

ProStart I Course Syllabus

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Course Description and Credit: 1 Unit –1 semester

The National Restaurant Association Educational Foundation's (NRAEF) ProStart program teaches students the management and culinary skills needed for a career in the restaurant and foodservice industry. With significant input from industry, ProStart aligns to 21st Century Learning Objectives which includes critical thinking and problem solving, global awareness, communication and collaboration, and creativity and innovation.

1st Quarter Topics:

- FC01 – Examine the restaurant and food industry
- FC02 – Evaluate causes of foodborne illness
- FC03 – Workplace Safety
- FC04 – Kitchen Essentials 1 (includes professionalism and kitchen math)
- FC05 – Kitchen Essentials 2 (includes knife skills, cooking techniques, dietary guidelines)
- FC06 – Stocks, Sauces, and Soups

2nd Quarter Topics:

- FC07 – Communication
- FC08 – Management Essentials
- FC09 – Fruits and Vegetables
- FC10 – Serving Your Guest
- FC11 – Potatoes and Grains
- FC12 – Building a Career in the Industry

Assessment: Grading is based on classroom work, quizzes, tests, homework, and kitchen/lab work and will include content on personal safety, food safety and production. Daily classroom work **includes taking notes and completing assignment and activities which are graded.** Final grade calculation: each 9-weeks is worth 40% and the final exam is worth 20%.

Attendance Requirement: No more than 3 absences per each 9 weeks. Absences above 3 will need to be made up (45 minutes for each 90 minute class missed) or “No Credit Status” will be received.

Tardy/ Lateness: On time means being in your seat and working on your warm-up activity otherwise you are late. Consequences for tardiness are as follows:

- 1st tardy – Teacher warning and parent contact
- 2nd tardy – Teacher-given consequence and parent contact
- 3rd tardy – Teacher-given consequence and parent contact
- 4th tardy – Administrative referral and parent contact

Make-up Work: You will have 3 days to make up work you have missed due to an absence. It is up to you to find out what was missed during your absence. Test are announced at least 3 days in advance so you will need to make tests up within 3 days upon return or a score of “0” will be recorded.

Tutoring: Monday from 4:00 pm to 4:45 pm. Other times can be scheduled to meet your needs and this can be before school begins.

Classroom Expectations:

- 1) Arrive on time with materials for class
- 2) Actively engage in all classroom activities
- 3) Show respect for yourself, others, the classroom, and the teacher
- 4) Actively listen to others
- 5) Use “Professional Language”
- 6) Cell phones are not to be used in class per HPC and Guilford County guidelines. During food production labs the can be used as a timer and to photograph completed product.
- 7) No eating or drinking in the classroom except on food production days

Emergency Calls To Student: Emergency calls to students are to be through the main office which is standard procedure in all Guilford County Schools. Phone calls to students on their cellphones during class is unacceptable and will result in a zero for the day and a disciplinary write-up.

Disciplinary Consequences: All High Point Central High School and Guilford County Schools rules and regulations are in effect and are to be followed.

Academic Honesty: Guilford County, High Point Central High School, and I have zero tolerance for “cheating” (using any means to get an unfair advantage to succeed). Any student found “cheating” will be dealt with according to Guilford County rules.

Required Items for Class:

- 1) Pencil or pen (blue or black only please).
- 2) 3-ring notebook and paper

All other items are supplied. If there is a problem with this, let me know (in confidence) and I will see what I can do to help.

Any questions, please contact me.

Robert Paton
ProStart / Culinary Arts Teacher

ProStart 1 Course Syllabus

Please sign that you have received and read this syllabus and understand the following 2 specific items.

Student: _____ Date: _____

Parent/ Guardian: _____ Date: _____