



Professional Cooking 1
Course# CKG 101-1

Credit Hours: 8
Semester: Spring 2022
Cap:15

Instructor: Walter Cloud CSC, CWPC

E-mail: wcloud@navajotech.edu

Office: Hospitality Office

Office Phone: 505-3877487

Office Hours: Mon-Tuesday-Wednesday-Thursday 8:00am-12:00pm by appointment only,
Friday- Make up days

Class Location: CA1 / Hospitality

Class Meeting Times: **Monday-Tuesday- Wednesday-Thursday Face to Face 8:00am-12:00pm**

Required Materials: Pen, pencil, notepad, black permanent marker, digital kitchen scale, digital kitchen thermometer

Textbooks: Professional Cooking 9th ed. by Wayne Gisslen. Print ISBN: [9781119399612](#),
[1119399610](#)

Professional Cooking 9th Student Study Guide. Print ISBN 9781119505631, 1119505631

Tools: Full Knife Kit

Uniform: A **minimum** of 2 chef coats, black skull cap, **APPROVED** kitchen shoes (non-skid), 2 pairs of chef pants or all black Dickies.

Lab Fee: \$150

Mission, Vision, and Philosophy

Mission: Navajo Technical University honors Diné culture and language, while educating for the future.

Vision: Navajo Technical University provides an excellent educational experience in a supportive, culturally diverse environment, enabling all community members to grow intellectually, culturally, and economically.

Philosophy: Through the teachings of Nitsáhákees (thinking), Nahátá (planning), Íina (implementing), and Siihasin (reflection), students acquire quality education in diverse fields, while preserving cultural values and gaining economic opportunities.

Course Description

This course will provide a basic knowledge of food preparation in a variety of settings from fast food to fine dining. Understanding recipe breakdown, food cost, equipment, ordering, receiving, proper food handling and a heavy emphasis on food safety and sanitation. This course will also include instruction in basic nutrition and management skills appropriate for entry-level professionals in the food service industry.

Week	Chapters	Assignments & Due Dates	Assesments
1	Introduction to the class and procedures. Read Chapter 2 & 3.	Complete Assessment and Equipment certification. Complete all other paperwork.	Safety and Sanitation Term and Questions Student Study Guide Assignments
2	Chapter 4, 6 & 7	Kitchen Expectations Kitchen Math Knife Skills	Term and Questions Student Study Guide Assignments
3	Chapter 8 & 9	Stocks Sauce Production	Sauce Production Assessment of Stock Production Terms and Questions Student Study Guide Assignments
4	Chapter 25 & Appendix 5 Page 1040 Egg Cookery & Breakfast Items	Eggs, Quiche, Pastry Dough	Assessment of dishes Terms and Questions Student Study Guide Assignments
5	Chapter 13	Potatoes	Assessment of dishes Terms and Questions Student Study Guide Assignments
6	Chapter 13 continued	Dishes TBA	Assessment of dishes Terms and Questions Student Study Guide Assignments
7	Midterm project	Instructor will give you details.	Student Study Guide Assignments
8	Chapter 18 & 19	Chicken Fab, Cooking Poultry and Game Birds	Presentation of 2 chicken dishes. Terms and Questions Student Study Guide Assignments
9	Chapter 17	Meats	Terms and Questions Student Study Guide Assignments
10	Chapter 10	Soups	Terms and Questions Student Study Guide Assignments
11	Chapter 23	Sandwiches	Terms and Questions Student Study Guide Assignments
12	Chapter 12 & 27	Vegetables & Vegetarian Dishes	Assessment of Dishes Terms and Questions Student Study Guide Assignments
13	Chapter 12 & 27 continued	Vegetables & Vegetarian Dishes	Students will present a complete vegetarian dish. Terms and Questions Student Study Guide Assignments
14	Chapter 22	Salads and Dressings	Terms and Questions Student Study Guide Assignments
15	Finals Practice and Prep		
16	Finals / Graduation		

Holiday- MLK Day Jan 17th
Late Registration W/ Fee – Jan. 19th-20th
Last day to add/drop- Jan. 21st
Holiday- Presidents Day- Feb 21st
Graduation Petitions Due – Feb 25th
Midterm Exams- Mar 7th-11th
Spring Break- Mar 14th-18th
Last Day to Withdraw with a “w” – Mar 31st
Finals Week- May 9th-12th

COURSE OUTCOMES	COURSE MEASUREMENTS
All course materials will be taught in accordance with the ACF's Knowledge, Skills and Competencies check list.	<u>ACF Education Foundation: Culinary Arts Required Knowledge and Skills Competencies for Degree and Certificate Programs</u>
A strong understanding of food safety and sanitation.	Complete reading assignments, homework assignments, exams, projects, and quizzes.
An ability to produce a large variety of sauces and other dishes.	
A strong ability to demonstrate knowledge of basic nutrition functions, guidelines, and principles for incorporation into a menu.	
A strong ability to perform food safety audits.	
A strong ability to lead others in the execution of safety and sanitation.	
A strong knowledge of food safety and sanitation rules according to both the Navajo Nation Health and Safety Department and the State of NM and NRA.	
Students will complete the food handler's certification as given by the Navajo Nation Environmental Dept.	

Grading Plan

Homework 20%
Class Participation: 10%
Project(s): 20%
Quizzes: 10%
Mid-term: 10%
Final Exam: 30%

A = 100-90%
B = 89-80%
C = 79-70%
D = 69-60%
F = 59% or less

Grading Policy

Each student must do his or her own homework and case studies. Discussion among students on homework and cases is encouraged for clarification of assignments, technical details of using software, and structuring major steps of solutions - especially on the course's Web site. Students must do their own work on the homework and exam. Cheating and Plagiarism are strictly forbidden. Cheating includes but is not limited to: plagiarism, submission of work that is not the student's own, submission or use of falsified data, unauthorized access to exam or assignment, use of unauthorized material during an exam, supplying or communicating unauthorized information for an assignment or exam.

Participation

Students are expected to attend and participate in all class activities- as listed above, as it is 10% of the grade. Points will be given to students who actively participate in class activities including field trips, laboratories, and ask questions of guest speakers and other presenters. This also includes any catering events that you may be called upon to participate in. Daily Check in makes up 20% of your grade so attendance is necessary.

Cell phone and head phone use

Please turn cell phones off or place them on silence or vibrate mode **BEFORE** coming to class. Also, answer cell phones **OUTSIDE OF CLASS** (not in the classroom). Exercising cell phone use courtesy is appreciated by both the instructor and classmates. Headphones are to be removed before coming to class.

Attendance Policy

Students are expected to regularly attend all classes for which they are registered. A percentage of the student's grade will be based on class attendance and participation. Absence from class, regardless of the reason, does not relieve the student of his/her responsibility to complete all course work by the required deadlines. Furthermore, it is the student's responsibility to obtain notes, handouts, and any other information covered when absent from class and to arrange to make up any in-class assignments or tests if permitted by the instructor. Incomplete or missing assignments will necessarily affect the student's grades. Instructors will report excessive and/or unexplained absences to the Counseling Department for investigation and potential intervention. **Instructors may drop students from the class after three (3) absences unless prior arrangements are made with the instructor to make up work and the instructor deems any excuse acceptable.**

Studies Outside of Class

For every credit hour spent in class, a student is expected to spend two hours outside of class studying the course materials.

Attendance Policy

Students are expected to attend all class sessions. A percentage of the student's grade will be based on class attendance and participation. Absence from class, regardless of the reason, does not relieve the student of responsibility to complete all course work by required deadlines. Furthermore, it is the student's responsibility to obtain notes, handouts, and any other information covered when absent from class and to arrange to make up any in-class assignments or tests if permitted by the instructor. Incomplete or missing assignments will necessarily affect the student's grades. Instructors will report excessive and/or unexplained absences to the Counseling Department for investigation and potential intervention. **Instructors may drop students from the class after three (3) absences unless prior arrangements are made with the instructor to make up work and the instructor deems any excuse acceptable.**

Diné Philosophy of Education

The Diné Philosophy of Education (DPE) is incorporated into every class for students to become aware of and to understand the significance of the four Diné philosophical elements, including its affiliation with the four directions, four sacred mountains, the four set of thought processes and so forth: Nitsáhákees, Nahát'á, Íina and Siih Hasin which are essential and relevant to self-identity, respect and wisdom to achieve career goals successfully.

At NTU's Zuni Campus, the A:shiwí Philosophy of Education offers essential elements for helping students develop Indigenous and Western understandings. Yam de bena: dap haydoshna: akkya hon detsemak a:wannikwa da: hon de:tsemak a:ts'umme. *Our language and ceremonies allow our people to maintain strength and knowledge.* A:shiwí core values of hon i:yyułashik'yanna:wa (respect), hon delank'oha:willa:wa (kindness and empathy), hon i:yyayumola:wa (honesty and trustworthiness), and hon kohoł lewuna:wediyahnan, wan hon kela i:tsemanna (think critically) are central to attaining strength and knowledge. They help learners develop positive self-identity, respect, kindness, and critical thinking skills to achieve life goals successfully.

Students with Disabilities

Navajo Technical University is committed to serving all students in a non-discriminatory and accommodating manner. Any student who feels that she or he may need special accommodations should contact the Accommodations Office (<http://www.navajotech.edu/student-services#accomodations-services>) in accordance with the university's Disability Accommodations Policy (see http://www.navajotech.edu/images/about/policiesDocs/Disability_Exhibit-A_6-26-2018.pdf).

Email Address

Students are required to use NTU's email address for all communications with faculty and staff.

Final Exam Date: December 13th-16th.