

Culinary Arts Syllabus 2025/2026

High School Culinary Arts Syllabus

Instructor: Richard Kitos, Chef

School: Wenatchee Valley Tech Center

Room: Building A, Kitchen and Classroom

Contact: Kitos.Richard@wenatcheeschools.org

Class Period(s): AM 8:35 to 11:25, PM 12:35 to 3:05

Course Duration: Full year

Office Hours: 8:00 AM to 3:30 PM M to F



Course Description

Culinary Arts introduces students to foundational knowledge and practical skills used in the food service and hospitality industry. Students will gain hands-on experience in food preparation, kitchen safety, nutrition, sanitation, teamwork, and menu planning. The course emphasizes employability skills, industry-standard procedures, and creativity in cooking.

1. Apply fundamental cooking techniques (baking, sautéing, knife skills, etc.).
 2. Read and scale recipes accurately.
 3. Understand basic nutrition and meal planning.
 4. Work effectively as part of a kitchen team.
 5. Explore careers and opportunities in the culinary field.
-



Units of Study

1. Kitchen Safety & Sanitation
 2. Culinary Math & Measurements
 3. Knife Skills & Equipment Use
 4. Breakfast Cookery
 5. Stocks, Sauces & Soups
 6. Vegetables, Grains & Pasta
 7. Baking & Pastry Arts
 8. Global Cuisine & Cultural Foods
 9. Menu Planning & Nutrition
 10. Culinary Careers & Restaurant Simulation
-

Instructional Materials

- Supplemental handouts, videos, online resources
 - Lab ingredients and supplies provided (some student contributions may be
-
-

Course Objectives

By the end of the course, students will be able to:

1. Demonstrate safe and sanitary work practices in a kitchen environment.
 2. Identify and properly use culinary tools, equipment, and knife skills.
 3. Apply cooking methods (sautéing, baking, roasting, steaming, grilling, etc.).
 4. Understand basic nutrition and apply healthy cooking techniques.
 5. Follow and convert recipes using correct measurements and techniques.
 6. Demonstrate employability skills such as teamwork, leadership, and time management.
 7. Explore career opportunities in culinary, hospitality, and related fields.
-

Units of Study

1. Orientation & Safety
 - Kitchen rules, PPE, safety contracts, sanitation & hygiene (ServSafe basics)
2. Culinary Tools & Equipment

- Identification, care, and correct usage
 - 3. Knife Skills
 - Cuts (julienne, dice, chiffonade, etc.) & sharpening techniques
 - 4. Cooking Principles
 - Heat transfer, seasoning, stocks, soups, sauces
 - 5. Baking & Pastry Basics
 - Quick breads, yeast breads, cookies, cakes, pastries
 - 6. Nutrition & Meal Planning
 - MyPlate, dietary needs, balanced meals
 - 7. World Cuisine & Culture
 - Global flavors, traditions, and techniques
 - 8. Culinary Careers & Professionalism
 - Hospitality industry overview, resume building, workplace etiquette
-

Classroom & Kitchen Expectations

- Safety First: Students must pass all safety and sanitation tests before kitchen participation.
 - Professionalism: Arrive prepared, follow directions, and respect all classmates.
 - Teamwork: Collaboration is essential in labs. Everyone has a role.
 - Clean-Up: Kitchens must be spotless before leaving.
-

Grading Policy

- Participation/Lab Performance: 40%
 - Quizzes/Tests (Safety, Skills, Culinary Knowledge): 25%
 - Projects/Assignments (Menus, Recipe Development, Research): 20%
 - Final Exam/Practical Cooking Assessment: 15%
-

Required Materials

- 3-ring binder or digital portfolio
 - Closed-toe, non-slip shoes
 - Hair restraint (hat or hair net)
 - Apron (provided or student's own)
 - Pen/pencil
-

Assessment Methods

- Written quizzes/tests
 - Practical cooking demonstrations
 - Group labs and teamwork evaluations
 - Recipe development projects
 - Final cooking challenge (capstone assessment)
-

Career Connections

This course aligns with the Hospitality & Tourism CTE Pathway and introduces students to potential careers such as:

- Chef/Cook
 - Pastry Chef/Baker
 - Nutritionist/Dietitian
 - Food Stylist/Writer
 - Restaurant Manager
 - Event Planner
-
-

Note: Students must pass the safety and sanitation test with 85% or higher to participate in labs.

Expectations & Rules

- Be on time and prepared to learn.
- Follow all safety and sanitation guidelines.
- Treat equipment, ingredients, and others with respect.
- Work cooperatively in your kitchen teams.
- Clean up thoroughly after every lab.

Dress Code for Labs:

- Closed-toe, non-slip shoes
- Hair tied back
- Apron or chef coat provided

- No jewelry or long nails during food prep
-



Major Projects & Events

- Safety Certification
 - Knife Skills Assessment
 - Holiday Gingerbread Creation Baking Project
 - Final Lab: Mystery Basket Challenge
-

The three words expected of students every day, Participate, Participate, and Participate