



<http://my.uen.org/myuen/92580>



ProStart 1 Disclosure Document

Ms. K. Christensen

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This course introduces students into the world of professional cooking.

TOPICS TAUGHT

Foodservice industry, food and workplace safety, professionalism, kitchen equipment and techniques, stocks, sauces, soups, communication, management essentials, fruits, vegetables, serving guests, potatoes, grains, building a successful career in the foodservice industry, and other topics are taught in this beginning course of ProStart. **Prerequisites: Foods 1 & Foods 2**

SUPPLIES

Students will need to have paper and a pen or pencil with them each day in class. A folder is provided to keep track of papers and recipes. **DO NOT THROW ANYTHING FROM CLASS AWAY!**

GRADES

Grades are based on a percentage point basis. My grading scale is as follows:

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

My goal is to help you succeed. You all begin with an A (if you start on day 1) so keep it.

ACADEMIC STANDARDS

Each student is expected to maintain academic ethics and honesty in all its forms, including but not limited to cheating and plagiarism. Consequences will be determined on a case by case basis. **Students are expected to do their own individual work both in class and at home.**

ATTENDANCE

It is important for students to be in class each day because most of the learning and assignments are done in class. It is the student's responsibility to make up any work that is missed for any absence. If a student misses a lab, it must be made up at home. They are to cook the missed lab at home and complete a lab make-up sheet and bring in a sample of the finished product. If you need ingredients, the school pantry might be able to help. Unexcused absences must be made up, but will only receive ½ credit. You will have 5 calendar days to make up missed work. Students who leave class early are marked absent. Students are also marked absent if they are more than 10 minutes late to class. Daily participation points are earned by attending and participating in class. On Restaurant Days students are expected to be in class no matter what. Those points cannot be made up. If a student knows of a conflict PRIOR to the restaurant day accommodations might be made at the discretion of the teacher. **If you transfer in late to this course, you will be expected to make up the work in order to earn the same credit other students earn.**

TARDY POLICY

Students are expected to be prepared in their seat when bell rings. See school tardy policy.

Possible Optional Field trip to La Caille tentatively scheduled sometime around Nov and Apr \$33

The Salt Lake City School District prohibits discrimination based on age, color, disability, gender, gender identity, genetic information, national origin, pregnancy, race, religion, sexual orientation, or veteran status.

HOMEWORK

Students are expected to cook **from scratch** at home twice per quarter. The **home cooking projects** are due as follows: **#1 – Sept 7 – Soup; #2 – Oct 12 – Cooked vegetable dish; #3 – Nov 17 – Nutritious Meal; #4 – Jan 10 – Potato Dish; #5 – Feb 8 – Entrée using Mother Sauce; #6 – Mar 14 – Cooked Fruit Dish; #7 – Apr 18 – Stock; #8 – May 22 – Grain Dish.** If you need ingredients, the school pantry might be able to help. Projects are due before class starts on due date. **Cleaning** is part of the cooking process. **A copy of the recipe and sample must be attached** to the Home Cooking Form, which must also be **signed**. *I'm only here on A days, so please keep that in mind when trying to turn things in.* You may also earn bonus points for delivering some of your home cooking project with someone who needs some extra love/support/care. Look outside your normal friend group. Take a picture of you delivering it & email it to me (or print & attach to your assignment) to earn your bonus points.

PARTICIPATION AND CITIZENSHIP

Students are expected to show effort by being on time, being prepared, paying attention, having a positive attitude, participating in class discussions, following lab rules, having work ready on time, and showing courtesy through respectful language and behavior. Students will lose participation points for behavior that is inconsistent with these guidelines including, but not limited to, bad language, put downs, tardies, disrespect, and laziness. Additional consequences may include a seat/group change, missing out on class activities, additional assignments, phone home, etc.

****CELL PHONES AND OTHER ELECTRONIC DEVICES ARE NOT TO BE SEEN OR HEARD.**

THEY ARE NOT ALLOWED IN MY CLASS– THEY WILL BE TAKEN AND TURNED IN. If I take it again, a parent/legal guardian will have to come and get it from me. **I follow the school and district policies.**

LATE WORK

Assignments and projects will be turned in at the beginning of class on the assigned due date. Students will be given a “Grace Card” each quarter which may be turned in with a late assignment during the quarter to receive the full points. An un-used pass may be turned in at the end of the quarter for extra-credit. Work turned in after the due date will be reduced 10% for each day late. Students will **always** be able to receive at least ½ credit for perfectly done late work *that is turned in prior to my late work deadline.* Lab sheets must be turned in, completed, and signed at the end of the lab period.

HALL PASSES

Students will be given 2 free hall passes to be used during each quarter. An unused hall pass may be turned in for extra credit at the end of the quarter.

STUDENT ORGANIZATION (FCCLA)

ProStart is connected to FCCLA (Family, Career, and Community Leaders of America). Its purpose is to promote personal growth and leadership through Family and Consumer Science education. FCCLA activities help to support this course. Any student wishing to formally join FCCLA is welcome to do so. There is a culinary competition for FCCLA as well.

NATIONAL CERTIFICATION

At the end of the year students will be given a national test. Those who receive 70% or higher and complete the skills for two years, in addition to working in the restaurant industry for 400 documented hours will receive a national certification in ProStart. Earning this certificate puts you on the road to management in one of America's largest industries. Many university hospitality programs accept ProStart courses for college credit, knowing that graduates of the ProStart program have completed an approved curriculum and meet high standards of excellence. Student must complete proper paperwork in order to earn that certificate throughout the two years. Please discuss this ASAP.

COMMUNICATION

Communication between parents, students, and teachers is important to me. If you have any questions, comments, or concerns please feel free to contact me by **e-mail** or phone. I look forward to a successful and fun year! My goal is to help each student succeed in my class and life.



ProStart 1 – Mrs. Christensen

I have read and take responsibility for the policies stated in the disclosure document and will follow them daily. I have also read and understand the scholastic and citizenship grading criteria. The student agrees to come to class willing to learn and agrees to work to pass this class.

Printed Student Name: _____ Period _____

Student Signature: _____ Date: _____

Student Email: _____

Student Cell: (If you want to share): _____

Printed Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

Parent E-mail: _____

Parent/Guardian phone: _____ cell _____ work _____

*If you'd like to be on my text list for reminders – text @ProStartHH to the # 81010

PARENTS, please list any food allergies or cultural/religious food your student can't eat:

Dear Parents:

If you know of any people or resources that may be beneficial to our class, please let me know. Also, if you have any concerns regarding your child you would like me to know, please write me a note about them.

Thank you,

Ms. Kimber Christensen