

**Welcome to Culinary Arts**  
**Mrs. Hampson**

This is a semester introductory course in the area of food preparation and nutrition. The following activities will be completed in a variety of lectures, discussions, videos, demonstrations, and labs.

**Classroom Activities**

1. Kitchen Safety and Sanitation
2. Food Preparations Skills
  - A. Basic Equipment
  - B. Abbreviations and equivalents
  - C. Terminology
  - D. Measuring techniques
3. Basic Ingredients and their Functions
4. Food Preparation Units
  - A. Baking wheat products
  - B. Protein products
  - C. Fruits and vegetables
  - D. Sugar cookery
5. Nutrition
  - A. Healthy living
  - B. Convenience foods
  - C. Snack foods
  - D. Altering recipes for health
6. Being a Wise Consumer
7. Food Related Careers

**Grading**

Grades will be based on tests, quizzes, assignments, labs, and participation. Your participation and involvement will enhance the learning that takes place.

**Semester grades** – A semester test will be given at the end of the eighteen weeks, and will count 20% toward your semester grade. The remaining 80% will be the quarter grades.

**Daily Participation** –The success of a student in this class will depend largely on participation. This includes participation and behavior during classroom discussion, lectures, and labs.

**Labs and cleanup** – Each lab will be worth 25 points. If you miss a lab, you will be expected to make it up at home with your own ingredients. **This must be done within 3 days of returning to school.** Bring a sample of your product to class with a note from a supervising adult.

**Home Experience Projects-** Students are required to complete two HE projects per quarter.

**Homework** – handouts and worksheets may require some additional time to complete. **Five points will be deducted for late assignments and a zero will be given after three days. Failure to complete assignments will result in loss of cooking labs.**

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