hidden during times of instruction.** Phones will be collected from the student if they cause a disturbance. These may be turned over to an administrator or returned to the student at the end of class. This applies to earbuds as well.

2025 ARIZONA CTE PROFESSIONAL SKILLS STANDARDS

Students are evaluated on nine core standards essential for organizational productivity:

- 1. 1.0 Complex Communication: Mastering core skills (active listening, conflict resolution) and using technology to deliver content accurately to diverse audiences.*
- 2. 2.0 Collaboration: Contributing personal strengths to achieve collective goals in person and virtually while building team trust.*
- 3. 3.0 Thinking and Innovation: Defining problems, practicing inquiry/reflection, and taking action supported by evidence and reasoning.*
- 4. 4.0 Professionalism: Maintaining professional appearance, prioritizing tasks, and performing with a "can do" attitude and professional pride.*
- 5. 5.0 Initiative and Self-Direction: Functioning independently, adapting to change, and exercising leadership in the workplace.*
- 6. 6.0 Intergenerational/Cross-Cultural Competence: Creating cultural synergy and including different generations and individuals with disabilities to achieve goals.*
- 7. 7.0 Organizational Culture: Navigating structures and embodying values to advance organizational growth.*
- 8. 8.0 Legal and Ethical Practices: Observing OSHA/SDS safety, protecting property, acting with integrity, and applying industry-specific laws.*
- 9. 9.0 Financial Practices: Understanding organizational profitability, resource prudence, and financial goals.*

2025 CULINARY ARTS TECHNICAL STANDARDS

Domain 1: Culinary Foundations (40-50% Instructional Time)

- Standard 1.0 (Safety/Sanitation): Prevention of foodborne illness (Salmonella, E-Coli, Shigella, Listeria, Hepatitis A, Norovirus, Staph, Botulism).*
- Standard 1.8 (TDZ): Monitoring the Temperature Danger Zone (41°F–135°F) and minimum internal temps.*
- Standard 1.10 (FATTOM): Food, Acidity, Time, Temperature, Oxygen, and Moisture.*
- Standard 7.0 (Prep): Knife cuts (Julienne, Brunoise, Batonnet, etc.), Mise en place, and Emulsions.*
- Standard 8.0/8.6 (Hot Foods): Primal cuts, Mother Sauces (Bechamel, Velouté, Espagnole, Tomato, Hollandaise), and Plating (Rule of 3).*
- Standard 10.0 (Bakery): Functions of leaveners (Chemical, Organic/Yeast, Physical); Mastery of Creaming, Muffin, and Biscuit methods.*

Domain 2: Meal Planning (20-25% Instructional Time)

- Standard 3.0 (Nutrition): MyPlate guidelines and the Big 9 Allergens (Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, Sesame).*
- Standard 4.0/5.0 (Math/Recipes): U.S. to Metric conversions, EP/AP Yield Calculations, the "Gallon Man" visual aid, and the PRN (Preview, Read, Note) strategy for recipes.*

Domain 3: Safety & Equipment (15-20% Instructional Time)

- *Standard 2.0 (Procedures): OSHA Right to Know and SDS First Aid. Fire safety using PASS (Pull, Aim, Squeeze, Sweep) for Classes A, B, C, D, and K, including the ANSUL system.*
- *Standard 6.0 (Equipment): Proper calibration of thermometers and maintenance of commercial equipment (ranges, blast chillers, proofers).*

Domain 4: Food & Beverage Operations (10-15% Instructional Time)

- *Standard 11.0 (Dining Service): Front of House (FOH) styles, POS systems, upselling, and table setting.*
- *Standard 12.0 (Ethical/Legal): Role of regulatory agencies: FDA, USDA, OSHA, CDC, and the Local Health Department.*

Flexibility is a key component of teaching. The above work schedule may be modified to meet our needs throughout the semester. You will be given ample notice of any changes, additions, deletions. Your effort and class participation are essential to be successful in this course. Good Luck!

Course/Teacher Concerns: If a question or problem should arise, the student should talk to the course teacher.

I, _____, have received, read and understood the Course Syllabus for Culinary 1.
(Print Student's Name)

Student's Signature: _____

Date: _____

Parent's Signature: _____

Date: _____