Sachem High School North

Department: Family and Consumer Sciences

Course: **American Cooking**

Teacher: Miss Harper Duration: 1 semester (20 weeks)

Email: [kharper@sachem.edu](mailto:kharper@sachem.edu) Website: <http://kharperfacs.weebly.com>

Google Classroom Code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Edpuzzle code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Remind app code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Course Description:** This course is offered to all students who have successfully completed Culinary Arts 1 and are interested in learning more in the field of Culinary Arts. This course elaborates on the techniques, theory and practice skills of American Regional cooking such as Tex-Mex, Pacific Rim and New England cuisine.

\*\*College Credit: Optional 4 college credits will be offered to 10th, 11th and 12th graders upon completion of 2 culinary courses (Culinary 1 and American or World) and payment to Suffolk County Community College Beacon Program (formerly known as Excelsior Program). (Baking & Pastry and Food Trends not included)

1. Techniques:

* Review of safety, sanitation, equipment, measuring and basic techniques
* Advanced cooking techniques
* Menu planning

2. Preparation of foods

* New England Cuisine
* Mid Atlantic Cuisine
* Southern Cuisine
* West and Southwest
* Mid West Cuisine
* Pacific Coast Cuisine

The grading policy is as follows:

* Kitchen Food Labs, Projects, Participation 60%
* Classwork, Homework, Exams and Quizzes 40%

Class and Kitchen Lab Procedures / Expectations:

* Students will work in groups in kitchen labs and graded on individual participation and teamwork. Cooperate with your group. Be polite and respectful. During the pandemic with restrictions, students will cook individually in the kitchens. For remote learners or when your cohort is home, you will sometimes have the choice of an assignment or to cook at home. You will need to complete a worksheet and show pictures or a video of home cooking.
* Long hair must be put up, and hands washed.
* Disposable aprons are available for use.
* Proper shoes. No flip flops, sandals, open toed, open back shoes or heels.
* Late passes cannot be written to your next class. Teacher will repeatedly remind you of the time throughout the class so that you can manage your time and be completed on time. Trust the teacher’s experiences and recommendations about how to use multiple classes to prepare a recipe.
* No backpacks or coats should be brought into kitchens at all. Try to leave these in your lockers. Backpacks in lecture area should be tucked under table, on table or on your chair.
* Each student must have a pen/pencil and folder for this class. You will usually be given handouts, so you do not need to have a notebook.

**What is required of you to succeed in this course:**

* Arrive on time. If late, a proper pass is required. Lateness should not be frequent even with a pass.
* Listen when teacher and classmates speak and participate in class discussions. Respect other’s thoughts and ideas.
* Listen to directions. Teacher may give important directions or details that may not be written on assignments or recipes. You are responsible to follow all verbal and written information.
* Stay on task. We are very limited on time.
* Clean up after yourself. Help others when you can.
* Respect other people’s property. This includes all school property such as class equipment and food items. Do not eat or use any food that is not yours.
* Classwork is due at the end of the class unless otherwise noted.
* No GUM chewing allowed in this room.
* **No spraying perfume or cologne in classroom (Teacher is allergic)**
* No Profanity, applying make up or brushing/fixing hair.
* No Ear buds, headphones, hats, head gear.
* During Pandemic restrictions: Stay at least 6 ft from classmates, wear a mask properly.
* You may eat the food you prepare in class sitting at your desk only. Please clean your desk after eating with school approved antibacterial spray.
* You may use sinks to wash your hands, use hand sanitizer on my desk or right outside our classroom door, or use school approved sanitizing spray at any time.