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.
- Work effectively as part of a kitchen team.
- 5. Explore careers and opportunities in the culinary field.



- 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