

ProStart 2

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Course Description:

ProStart provides an opportunity for the students with little or no prior foods preparation experience, but with an interest in food, to learn about culinary skills. This second level course introduces students into the world of professional cooking and explores careers in the foodservice and restaurant industry. Units covering safety and sanitation, the foodservice industry, fruits and vegetables, serving your guest and stocks, soups and sauces are taught in this course. Lab experiences will be provided throughout the semester in order to reinforce these skills. The restaurant and foodservice industry's reach is extensive - nearly half of all food dollars are spent at restaurants. The industry is projected to employ 14.4 million by 2023; fostering an educated workforce is vital to support the industry's growth. The ProStart program is a two-year industry-based program that prepares students for careers in the restaurant and foodservice industry.

Outline of Instructional Units:

Unit 1: Overview of the Restaurant Industry- types of travelers, entrepreneurs, career opportunities, lodging

Unit 2: Serving Your Guests- customer service, types of customers, reservations, taking orders, and first impression

Unit 3: Stocks, Soups and Sauces- essential ingredients and preparation techniques for stocks, soups and sauces

Unit 4: Fruits and Vegetables- types of fruits and vegetables, storing, preparing, growing, and cooking

Unit 5: Management Essentials- diversity in the workplace, manager's role, vision and mission statement, laws, orientation and training

Unit 6: Building a Career in the Industry- skills of foodservice professionals, experience, scholarships, applications, interviews and careers

Activities

- Class Discussion/Collaborative Learning Experiences
- Computer Programs/Websites/Videos
- Handouts
- Periodicals and Current Events
- Community outreach – FACS Club (Family and Consumer Science community service)
- Library Resources

GENERAL CLASS INFORMATION AND REQUIREMENTS

Supplies:

- Notebook (for note taking)
- 1 ½ inch 3 ring binder
- 6-8 Dividers
- Composition Notebook for use as a cookbook
- Pencils and pens

Class Participation and Preparation:

Students are expected to be in class and prepared each day. All students are expected to actively participate in the learning process by taking class notes on lecture, collaborative learning activities, videos, and guest speakers.

Your work ethic will be graded on a daily basis. Each day will result in 5 points possible being earned for the day depending on class behavior in relation to the work ethic guidelines.

Some behaviors that will cause a loss in daily points are head down, sleeping, tardy, unexcused absence, phones out, being unprepared, out of chair before bell, and inappropriate language.

* At the end of each 6 week grading period, you will be given a work ethic grade based off of safety, trust, timeliness, work habit, interpersonal, and citizenship.

Grading Scale:

30% Standards: projects and assignments

30% Labs

20% Assessments: quizzes and tests

10% Work Ethic: daily participation, journals, cookbooks, and homework

10% Final

******* It is YOUR responsibility to check Infinite Campus regularly and let me know if you see any discrepancies. *******

Classroom Conduct Expectations:

The most important rule to remember is RESPECT. Every other rule falls under this rule. You need to be respectful of yourself, your peers, your teacher, and your learning environment. Before each action you take you need to think if it is following the rule of RESPECT.

- **Be in the classroom ready to learn when the bell rings.**
- **Be prepared for class – Homework completed, pencil, paper, and all materials needed.**
- **Be Courteous, respectful, and responsible in all your actions and words.**
- **Do your best – Give 100% always!!!**

Teacher's Note: Classroom policies are in place so that everyone has the best chance to learn and be successful. I will encourage you to follow these policies because I care about your success. I will also keep parents/guardians informed when you succeed and when you need help. I thank you in advance for your cooperation.

Attendance and Late Work:

Attendance is crucial and policies are designed to improve student learning. Regular attendance is the first critical step to success in school.

Absences:

- Students with excused absences will be allowed to make up all work for full credit.
- Students with unexcused absences will not be allowed to make up work.

Late Work:

- Any work turned in after the due date will be deducted points. For each six week grading period, I will give a deadline for late work. After that date, I will NOT accept any missing work.

Tardy Policy:

According to the school policy, a student is tardy when they are not in the classroom and in their assigned seat when the bell rings.

I give 1 “free tardy”. After that warning, students will receive a detention for every day they enter my room late.

BE ON TIME! ☺