



**SEASIDE**  
HIGH SCHOOL

## Culinary Arts Course Guide

### Teacher Profile

#### Let me introduce myself...

*For the past 10 years I have taught Culinary Fundamentals (1st year) and Advanced Culinary (2nd year) education at the high school level. Teaching is something that I discovered later in my life, as I was a business person at a young age. I have owned several successful businesses, but the longest held one was my catering business. I have over 30 years of catering experience and the best part of my teaching position is watching students learn to cook and learn the art of business management.*

*Outside of teaching, I enjoy travel, reading, and of course, cooking and eating. Discovering a new dish or restaurant is a perk like no other. I have a husband, a grown son and daughter. We have a beautiful family dynamic and love to be around each other.*

#### I teach because...

*I teach because I care & I love to inspire! I love inspiring students with all of the creative outlets that food has to offer such as: catering, learning to cook for yourself, restaurant dining, picnics, BBQ's, the list goes on and on.*

#### My educational path was...

*I have a Bachelor's of Arts in Social Science from San Jose State University. I started my first catering business 30 + years ago after apprenticing with a local caterer.*

#### The best way to communicate with me is...

Email: [msorensen@mpusd.k12.ca.us](mailto:msorensen@mpusd.k12.ca.us)

Parent/ Student Square

### Course College and Career Indicators

#### Course Name:

#### Grade Level (insert X mark next to all that apply):

\_\_\_\_\_ 9th grade  
x \_\_\_\_\_ 10th grade  
x \_\_\_\_\_ 11th grade  
x \_\_\_\_\_ 12th grade

#### Term Length (insert X mark next to all that apply):

\_\_\_\_\_ Semester (5 credits)  
x \_\_\_\_\_ Yearlong Course (10 credits)  
\_\_\_\_\_ Two-Year Course (IB Courses) (20 credits)

#### What college and career readiness indicators will I meet in this course?

Graduation area requirement (List below)

\_\_\_\_\_

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A-G Designation (List A-G subject area below)

F

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CTE Pathway Course (List pathway below)

Hospitality, Tourism and Recreation

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College Credit Course (List below)

N/A

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## Course Overview

### What is this course all about?

*This course is the study of the history and application of food types, styles and hands on cooking experience. Through this course you will learn kitchen safety and sanitation which will result in a food handler card for use in future jobs in the food industry, as well as business management skills that synthesize and demonstrate learning. Students will master concepts through project based learning. Additionally, students will further develop critical thinking, problem solving, writing, critical analysis and presentation skills.*

### How will this course help me be College and Career Ready?

*This course will help students become college and career ready by utilizing a project based learning approach that mirrors a real world work site. Additionally students will build workplace ready skills by participating in the Career Safe curriculum which will include Interview Skills, Communication Skills, Time Management, Teamwork, and Personal Finance Management.*

### What concepts and skills will I master in this course?

*Students will learn to work both individually and within a group setting. Master the concept of recipe formulation and execution. Price out food costs to recipes. Nutritional guidelines. Apply customer service skills*

### What will be graded?

*Grades will be based entirely on the careful, impartial, and consistent measurement of the mastery of course content and literacy standards. Students are provided multiple opportunities to show mastery of each standard throughout the duration of the course. Students' mastery of the standard will be assessed through both formative and summative assessments of learning. Formative examples include Check-ins, SEL's, Warm-Ups, Quizzes, guided assignments and practices. Summative examples include projects and tests.*

### How will I receive feedback on my progress?

- Google Classroom
- Synergy
- MPUSD Student Email

### What opportunities will I have to show growth in my learning based on the feedback that I received?

*You can make improvements and learn from your mistakes on submitted work and projects to show growth toward mastery after initial submission. After making improvements you will be able to resubmit work throughout the semester it was assigned. At the end of each semester grades will be cut off.*

### What can I do to be successful in this course?

#### **PREPARED**

- Be on time and ready to give your best effort
- Maximize learning by bringing all of your materials, including a charged chromebook
- IN YOUR SEAT WHEN THE BELL RINGS
- Answer "Check-In" question on the board
- Start Activity 1 and/or Class Opener

## RESPECTFUL

### Open lines of Communication

- Students are given feedback by instructor in a timely manner
- Communicate using positive language
- Treat others with kindness and empathy

### Cell Phone

- No Cell Phone Use During Class
- No Earpods during instruction

## What do I do if I need help in this course?

Contact me at [msorensen@gmail.net](mailto:msorensen@gmail.net) or speak to me directly to schedule a time for a chat.

## What do I do if I am absent?

Communication is key! If you are absent, it is your responsibility to request and make-up missed work. If you are able to pre arrange your absence please reach out to the school office and notify me so I can make arrangements with you. A visit before/after school or at lunch is preferred. If you are unexpectedly absent please reach out via email at [msorensen@mpusd.k12.ca.us](mailto:msorensen@mpusd.k12.ca.us) and additionally make sure your parent or guardian notifies the front office. All assignments are due on a specific date. However, late work due to absence or revised work may be submitted/resubmitted within 3 school days of the original due date.

## Grading Rubric

Letter Grade	Grading and Assessment Scale*	Level of Mastery
A	3.6-4.0	Extensive Understanding: Student can apply the concepts and skills learned to new contexts independently
B	2.8-3.59	Sufficient Understanding: Student demonstrates a thorough understanding of the concept and can perform the target skill independently.
C	1.8-2.79	Partial Understanding: Student demonstrates partial understanding of the concepts; or, can perform portions of the target skill with assistance.
D	0.8-1.79	Emerging Understanding: Student requires extensive assistance and support to understand the foundational concepts and skills.
F	0-0.79	No Evidence of Understanding- Little or no evidence of progress toward emerging understanding.

\*Scale set by MPUSD, [see website for further information about standards-based grading](#)

## Spartan PRIDE Learner Profile

<b>Prepared</b>	<ul style="list-style-type: none"><li>● I come to class with my chromebook charged</li><li>● I come to class ready to learn, with all of my needed materials</li><li>● I come to class with my phone away</li></ul>
<b>Respected</b>	<ul style="list-style-type: none"><li>● I use positive and respectful language with my peers and teachers.</li><li>● I treat all students, staff and community members, including LGBTQ members and individuals that are of a different race, and religion the way I would like them to treat me.</li></ul>
<b>Innovative</b>	<ul style="list-style-type: none"><li>● I contribute my unique ideas and perspectives to discussions and assignments</li><li>● I am open minded and explore opinions and ideas other than my own</li><li>● I use a variety of resources (counseling, tutoring, office hours) to solve problems and develop solutions.</li></ul>
<b>Determined</b>	<ul style="list-style-type: none"><li>● I stay engaged in the class content from bell to bell</li><li>● I keep working even when the work is difficult</li><li>● I communicate with my teacher to advocate for myself when needed</li></ul>

<i>Excellent</i>	<ul style="list-style-type: none"><li>• I take advantage of retake opportunities to strive towards mastery</li><li>• I will accept and volunteer my assistance to the Spartan Community.</li><li>• My success is defined by more than my academic production.</li></ul>
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## Student and Parent Feedback

**Something about me that is important for my teacher to know is...**

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**After high school I plan to...**

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**Learning is most engaging when...**

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**Anything else you would like your teacher to know?**

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