

Culinary Arts

September 13, 2019-December 13, 2019

Fridays: 10:00 AM - 12:20 PM

Cost: \$400

Open to Chance Academy and outside students

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The mission of Chance Academy is to be an educational community that serves as a center for learning, wellness, peace-building, and cultural literacy for children and adults.

Course Description

Culinary Arts offers a thorough exploration of culinary techniques and processes. The student will gain practical experience in the area of food preparation, menu planning, meal service, etiquette, customer relations, nutrition, and food safety and sanitation. This course includes classroom instruction, practical work, projects, and homework. The class will move at a steady pace from the simple to the complex. Previous culinary skills are not necessary.

Students will learn and use foreign terms (especially French) and learn and use Culinary math during each class. Culinary Arts is cross disciplinary; therefore, students will learn, use, and discuss science, math, history, geography, and art in the context of Culinary Arts.

Learning Goals and Objectives

The skills acquired in this class will not only introduce students to the world of the Chef, but also prepare him/her to cook and serve wonderful meals at home. The learning goals of this class are

- Food and beverage safety
- Mise en place
- Cooking techniques
- Knife safety and techniques
- Buffet layout
- The Mother Sauces
- Menus (balancing and costing out)
- Nutrition (including portion control and label reading)
- Trends and Diets
- Allergies and Preferences
- Identifying produce
- Garnishing
- Understanding and creating flavor profiles
- Culinary terms
- Reading, creating and adjusting recipes
- Understanding yield
- Measuring correctly
- Garde manger

- The science of baking
- Etiquette
- Set table correctly
- Serving
- Understanding the restaurant (BOH and FOH)
- Pop ups/Fundraisers

Course Materials

Students are expected to wear black comfortable pants and a black or white T-shirt or tank top. No yoga pants or tights or exposed underwear. A Chef coat will be provided for use during class.

All students must cover their head. Students may wear a bandana or chef cap; otherwise hair nets will be provided.

Students must wear closed toe, rubber soled, non canvas shoes, and full socks (no footies).

Homework

Homework should take about 40 minutes to 2 hours per week. Homework may consist of the following:

- Identifying regions on a map and/or globe and writing a short paragraph on how the physical landscape influences the food consumed by the people
- Solving culinary math problems appropriate for the student's current math level
- Answering culinary science questions
- Depicting (using art material) the layout of a particular buffet table and explaining why his/her depiction is sensible
- Designing and drawing a dish
- Defining culinary terms
- Explaining material and equipment used in this course
- Preparing and cooking dishes and/or meals at home and photo documenting it.

Expectations

This course is best-suited for 11 year old and older children. Maturity is important so that students use constructive criticism to take corrective measures. The student must arrive on time, follow both general and safety rules, and behave in a mature and responsible fashion.

At the end of class, students will need to spend 20 minutes for clean up.