

COURSE DESCRIPTION:

ProStart Level 2 students will receive training on breakfast foods and sandwiches, nutrition, cost control, salads and garnishes. Students in good standing will be able to compete in culinary competitions. Students will also participate in catering opportunities. This is the second course that must be taken to earn the National Restaurant Association Certificate. The certification provides opportunities for students to apply for scholarships and attend culinary programs around the country.

ProStart II

Ms. Hocker

CONTACTING ME:

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Room 810



Follow classes on Instagram
at ""raypecculinaryarts"

HELPING YOU ACHIEVE

COURSE WORK

Power Standards

1. The student will be able to explain basic restaurant and foodservice industry practices and processes.
2. The student will be able to safely prepare and serve a variety of foods.

Learning Targets

- 1.1 I can use nutrition principles and practices when meal planning and preparation.
- 1.2 I can explain the basic principles of cost control in the restaurant and foodservice industry.
- 1.3 I can explain the components of purchasing, inventory and marketing in the restaurant and foodservice industry.
- 1.4 I can explain the basic concepts of sustainability in the restaurant and foodservice industry.
- 2.1 I can prepare a variety of breakfast food and sandwiches
- 2.2 I can prepare a variety of salads and garnishings
- 2.3 I can prepare and process meat, poultry, and seafood.
- 2.4 I can prepare a variety of desserts and baked goods.

2.5 I can identify the major influences, ingredients, flavors, and cooking techniques of a variety of global cuisines.

Units

- I. Keeping Food Safe & Workplace Safety
- II. Cost Control
- III. Breakfast Foods & Sandwiches
- IV. Nutrition
- V. Salads & Garnishing
- VI. Meat, Poultry, & Seafood
- VII. Desserts & Baked Goods
- VIII. Global Cuisine: The Americas
- IX. Global Cuisine: Europe, the Mediterranean, the Middle East, & Asia
- X. Purchasing and Inventory
- XI. Marketing
- XII. Sustainability in the Restaurant and Foodservice Industry



GRADES

There are four areas that will contribute to your overall grade:

Labs – 50%

Formative Assessments (Tests) – 30%

Class Work – 20%

Summative Assessment (Written Final) – 10%

You can find all class resources on
Ms. Hocker's webpage:

www.mshocker.weebly.com



FACS DEPARTMENT COMMON POLICIES

LATE WORK POLICY

Late work will be accepted, but not for the full amount of points. You will be deducted one letter grade or 10% for each day it is late until you reach 50%.

The only exception for late work is if the grading period is over. Once a grading period is complete, and your grade is entered, the teacher will not go back to any work done in that grading period.

REDO POLICY

Throughout the course of the semester, students will be afforded three opportunities in each of their classes to redo assignments, projects, or tests that have been turned in and graded, but not to their potential.

It is very important to note that the purpose of this policy is to provide students with genuine opportunities to relearn information, not to provide unlimited opportunities to redo materials.

Students **MUST** initiate a conversation with the teacher to receive the opportunity to redo. Once the grading period has ended, the opportunity to redo anything assigned during that time will no longer be available.

MAKEUP WORK

When work is assigned during an absence, students have one week from the day work is received to turn into the teacher for full credit. It is your responsibility to see the teacher about any work that you have missed. The late work policy will apply if the deadline is missed.

CELL PHONES

Oh cell phones, how I love them and hate them all at the same time. Unfortunately, cell phones can cause so many issues in the classroom...distractions, drama, discipline, hurt feelings, and intrusion of privacy. In order to protect all of you, and myself, the following policy will be implemented:

Absolutely **NO** phones during class and/or lab. Phones are to be placed in the designated phone holder during class and/or labs. Failure to do so will result in consequences such as being marked tardy.

ATTENDANCE

Regular attendance is very important, especially on lab days! The attendance policy stated in the student handbook will be strictly followed.

What IS the attendance policy?

Your parents will be notified after your 4th absence from class that you are in danger of losing credit. If you are absent more than 10 periods during a semester you will not receive credit for the class.

TARDIES

If you are late to class you will be marked tardy in SIS. The tardy policy in the student handbook will determine consequences of those tardies.

If you are later than 10 minutes to class without a pass, you will be sent for a pass, or marked as a "cut" in SIS.



LEAVING THE CLASSROOM

Once you are in the classroom you **MUST** have a pass to leave, this is done for your safety.

There will be two restroom passes that may be used **ONLY** to go to the restroom during class time. If one is available you may use it, but not without asking Ms. Hocker first.

Anywhere else you may need to go (ex. locker, nurse, counseling, etc.) will require a pass signed in your agenda, or a pass from Ms. Hocker.

OTHER POLICIES

FOOD & DRINK

I do not care if you bring food or drink (open container only) into the classroom; however, it must be purchased prior to class. You may not leave to get food or water.

Please remember that "food" means that you bring in a snack, not a whole meal. When we complete a food lab, you are responsible for ALL clean up!!

DRESS

We are fortunate enough to have been given a state-of-the-art culinary classroom to work in. This lab is very different from any other lab you've worked in. This means that you will need to dress for safety. You must have a pair of closed-toe, nonslip shoes. These can be left in your locker in the classroom with a pair of socks. You can change into them when you arrive for a lab.

ProStart II students will be purchasing a chef's coat this year. An order form will be sent home the first week of school.

SUPPLIES

For this class you will need the following:

1 Composition Notebook

1 3-ring binder/dividers

Closed-toe, non-slip shoes

Combination lock for locker



We have read the above pages on the Class Syllabus together and student agrees to abide by the above requirements, rules and policies of this class.

Student's Name **Printed**

Class Period

Student Signature

Date

Parent/Guardian Signature

Phone #

Parent Contact Email