

**MVLA
2025-26
COURSE INFORMATION SHEET**

Course Title: **Culinary Arts I**

CTE Pathway Sequence: **Hospitality, Tourism and Recreation**

School: **LAHS**

UC/CSU requirement: **No.**

MVLA Graduation Requirement: **Practical Art**

Textbook and/or other learning resources: **Various texts online resources published by America's Test Kitchen, Serious Eats, ServSafe and others, various visual aides and recipes, other texts and internet resources as assigned.**

Student Learning Outcomes:

Students will receive a theoretical and practical introduction to:

- 1) Safety and Sanitation, including the study and implementation of HACCP (Hazardous Analysis Critical Control Point) and ServSafe methodologies. (Standard 6.0).
- 2) Fundamentals of cooking, including (Standard 1.0, 10.0)
 - a) Basic cooking techniques, including sauteing, searing, grilling, folding, making emulsions, frying, poaching, steaming, etc.
 - b) Knife skills for efficiency and safety
 - c) Intro to baking and the science of baking doughs and confections
 - d) Knowledge of measurements in weights and volumes
 - e) Purchasing foods, including the skill of reading nutrition labels before purchase
 - f) Cultural cuisine
 - g) Selection, understanding and execution of recipes.
- 3) Application of learned skills for culinary independence in the following (Standard 2.0, 5.0, 9.0).
 - a) Critical thinking and time management
 - b) Creativity
 - c) Problem solving
 - d) Communication
 - e) Collaboration.
- 4) Current cuisine trends, such as (Standard 10.0)
 - a) Nutritional and healthy foods
 - b) Gluten free foods
 - c) Sustainable and locally grown foods
 - d) Recycling and composting.
- 5) General skills, such as (Standard 5.0)
 - a) Culinary math, including proportioning recipes and food costs
 - b) Culinary science, particularly basic chemistry
 - c) Culinary literacy, including writing recipes for clarity and concision

Course Outline/Units of Study/CTE Industry Standards:

Unit One: Dough. Students will study and make quickbreads, yeast-leavened breads, cookies and pie crusts, with a focus on both gluten and leavening, and how to control them. This unit will also focus on knifeskills, which are a fundamental skill for all culinary tasks. And we will begin our study of ServSafe, ultimately leading toward a student's certification, by beginning a discussion of Personal Hygiene, Cleaning & Sanitizing and Cross Contamination.

Unit Two: Eggs, Foams and Emulsions. Students will study the amazing edible egg, and its sometimes surprising uses in the kitchen. They will make breakfast eggs including Chilaquiles, foam-based dishes like souffles and mousses, and emulsified sauces and dressings like Caesar, vinaigrette and hollandaise.

Unit Three Pasta. Students will begin their study of starches with pasta, and learn to pair shapes with sauces based on the characteristics of each. They will make various types of from-scratch and dried pastas, including carbonara and lasagna.

Unit Four: Rice. Students will study rice as it differentiates from pasta, and make biryani, jambalaya, risotto and paella.

Unit Five: Frying. Students will study thermodynamics, learning to differentiate heat and temperature, how to control each one, and why water is the enemy of fried food. They will make deep fried foods like onion rings and french fries, shallow-fried foods and learn to make pan sauces, and stir-fried foods including Gung Bao Ji Ding as it compares to Kung Pao chicken and various other stir fries.

Unit Six: Soups & Stews. Students will begin to study wet cooking methods and stock making, and will be introduced to collagen and gelatin. Among other recipes, they'll make gumbo, various curries and chili.

Unit Seven: Meat. Students will study braising and grilling, and learn the final section of their ServSafe certification which is Time & Temperature. Among other recipes, they will butcher chickens, grill steak, and braise ribs.

Along the way, students will be exposed to all of the CTE Industry Standards for Hospitality, Tourism and Recreation.

Assessment and Grading ([BP 5121](#) / [AR 5121](#)): To ensure that every student has an equal opportunity to demonstrate their learning, the course instructors implement aligned grading practices and common assessments with the same frequency.

1. Grading categories and their percentage weights:

Student grades are comprised of the following weighted categories:

50% Lab work and class participation

40% Quizzes on ServSafe content, vocabulary and course content

10% Final projects

2. Achievement evidence collected within each grading category:

Students will be informed of the aligned quantity, weight, and due dates of assignment/assessments in each grading category as much in advance as possible. Recipes completed in class will be weighted based on the time spent on each.

3. Grading scales:

	A	93-100	A-	90-92	
B+	87-89	B	83-86	B-	80-82
C+	77-79	C	73-76	C-	70-72
D+	67-69	D	63-66	D-	60-62
				F	0-59

4. Homework/outside of class practices ([AR 6154](#)):

Very little homework is assigned in this class. Many outside of class opportunities are available, however, including catering opportunities for on-campus events organized through the Culinary Club. If students are absent for a particular activity, they should speak to the instructor about the opportunity to make up that credit by cooking at home.

Students are encouraged to cook for the people they live with as often as practical. There is not enough time in class for students to get the repeated practice at certain culinary skills to master them. If students find a particular concept, procedure or skill useful, they should practice it at home.

5. Excused absence make up practices ([Education Code 48205\(b\)](#)):

Attendance may affect a student's grade. Do not cut class. You cannot make up work missed for unexcused absences, including quizzes and presentations. If you have an excused absence, check with your group, on Canvas / Google Classroom and with your instructor for what you missed. It is your responsibility to find out about make up work.

When a student's absence from school is excused, the student's teacher shall determine identical or reasonably equivalent assignments and tests to those missed during the absence which the student shall be permitted to complete for full credit within a reasonable amount of time. (Education Code 48205(b), 48225.5)

Per MVLA AR 5121: "Make-up work and late assignments are accepted within a reasonable time frame established at the course level to ensure students' equal educational opportunity."

The following absences do not require the instructor to provide make-up work:

- Unverified Unexcused (U)
- Verified Unexcused (X)
- Tardy (T)
- Tardy Truant (Y)

However, students with excessive absences will be supported to the extent possible to limit the impact of absences on the student's grades.

6. Academic integrity violation practices ([LAHS Academic Integrity Policy](#)):

Honesty, trust and integrity are vital components of the education process. The Governing Board believes that academic honesty and personal integrity are fundamental components of a student's education and character development. The Board expects that students will not cheat, lie, plagiarize or commit other acts of academic dishonesty. Students and families should understand and act upon the values of academic integrity and should encourage the highest standards of academic behavior from themselves and their peers. It is expected that all work completed for a class is original work created for that class, for a specific assignment.

Students are reminded that the use of AI (Chat GPT or others) without the specific permission of the instructor is a violation of the academic integrity policy.

7. Late work practices:

Because of the production aspect of the class, late work will be graded down significantly, and work not turned in by its due date without an excused absence will receive no credit. If students are absent for a particular activity, they should speak to the instructor about the opportunity to make up that credit by cooking at home.

8. Revision practices:

There are no opportunities for revision, though grades are often based on a student's reflection about skills acquired and methods for improving a particular recipe.

9. Extra credit practices:

No extra credit is available, though involvement in extracurricular catering opportunities can make up for missed assignments.

10. Additional grading Practices:

There are no additional grading practices for this course.

11. LMS Used (Learning Management System):

LMS will vary by instructor. David Dawson-Bowman's classes will use Google Classroom; Michael Moul's will use Canvas.

Instructor's email addresses:

David Dawson-Bowman	David.DawsonBowman@mvla.net
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This class is taught by Career Technical Education certified teachers in Hospitality, Tourism and Recreation.