

Foods 3: ProStart 2023-2024

Family and Consumer Science Business: Hospitality and Tourism pathway course

Program code 090101

Course Code 17

Grades 10-12

period 6

1 credit

Prerequisite: Foods 1 and 2

Recommended: Nutrition

Ms. Wagner

507-671-1546

wagneja@hayfield.k12.mn.us

Office hours are before school or with a pass.

Pertinent class information will be posted on Moodle.

COURSE DESCRIPTION

Foods 3 is an in-depth study of the food industry, including restaurant and hospitality careers, restaurants as a business, and the continuing study of culinary arts. Student will participate in the “running” of a restaurant and multiple cooking labs. This is an intensive college level class where students can earn a ProStart National Certificate of Achievement (COA). Earning the COA can give you a leg up in your job search and opens the door to collegiate opportunities. Numerous restaurant, food service, and hospitality programs offer benefits to ProStart graduates. These benefits include scholarships, class credits and credit towards work experience requirements. To earn the ProStart National COA, a student must pass “The Foundations of Restaurant Management and Culinary Arts” Level 1 and Level 2 exams, document 400 hours of work experience and demonstrate proficiency on more than 50 workplace competencies. Work experience can come from paid jobs, school-based enterprises or relevant volunteer work.

CAREER EXPLORATION and STUDENT LEADERSHIP DEVELOPMENT

Students will be leaving Foods class with the career skills to:

Work well with others (contribute to group success, allow others to contribute, resolve own conflicts)

Critical thinking

Productive worker (short and long-term goals, comfortable with technology, use higher thinking)

Responsible (follow directions, use time wisely, meet deadlines)

Produce quality work (plan major projects, use quality process, benefit from criticism, persist)

Present information, findings, and supporting evidence such that listeners can follow the line of reasoning

Decision-making skills

Evaluation/comparison skills

Observation skills

Adapt speech to a variety of contexts and communicative tasks,

Students will present research on a career related to food services. Using information from peer presentations and from presentations by various food service industry professionals, students will analyze how their personal interests align with career opportunities.

Opportunities for students to develop leadership skills will be embedded throughout the classroom curriculum in the form of projects to apply course content to community-based issues.

Problem solving: Students lab work involves solving equipment issues, food substitutions, work tasks, kitchen and consumer issues,

Creativity and Innovation: Students demonstrate creativity and innovation through taste experiments, recipe choice, plating, food decorating, and food competitions.

Communication: Students develop leadership communication skills by delivering presentations about traveling to other countries. Communication skills are also enhanced through daily discussions and group activities.

Teamwork: Students work daily in teams with altering roles and self-evaluation procedures.

Critical Thinking: Students apply critical thinking skills to simulated or real problems and propose solutions based on the knowledge and skills developed through their coursework

COURSE OUTCOMES

ProStart class outcomes are aligned with the Minnesota FACS Frameworks found at the following website: <http://www.mnafcs.com/mn-facs-frameworks>. These Frameworks are based on national standards. Daily formative assessments will be based on the learning targets aligned with the Frameworks.

MCAH1.1 Explain characteristics of major food borne pathogens, their role in causing illness, foods involved in outbreaks and methods of prevention.

MCAH1.2 Employ food service management safety/sanitation program procedures.

MCAH1.3 Practice prevention procedures in the flow of food.

MCAH1.4 Demonstrate the Hazard Analysis Critical Control Point

MCAH1.5 Practice personal hygiene and health procedures.

MCAH1.6 Demonstrate purchasing, receiving, storage and handling of food.

MCAH1.7 Demonstrate safe food handling and preparation techniques.

MCAH1.9 Identify Occupational Safety and Health Administration (OSHA) Right to Know Law and Material Safety Data Sheets

MCAH1.10 Practice proper waste disposal and recycling methods.

MCAH2.1 Identify food service tools and equipment.

MCAH2.2 Operate, maintain and store food service tools and equipment safely.

MCAH3.1 Perform basic math calculations.

MCAH3.2 Perform recipe conversion and equivalents.

MCAH3.3 Calculate food cost analysis and menu pricing.

MCAH4.1 Discuss menu function.

MCAH4.2 Differentiate menu types.

MCAH4.3 Organize, design and create a menu

MCAH4.4 Analyze menu sales.

MCAH5.1 Demonstrate professional knife skills.

MCAH5.2 Demonstrate professional skills for a variety of cooking methods using dry, moist, and combination cooking methods.

MCAH5.3 Utilize the industry standards of time, temperature, cooking and holding methods.

MCAH5.4 Demonstrate professional plating, garnishing and food presentation techniques.

MCAH6.1 Prepare the following using the professional preparation techniques:

Meat, seafood, and poultry

Stocks, soups and sauces

Fruits and vegetables

Starches and legumes

Dairy products

Salads, dressings and marinades.

Bread, baked goods and desserts

Breakfast products

MCAH7.1 Apply the principles of the following: inventory management; production, planning and control; restaurant management

MCAH7.2 Apply human resource, hiring, principles for the following: rules and regulations, discrimination and harassment, staff orientation, training and education

MCAH8.1 Analyze the aspects of customer service

MCAH8.2 Demonstrate quality services that meet industry standards.

SEMESTER CURRICULUM OUTLINE

Week 1-6	Restaurant and Foodservice Industry <ul style="list-style-type: none"> ▪ Industry ▪ History of Food ▪ Notable Chefs 	ValleyScare Buffet plan ValleyScare Buffet Cuisine timeline Chef Showcase
Week 7-9	Keeping Food Safe <ul style="list-style-type: none"> ▪ Contamination ▪ Cooking Requirements ▪ Storage Guidelines 	Case Studies ServSafe
Week 10-11	Workplace <ul style="list-style-type: none"> ▪ Safety ▪ First Aid ▪ Business Math ▪ Equipment ▪ Techniques ▪ Kitchens of the Future 	Kitchen Design Business Plan
Week 12-14	Meat, seafood and poultry <ul style="list-style-type: none"> ▪ Cooking techniques ▪ Marinades ▪ Beef ▪ Pork ▪ Poultry ▪ Seafood 	Ronald McDonald House Meal
Week 15-17	Stocks, Sauces, and Soups <ul style="list-style-type: none"> ▪ Mother Sauces ▪ Stocks ▪ Soups ▪ Potatoes ▪ Grains ▪ Pasta and Dumpling 	Ronald McDonald House Meal
Week 18	Final level 1	
Week 19-21	Salad and Garnishing <ul style="list-style-type: none"> ▪ Salad ▪ Dressing ▪ Dips ▪ Garnishing 	Plating Challenge
Week 22-24	Breakfast and Sandwiches <ul style="list-style-type: none"> ▪ Milk and cheese ▪ Butter ▪ Eggs ▪ Breakfast Meats ▪ Breakfast Starches ▪ Breakfast Breads ▪ Breakfast Beverages 	ACT breakfast Menu design

Week 25-30	Dessert and Baked Goods <ul style="list-style-type: none"> ▪ Categories of ingredients ▪ Types of Dough ▪ Cake Batter ▪ Icing ▪ Pudding and Souffles ▪ Pies and Pastries ▪ Cookies ▪ Chocolates ▪ Frozen Desserts 	Cake Decorating Candy Sales
Week 31-33	Nutrition and Food Science in the Food Industry <ul style="list-style-type: none"> ▪ Flavor vs Taste ▪ Senses ▪ Nutrients ▪ Additives ▪ Processed foods 	Appetizer Party
Week 34-36	Marketing: Restaurant Final <ul style="list-style-type: none"> • Marketing • Sustainability • Costing 	Restaurant business plan and presentation

CLASSROOM POLICIES

1. All students are expected to be in their desks when bells ring.
2. Students must come prepared with *their own materials*. Necessary materials include Moodle, a writing utensil (pencil, blue or black ink pen), any assigned work or handouts. If students do not bring the necessary materials, they can borrow from a friend or sit and accept the consequences.
3. There will be NO locker passes issued.
4. Behavior - Students will show respect to others in the classroom. Have a positive attitude toward class. Act and speak appropriately. Please stay within your personal space. *Remember YOU will do everything possible to allow yourself to learn, your classmates to learn, and your teacher to teach.*
5. Cell phones will be stored in the cell phone pocket holder during the class period unless specified by the teacher for instructional purposes only.
6. Please do not comb or play with hair.
7. Food and drink are allowed ONLY during cooking labs. Chewing gum is allowed IF it is properly chewed and disposed of.
8. **Please bring a box of Kleenex for all to use in the classroom.**

GRADING

YOU are responsible for the grade YOU earn. I'm just the scorekeeper!

1. Grading is done on a point basis. The lowest percentage to receive the given grade is listed below.

A 94%	B 84%	C 74%	D 64%
A- 90%	B- 80%	C- 70%	D- 60%
B+ 87%	C+ 77%	D+ 67%	F 59% and below

2. Summative Assessments (test scores, presentations, demonstrations, projects, etc) will be 75% of your grade.

- A. Students will have one opportunity to re-take summative assessments and will have five school days to do so. Re-takes will cover the same content but may be in a different format. It is also possible to retake sections of the assessment instead of the entire test. Students will be expected to initiate a re-take according to the teacher's schedule and must have all formative assessments completed prior to a re-take. A student's re-take score will be the final score for the assessment in question.
- B. Students in violation of the district's academic dishonesty policy will have 5 school days to complete an alternative assessment. Time and location of the alternative assessment will be set by me. Choosing to not do the alternative assessment will result in a zero.

3. Formative Assessments (assignments and projects) influence 25% of your grade.

- A. Due dates, along with any pertinent class information will be posted on Moodle. Daily outcomes and assignments are also posted on the white board.
- B. It is your responsibility to turn in your work on time. The few assignments not done through Moodle, will not be collected in class. It is your responsibility to turn work in the top file on my desk.
- C. Assignments turned in by the
 - Due Date** = full credit
 - Deadline** (due date to chapter/unit test) = 90% credit
 - Chapter/Unit Test** (5 days after) = 50% credit
- D. Two days will be given for make-up work if absent from class.
- E. Missing assignments will be reflected on JMC as MI which means it is late and figured in your grade percentage as a zero but can still be turned for the percentage listed above.

Syllabus is subject to change without advanced warning. All changes will be noted in class.

Please date, print and sign your name below (both parent and student), acknowledging receipt and understanding of the ProStart syllabus.