

PROGRAM: ProStart/ Restaurant and Culinary Foundation Year 2

COURSE: 1019 Advanced Principles in Food Production, 1020 Restaurant Professional

ELECTIVES: 1017 Culinary Nutrition & Menu, 0520 Work Based Experience

CREDITS: Two Credits

PRE-REQUISITES: Completion and passing of 1013 and 1014

INSTRUCTOR: Ilyana A. Kano Owens

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MISSION STATEMENT:

The mission of the ProStart program is to give students the opportunity to develop fundamental culinary skills for future careers.

COURSE DESCRIPTION:

Students are introduced to management skills needed for a successful employment in the foodservice industry. ProStart is a foodservice industry-driven curriculum developed by the National Restaurant Association Education Foundation (NRAEF) with input from thousands of foodservice professionals. ProStart curriculum integrates performance-based learning with academics, entrepreneurship, and technology skills to prepare students for successful employment in the 21st Century workforce. This course is designed to examine advanced food production, nutrition, and cost control. Students utilize problem-solving techniques and participate in hands-on activities to develop an understanding of course concepts. This course is also designed to provide content related global cuisine, sustainability, desserts and baked goods, and marketing. Students utilize problem-solving techniques and participate in hands-on activities to develop an understanding of course concepts.

TEXTS: Foundations of Restaurant Management & Culinary Arts Second Edition Level Two

ServSafe Seventh Edition Course book with online exam voucher

STUDENT LEARNING OBJECTIVES AND GOALS:

The goal of the Boone Career and Technical Center is for student's success and accomplishment of the course objectives. Upon completion of the course, the students will be able to:

- Demonstrate basic marketing skills by creating a marketing plan, segmentation, market communication/promotions, and public relations
- Demonstrate basic knowledge of menu management such as organization, creation, menu mix analysis, and pricing
- Demonstrate the knowledge of dairy milk and milk alternatives, creams, butter, cheese, eggs, and the different egg preparation methods.

- Demonstrate the knowledge of breakfast service, different breakfast items such as starch, meat and fruits, and pancakes and waffles
- Demonstrate the knowledge of fruit types, how to purchase, store, prepare and cook fruits.
- Demonstrate knowledge of vegetables, how to purchase, store, prepare, cook, and hold vegetables
- Demonstrate the knowledge of potatoes, grains and pastas, how to purchase, store, prepare, cook, and hold potatoes and legumes and grains, the different types of pasta and cooking of dumplings
- Demonstrate knowledge of cost control, different types of costs, monitoring and managing costs, and tools used for management
- Demonstrate knowledge of food cost, portion costs, recipe yields, conversion factors, portion size, monitoring production, quality standards for purchasing, receiving, storing and food service.
- Demonstrate purchasing skills through the function, process, product specifications, ordering, after-purchase process, and inventory
- Demonstrate basic knowledge of building successful teams such as job description, hiring practices, job interview, onboarding, orientation, and training
- Demonstrate basic knowledge of sustainability through food practice, production, water conservation, energy conservation, and waste management
- Demonstrate and apply knowledge of basic nutrition and healthful menus including vitamins, minerals, water, food additives, and knowledge of the digestive system and healthy diets.
- Demonstrate basic understanding of healthful menus which includes healthy diets, vegetarian diets, food preparation techniques, how to make food more healthful and food production issues.
- Demonstrate and apply knowledge of meat, through inspections, grading, the different cuts of meat, purchasing, receiving, and storing of meat, the cooking methods, and determining doneness
- Demonstrate and apply knowledge of poultry, through inspections, grading, fabrication of poultry, purchasing, receiving, and storing, and the cooking methods used.
- Demonstrate and apply knowledge of seafood, through inspections and gradings, the different forms of seafood, purchasing, receiving, and storing, the cooking methods, and determining doneness
- Apply basic knowledge of baking pastry for yeast breads, the different types methods, and preparation of the breads.
- Demonstrate and apply knowledge of cakes and pies, identifying different cake batters, categories of cakes, icing souffles, pastry doughs, blind baking, laminated dough, pate a choux, and phyllo dough
- Demonstrate and apply knowledge of chocolate, tempering chocolate, making custards, frozen desserts, poached fruits and tortes, and dessert sauces and creams
- Demonstrate and apply knowledge of garnishing, plating and presenting, dessert presentation and soup garnishes.

ASSESSMENTS, PROJECTS, FUNDRAISERS AND CATERINGS:

- Students will participate in fundraising activities and projects that help fund extra culinary activities and competition participations. These projects and activities promote real-world experience of marketing, sales, and production for the paying customers.
- Students will be required to participate in work-based learning. These are presented as internship opportunities, during and after school catering, and field trip opportunities. During the events, students are to be properly dress in lab attire, be on time, and work until the instructor deems the event complete. In the instance of an off-site catering, advanced notice of transportation needs must be relayed to the instructor. Internships during the school hours will have transportation provided to them by the school. Please refer to internship contract for more information

BASIC COURSE REQUIREMENTS:

1. Pencil, Black or Blue Ink Pen, Highlighter, and Black Permanent Marker
2. Folder for paperwork and assignment
3. College Rule Notebook
4. Proper attire for lab work, addressed by the instructor
5. Proper technological devices used for education

***Participation points will be deducted for failure to bring required materials to class

CREDENTIALS and HONORS:

Certification of Achievement (COA): An award given to students who have completed and passed “The Foundation of Restaurant Management and Culinary Arts” Level 1 and 2 Exams, documented 400 hours of work and demonstrate proficiency on more than 50 workplace competencies. Students with the COA benefit by receiving scholarships, job opportunities, class credits and more.

National Technical Honor Society: Honor student achievement and leadership in career and technical education, promote educational excellence, award scholarships, and enhance career opportunities for the NTHS membership.

Food Handlers Card: Given to students who have successfully completed the Food Handlers Card training, presented by Boone County Department of Health. Renewal at 2 years.

ServSafe Managers Certification: Awarded to students who successfully complete and PASS the ServSafe national exam. Nationally recognized credential. Renewal at 5 years.

West Virginia Welcome: Awarded to students who successfully complete the West Virginia Welcome training and pass the final exam. State-recognized credential for hospitality training.

American Red Cross CPR and First Aid Certification: Awarded to students who successfully complete the CPR and First Aid training and pass the certification assessment. The training is presented by a certified instructor and is a nationally recognized credential. Renewal at 5 years.

ServSafe Allergens Certification: The ServSafe Allergens™ online, interactive course drives home critical information your employees and managers need in order to accommodate guests with food allergies. The ServSafe Allergens online course covers such topics as identifying allergens, communication with the guest, preventing cross-contact, food labels and more.

GRADING AND EVALUATIONS:

1. Examinations, quizzes, and written assignments will be given a numerical grade. Assignments for the week are posted on the board and on Schoology and should be written in your planners.
2. Participation in skills labs is required, using correct uniform attire. Students must demonstrate competence in assigned skills and will receive a grade upon completion of each skill.
3. All work will be graded. Must be neat and legible, written in black or blue ink pen or pencil. Must include name, date, class, and Chapter title.
4. Incomplete work will not be accepted. Late work will be lowered by one (1) letter grade for each day that the assignment is late. Schoology may also determine a cut-off date for turning in work.

5. If your work does not meet the criteria above, it will be returned to you for correction. Your final score will be determined by the average of the grades you received for the assignment.
6. Daily attendance and participation in class activities are critical to your success in this course. Students will receive numerical grade for each day.
7. FINAL EXAMINATION: The End of the course exam will be given in May.
8. Tutoring can be available for students who need assistance. Students or parents must contact the instructor, whether email or verbally, in order to set-up a scheduled time.
9. Cheating shall include, but is not limited to:
 - a. Securing or giving assistance during examinations or on required work.
 - b. The improper use of books, notes, workbooks, or other sources of information
 - c. Submitting as one's own work that which is wholly or partially created by another
 - d. Securing all or part of an examination or assignment before it is submitted to the class as a whole or the altering or any grade or academic records
10. If instructor observes cheating on the part of the student, she has the authority to give the student the grade of "F" on the assignment involved in the cheating or a grade of "F" in the course.
11. The instructor has the authority to make beneficial changes in assignments and point values for assignments as situations throughout the course may change.

Grading Scale

A	90%-100%
B	80%-89%
C	70%-79%
D	60%-69%
F	0%-59%

SPECIAL NEEDS:

If you need accommodations because of a disability, if you have emergency medical information (allergies, medication, etc) or if you need special arrangements in case the building must be evacuated, please notify the instructor immediately

CLASSROOM PROTOCOL:

Instructor understand that the students represent a rich variety of backgrounds and perspectives. The atmosphere provided will be committed to a learning environment that respects diversity and builds on teamwork and community efforts.

TITLE IX ADA 504 NOTICE:

Boone Career & Technical Center (BCTC) does not discriminate on the basis of race, color, religion, national origin, gender, sexual orientation, disability, age, or marital status in any of its policies, procedures or practices as required by Title IX, Section 504, and ADA regulations. For inquiries concerning Title IX, please contact the BCS Safe Schools Director, Tony Tagliente at 304-369-8276. For inquiries concerning 504/ADA, please contact the Director of Exceptional Education, Mary Knapp, at 304-369-8245. Inquiries may also be submitted in writing to the following Director's at Boone County Schools 69 Avenue B Madison, WV 25130.