



Atlantic Technical College and Technical High School
Professional Culinary Arts & Hospitality
Program Syllabus
2023 2024



<p>Instructor Name: Shermika Lyons (Chef Mika) Department Name: Professional Culinary Arts & Hospitality Office/Classroom Location: Building 4, Room 142 Phone Numbers: 754.321.3016 (Ext. 493.3016) Email Addresses: shermika.lyons@browardschools.com</p>	<p>Instructor Office Hours: Monday – Friday: 2:20 pm – 3:00 pm By appointment</p>												
<p>Student Hours:</p> <p style="text-align: center;">Monday – Friday</p> <p style="text-align: center;">Morning Class Hours: 10:50 AM – 12:30 PM Break: 12:30 PM – 12:45 PM (at Chef's discretion) Afternoon Class Hours: 12:45 PM – 1:50 PM</p> <p style="text-align: center;">Kitchen Lab days: Wednesdays, Thursdays, Fridays 10:50 AM – 1:50 PM</p> <p style="text-align: center;">Lecture Classroom days: Mondays & Tuesdays 10:50 AM – 1:50 PM</p>	<p>Program Name: Professional Culinary Arts & Hospitality</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 15%;">OCPs</th> <th style="width: 65%;">Course Names</th> <th style="width: 20%;">Hours</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">C</td> <td>HMV0171 Chef/Head Cook</td> <td style="text-align: center;">300</td> </tr> <tr> <td style="text-align: center;">D</td> <td>HMV0126 Food Service Management</td> <td style="text-align: center;">300</td> </tr> </tbody> </table> <p>American Culinary Federation Educational Foundation:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td style="width: 20%;">ACF Standards</td> <td> <ul style="list-style-type: none"> • Basic Baking • Business and Math Skills • Food Preparation • Human Relations Management • Menu Planning • Nutrition • Purchasing and Receiving </td> </tr> </tbody> </table>	OCPs	Course Names	Hours	C	HMV0171 Chef/Head Cook	300	D	HMV0126 Food Service Management	300	ACF Standards	<ul style="list-style-type: none"> • Basic Baking • Business and Math Skills • Food Preparation • Human Relations Management • Menu Planning • Nutrition • Purchasing and Receiving 	
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ACF Standards	<ul style="list-style-type: none"> • Basic Baking • Business and Math Skills • Food Preparation • Human Relations Management • Menu Planning • Nutrition • Purchasing and Receiving 												
<p>Course Description: The student will be instructed in the fundamentals of food preparation and cooking and the methods of the preparation of baked goods, frostings, custards, frozen desserts, and sauces. The students will be instructed in the fabrication of stocks, sauces, soups, entrees, vegetables, and starches in all the cooking methods. Emphasis will be placed on sanitation, safety, and knife skills. Emphasis will be placed on the accuracy of following a recipe and formula, measuring, and weighing of product, plate presentation and garnishes. Also, a component on food costing and inventory control is included in the bake shop curriculum</p>													
<p>Magnet High School/Attendance Policy:</p> <ul style="list-style-type: none"> • A student who has had at least five unexcused absences, or absences for which the reasons are unknown, within a calendar month, or 10 unexcused absences, or absences for which the reasons are unknown, within a 90-calendar-day period, may be exhibiting a pattern of non-attendance according to (F.S.1003.26 (1) (b)) and the School Board of Broward County, Policy 5.5. • Please refer to the Student Handbook for postsecondary students. http://www.atlantitechnicalcollege.edu/atc-student-handbook/ 													
<p>Required Book(s) and/or Online Access:</p> <ul style="list-style-type: none"> • <i>On Cooking</i> textbook, 6th Edition • <i>ProStart/Foundations of Restaurant Management & Culinary Arts Level 2, 2nd Edition</i> • <i>Nutrition & You, 6th Edition, ISBN 13; 978-0-13-770185-8. E-Text and Mastering on-line access code available in the bookstore.</i> 	<p>Required Materials/Supplies:</p> <ul style="list-style-type: none"> • Thermometer • Two-inch (2") binder with a minimum of twelve (12) dividers to be used only for this course materials (Recipes, Baking formulas, handouts, etc.) • Chef pants, chef coat, apron, and chef hat. (Provided) • Notebook and writing utensils including pens, pencils, and permanent marker. • Non-slip closed shoes (Required) 												
<p>Grading System:</p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td style="width: 20px;">A</td><td>90 - 100%</td></tr> <tr><td>B</td><td>80 - 89%</td></tr> <tr><td>C</td><td>70 - 79%</td></tr> <tr><td>D</td><td>60 - 69%</td></tr> <tr><td>F</td><td>0 - 59%</td></tr> <tr><td>I</td><td>Incomplete</td></tr> </tbody> </table>	A	90 - 100%	B	80 - 89%	C	70 - 79%	D	60 - 69%	F	0 - 59%	I	Incomplete	<p>Additional Program Specific Grading Information:</p> <p>Class/Lab Participation 40% Attendance 15% Notebook, Written Assignments, Pearson Online Assignments, D2L Quizzes 25% Practical Exam: 10% Written Final Exam 10%</p>
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Online Course Grading Policy:

Late submission of online work will result in one full letter grade reduction. Plagiarism will not be tolerated. If someone else said it or wrote it, it must be cited. Culinary Arts uses MLA formatting. Some great tools to assist are www.easybib.com and www.citationmachine.net

View Your Grades:**Grades can be viewed online by following the directions below:**

1. Go to Clever Single Sign On Website link: <https://sso.browardschools.com> and login:
 - a. Username: 10-digit student ID number
 - b. Password: PMM/DD/YYYY (or your personally created password after initial login)
2. Click on the FOCUS app on your Clever opening page.
(You may need to scroll-down the page to see the FOCUS app.)
3. Enter your FOCUS username and password.

NOTE: If the Focus App. is not visible after logging into Clever, please navigate to the Broward Focus website directly: <https://broward.focusschoolsoftware.com/focus/>.

Classroom/Lab Rules:

Refer to Course Rules and Requirements found in D2L.

Industry Certification & State Credential Exam Cost:

Nutrition & You, 6th. Edition, ISBN 13; 978-0-13-770185-8. E-Text and Mastering on-line access code available in the bookstore.

Outstanding Student Recognition Information:

A gold seal will be applied to a Program Completion Certificate or an Applied Technology Diploma if the student has earned a 3.5 GPA or higher in their Career and Technical Education (CTE) classes.

Program Name: Commercial Foods and Culinary Arts/Professional Culinary Arts & Hospitality

Course Number: H MV0171/H MV0126

Course Name: Chef/Head Cook and Food Service Management

Occupational Completion Point: C

Intended Outcomes: (From FL DOE Curriculum Framework)

The student will be able to:

- 21.0 Demonstrate fruit and vegetable preparation skills.
- 22.0 Demonstrate buffet food preparation skills.
- 23.0 Demonstrate dairy, egg, and starchy product preparation skills.
- 24.0 Demonstrate stock, soup, and sauce preparation skills.
- 25.0 Demonstrate meat, poultry, fish, and seafood preparation skills.
- 26.0 Demonstrate bakery goods and dessert presentation skills.
- 27.0 Demonstrate management skills.
- 28.0 Comply with laws and regulations specific to the food service and hospitality industry.
- 29.0 Develop a business plan.
- 30.0 Create and prepare menus for various nutritional needs.
- 31.0 Utilize cost-control techniques to maximize profitability.
- 32.0 Interpret and incorporate guidelines and policies for food service establishments.
- 33.0 Compare and analyze the relationship of nutrition to wellness.
- 34.0 Develop and prepare menus for customers on special diets.
- 35.0 Compare and analyze menus of food establishments.

Intended Outcomes from American Culinary Federation Education Foundation:**Basic Baking**

The student will be able to:

1. Define baking terms.
2. Identify equipment and utensils used in baking and discuss proper use and care.
3. Demonstrate proper selection of equipment and utensils for specific application.
4. Identify ingredients used in baking.
5. Demonstrate proper scaling and measurement techniques.
6. Apply basic math skill to recipe conversions.
7. Describe properties and list function of various ingredients.

8. Define and describe the steps in the production of yeast-leavened breads.
9. Define and describe quick-breads and the mixing methods utilized to produce them.
10. Define and describe the various types of pies and tarts and the mixing methods utilized to produce them.
11. Define and describe the variety of cookie types and the mixing methods utilized to produce them.
12. Define and describe the variety of cake types and the mixing methods utilized to produce them.
13. Produce a variety of types of cookies, quick breads, cakes, and basic breads.

Intended Outcomes from American Culinary Federation Education Foundation:

Business and Math Skills

The student will be able to:

1. Perform basic math functions.
4. Perform the process of recipe conversion and costing.
5. Determine selling price of menu items.

Intended Outcomes from American Culinary Federation:

Food Preparation

The student will be able to:

1. Demonstrate knife skills, hand tool and equipment operation, emphasizing proper safety techniques.
2. Identify the parts/components of a recipe.
3. Describe and use a standardized recipe.
4. Identify and use utensils, pots and pans and demonstrate safe practices using stoves, mixers, ovens, etc.
5. Define and describe the sautéing process.
6. Prepare a variety of foods using the sauté techniques.
7. Evaluate the quality of sautéed items.
8. Define and describe the processes of pan-frying and deep-frying.
9. Fry a variety of food products to their proper doneness.
10. Evaluate the quality of fried foods.
11. Define and describe the roasting and baking processes.
12. Compare and contrast roasting to baking, poeiling, smoke-roasting and spit- roasting.
13. Roast meats, poultry, and fish to the correct doneness to develop the best flavor and texture in the finished dish.
14. Evaluate the quality of roasted items.
15. Define and describe the barbecue process.
16. Select and prepare meats and seasonings and barbecue them to the appropriate doneness.
17. Evaluate the quality of barbecued items.
18. Define and describe the process of grilling and broiling.
19. Grill and broil foods to the proper doneness.
20. Evaluate the quality of grilled and broiled items.
21. Define and describe the processes of braising and stewing, noting the similarities and differences.
22. Braise and stew foods to the proper doneness.
23. Evaluate the quality of braised and stewed items.
24. Define and describe the process of shallow poaching.
25. Prepare shallow-poached foods properly and produce a sauce that incorporates the cooking liquid.
26. Evaluate the quality of shallow-poached items.
27. Define poaching and simmering and correctly identify the temperature range at which each occurs.
28. Poach and simmer foods to the proper doneness.
29. Evaluate the quality of poached and simmered foods.
30. Define and describe the boiling and steaming process.
31. Prepare boiled and steamed foods to the proper doneness.

32. Evaluate the quality of boiled and steamed items.
33. Utilize standard weights and measures to demonstrate proper scaling and measurement techniques.
34. Identify and use herbs, spices, oils and vinegar, condiments, marinades, and rubs.
35. Evaluate the quality of herbs, spices, oils, vinegar, condiments, marinades, and rubs.
36. Perform basic fabrication tasks with meat, poultry, seafood, and variety meats.
37. Using the basic cooking methods, prepare meat, seafood, poultry, and variety meats to the proper doneness.
38. Evaluate the quality of prepared meats, seafood, poultry, and variety meats.
39. Define stock and describe its uses.
40. Identify different types of stocks.
41. List the basic ingredients needed for making stocks.
42. Describe the functions of the ingredients in stock preparation.
43. Describe the process of making stocks.
44. Prepare a variety of stocks.
45. Evaluate the quality of a properly made stock.
46. Define, describe, and explain the purpose of sauces.
47. Identify and prepare the grand sauces.
48. Prepare a variety of non-grand/classical sauces.
49. List the basic ingredients needed for making grand and non-grand sauces.
50. Describe the functions of the ingredients in sauces.
51. Evaluate the quality of a properly made sauce.
52. Define and describe soup and identify its two basic categories.
53. Prepare a variety of soups from each category.
54. Describe the process of making each category of soup.
55. Evaluate the quality of a properly made soup.
56. Identify a variety of fruits, vegetables, starches, legumes, and grains.
57. Prepare a variety of fruits, vegetables, starches, legumes, and grains using the basic cooking methods.
58. Evaluate the quality of prepared fruits, vegetables, starches, legumes, and grains.
59. Identify and prepare a variety of breakfast meats.
60. Evaluate the quality of prepared breakfast meats.
61. Describe a variety of preparation techniques used in egg cookery.
62. Cook eggs using a variety of preparation techniques.
63. Evaluate the quality of prepared eggs.
64. Identify and prepare a variety of breakfast batter products.
65. Evaluate the quality of prepared breakfast batter products.

Intended Outcomes from American Culinary Federation Education Foundation:

Human Relations Management

The student will be able to:

1. Perform mock interviews; prepare resumes, job applications and cover letters.

**Student Acknowledgement for Chef/Head Cook HMV0171 & Food Service Management
HMV0126**

I have carefully read the syllabus for this course as well as the Broward Technical Colleges Student Handbook and the Commercial Foods and Culinary Arts/ Professional Culinary Arts & Hospitality Program General Guidelines and Regulations. I understand the school, program, and course expectations as well as the consequences for not following these expectations.

Student Name (printed)

Date

Student Signature

**Parent Signature
(For all high school students only)**