

ProStart 2 Syllabus

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Course Description:

ProStart is a two-year culinary/management career-building program for high school students. This program is designed for students who are looking to enter the job market directly after graduating, and/or attend college. ProStart students gain culinary/management experience and recognition in several ways: classroom experience; mentored work experience; and culinary competitions.

ProStart students learn fundamental culinary and business management skills in the classroom. Students apply their learning through qualified on-the-job foodservice operations with industry professionals. Students will receive mentor support, character development and real-world skills that give them a head start toward a career in the industry and college preparation.

Students have the opportunity to put their skills to the test by participating in various competitions throughout the program. These demanding culinary and management competitions invite top students to represent their school to compete for college scholarships and industry connections for potential job placement.

Upon completion of the ProStart program, students are required to become ServSafe certified (Professional Food Service Manager) and complete the necessary requirements to earn the ProStart National Certificate of Achievement (**Pass ProStart Level One Final Exam; Pass ProStart Level Two Final Exam; Have an Employer Agreement; Complete 400 hours of work experience; Complete a Student Work Experience checklist, complete at least 52 of the 75 competencies**). This certificate provides students eligibility for special scholarships and college credit from colleges and universities across the country. It also provides potential job experience and job opportunities to a growing industry.

Text: 1. Foundations of Restaurant Management & Culinary Arts, Level Two

2. ServSafe Manager: 6th Edition (NRAF)

Learning objectives

- **ServSafe certification**
- **Chapter 1: Breakfast Food and Sandwiches**
- **Chapter 2: Nutrition**
- **Chapter 3: Cost Control**
- **Chapter 4: Salads and Garnishing**
- **Chapter 5: Purchasing and Inventory**
- **Chapter 6: Meat, Poultry, and Seafood**

- **Chapter 7: Marketing**
- **Chapter 8: Desserts and Baked Goods**
- **Chapter 9: Sustainability in the Restaurant and Foodservice Industry**
- **Chapter 10: Global Cuisine 1: The Americas**
- **Chapter 11: Global Cuisine 2: Europe, the Mediterranean, the Middle East, and Asia**

Required material every day you come to class

- **1: 1-2 subject spiral note book**
- **Pen or pencil**
- **Laptop (charged)**
- **Non skid shoes (closed toe and heel)**

Classroom Policies

1. **Tardy policy:** You are considered late to my class if your body has not entered my class by the time the bell finishes to ring. The moment the bell finishes ringing you are tardy.
2. **Cooking-Lab policy:** Students who do not participate in the lab will receive a **Zero** in participation. If a student has an excused absence and missed the class prior to the lab, then the student will be assigned the alternative written assignment, and will be excused from the participation points.
4. **Late work policy:** Excused students **must** turn their Make-up work in **the very next class**, or it becomes a **zero** for a grade. Late work will be deducted 10% each day it is late.

Grading Method of Events

* Classwork/Homework	10%
* Quizzes/projects/lab	20%
* Tests	35%
* Quarter Exams	30%
* Participation	10%

I have read the above syllabus and policies, and I understand the contents and requirements stated above.

Parent signature

Student print name and sign