

Basic Food Preparation (CHEF 1401)

CREDIT

2 Semester Credit Hours (1.5 hours lecture, 1.5 hours lab)

MODE OF INSTRUCTION

Face to Face

PREREQUISITE/CO-REQUISITE:

CHEF 1205

COURSE DESCRIPTION

A study of the fundamental principles of food preparation and cookery to include Brigade System, cooking techniques, material handling, heat transfer, sanitation, safety, nutrition, and professionalism.

COURSE OBJECTIVES

Upon completion of this course, the student will be able to

- Demonstrate skills in knife, tool and equipment handling, and operate equipment safely and correctly
- demonstrate proficiency in dry and moist heat cooking methods
- produce a variety of food products applying principles of food handling and preparation
- implement professional standards in food production

INSTRUCTOR CONTACT INFORMATION

Instructor: Abby Sullivan

Email: ajsullivan@conroeisd.net

Office Phone: 936-709-5700

Office Location: Conroe High School Bistro

Office Hours: Before and After School by Appointment;

REQUIRED TEXTBOOK AND MATERIALS

1. iCEV, Culinary Arts
2. Always Food Safe, Food Manager Certification curriculum
3. Conroe ISD, Culinary Arts Curriculum Resources

ATTENDANCE POLICY

- Compulsory Attendance Law: Texas law requires students between the ages of 6 and 19 to attend school. Parents and guardians are responsible for ensuring their children



comply with this law. Chronic absenteeism can lead to legal consequences, including fines and court involvement for the parents or guardians.

- 90% Rule: Texas schools require students to attend at least 90% of the school days in a year to receive credit for their classes. Excessive absences can lead to repeating a grade or failing to earn course credit.

DROP POLICY

If you wish to drop a course, you are responsible for initiating and completing the drop process. If you stop coming to class and fail to drop the course, you will earn an “F” in the course.

COURSE CALENDAR



CONROE
INDEPENDENT
SCHOOL DISTRICT

2026-2027 School Calendar

APPROVED 1/20/26

August 2026	September 2026	October 2026	November 2026
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December 2026	January 2027	February 2027	March 2027
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April 2027	May 2027	June 2027	July 2027
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	Holiday
	Beginning of Grading Period
	Ending of Grading Period
	Early release (Students)
	Professional Day (No students)
	Teacher professional learning (No students)
	Teacher exchange day (No students)
	Inclement Weather Day (Students and Staff)

Report Cards

Individual campuses will report distribution date for report cards after each grading period.

Days of Instruction

	Students	Teachers
1st Semester	82.5	92
2nd Semester	90.5	95
Total Days	173	187

Grading Periods

1st Semester	
Grading period	Ends
1st	October 8
2nd	December 18
2nd Semester	
Grading period	Ends
1st	March 12
2nd	May 27

Students

Starting date	August 12
Ending date	May 27

Staff

Starting date	August 3
Ending date	May 28

Student Holidays

Labor Day	September 7
Holiday	October 9 - 12
Holiday	November 2 - 3
Thanksgiving	November 23 - 27
Christmas Break	Dec. 21 - Jan. 5
Martin Luther King, Jr. Day	Jan. 18
Holiday	February 12
Presidents' Day	February 15
Spring Break	March 15 - 19
Holiday	March 26
Holiday	March 29*
Holiday	April 30
Memorial Day	May 31

Student Early Release

December 18	May 27
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Teacher Professional Days

August 4 - 11	May 28
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Teacher Professional Learning Days

November 3	January 5
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Teacher Exchange Days (3 days exchanged for professional learning)

August 3	October 9
February 12	

*Inclement Weather Day (Student and staff make-up day, if needed)

March 29

The Conroe Independent School District (District) as an equal opportunity educational provider and employer does not discriminate on the basis of race, color, national origin, sex, religion, age, or disability in educational programs or activities that it operates or its employment matters. The District is required by Title VI and Title VII of the Civil Rights Act of 1964, as amended, Title IX of the Education Amendments of 1972, the Age Discrimination Act of 1975, as amended, Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act, as well as Board policy not to discriminate in such a manner.

For information about Title IX rights or Section 504/ADA rights, contact the Title IX Coordinator or the Section 504/ADA coordinator at 3225 W. Davis, Conroe, TX 77384, (506) 709-7752.

UNITS	TOPIC	READINGS (Due on this Unit)	ASSIGNMENTS (Due on this Unit)
Unit 1	Workplace Regulations, Safety & Sanitation Review Objectives: • Demonstrate skills in knife, tool, and equipment handling, and operate equipment safely and correctly. • Implement professional standards in food production.	Assigned Safety & Sanitation Review Materials	Safety & Sanitation Review/Assessment
Unit 2	Culinary Nutrition Objectives: • Produce a variety of food products applying principles of food handling and preparation. • Implement professional standards in food production.	Assigned Culinary Nutrition Materials	Nutrition Activities/Lab Applications
Unit 3	Meat & Poultry Stocks, sauces, soups, poultry identification and fabrication, beef fabrication, and cooking methods. Objectives: • Demonstrate skills in knife, tool, and equipment handling, and operate equipment safely and correctly. • Demonstrate proficiency in dry and moist heat cooking methods. • Produce a variety of food products applying principles of food handling and preparation. • Implement professional standards in food production.	Assigned Meat & Poultry Materials	Meat & Poultry Identification, Fabrication & Cooking Labs

Unit 4	Fish & Shellfish Seafood purchasing, identification, and cooking methods. Objectives: • Demonstrate skills in knife, tool, and equipment handling, and operate equipment safely and correctly. • Demonstrate proficiency in dry and moist heat cooking methods. • Produce a variety of food products applying principles of food handling and preparation. • Implement professional standards in food production.	Assigned Fish & Shellfish Materials	Seafood Identification, Fabrication & Cooking Labs
Unit 5	Grains, Legumes & Pasta Identification of grains, legumes, and pasta; cooking methods and techniques. Objectives: • Demonstrate proficiency in dry and moist heat cooking methods. • Produce a variety of food products applying principles of food handling and preparation. • Implement professional standards in food production.	Assigned Grains, Legumes & Pasta Materials	Grains, Legumes & Pasta Labs
Unit 6	Herbs, Spices & Other Dry Goods Distinguishing herbs and spices and exploring flavor profiles from different regions of the world. Objectives: • Produce a variety of food products applying principles of food handling and preparation. • Implement professional standards in food production.	Assigned Herbs & Spices Materials	Herbs, Spices & Flavor Profile Activities/Labs

Unit 7	Breads Methods, types of flour, quick breads, and yeast breads. Objectives: • Demonstrate skills in tool and equipment handling, and operate equipment safely and correctly. • Produce a variety of food products applying principles of food handling and preparation. • Implement professional standards in food production.	Assigned Breads Materials	Quick Bread & Yeast Bread Labs
Unit 8	Pies, Pastry & Cookies Advanced baking methods and techniques. Objectives: • Demonstrate skills in tool and equipment handling, and operate equipment safely and correctly. • Produce a variety of food products applying principles of food handling and preparation. • Implement professional standards in food production.	Assigned Pies, Pastry & Cookies Materials	Pies, Pastry & Cookies Production Labs
Unit 9	Cakes & Decor Types of cakes and icings; piping techniques. Objectives: • Demonstrate skills in tool and equipment handling, and operate equipment safely and correctly. • Produce a variety of food products applying principles of food handling and preparation. • Implement professional standards in food production.	Assigned Cakes & Decorating Materials	Cake Production, Icing & Piping Labs

Unit 10	Chocolates, Sugars, Confections & Sauces Preparation techniques for various confections. Objectives: • Demonstrate skills in tool and equipment handling, and operate equipment safely and correctly. • Produce a variety of food products applying principles of food handling and preparation. • Implement professional standards in food production.	Assigned Confections Materials	Chocolate, Sugar, Confection & Sauce Labs
Unit 11	Global Cuisines Various cultures, cuisines, and flavor profiles. Objectives: • Demonstrate proficiency in dry and moist heat cooking methods. • Produce a variety of food products applying principles of food handling and preparation. • Implement professional standards in food production.	Assigned Global Cuisine Materials	Global Cuisine Research & Production Labs
Unit 12	Food Costs & Controls Menu planning and food costs. Objectives: • Produce a variety of food products applying principles of food handling and preparation. • Implement professional standards in food production.	Assigned Food Cost & Menu Planning Materials	Menu Planning & Food Cost Activities
Unit 13	Employment Skills & Food Service Development Teamwork, communication, time management, adaptability, and career goals. Objective: • Implement professional standards in food production.	Assigned Employability & Career Materials	Employability Skills/Career Development

COURSE EVALUATION

Final grades will be calculated according to the following criteria:

Test	60%
Daily/Lab	40%

Lab attendance as well as participation is mandatory. It will be given in accordance to the performance level of assignment, as well as the professionalism of the student.

GRADE SCALE

- 90-100 A
- 80-89 B
- 70-79 C
- 60-69 D
- 0-59 F

TECHNICAL REQUIREMENTS

The latest technical requirements, including hardware, compatible browsers, operating systems, etc. can be online at

<https://lit.edu/online-learning/online-learning-minimum-computer-requirements>. A functional broadband internet connection, such as DSL, cable, or WiFi is necessary to maximize the use of online technology and resources.

DISABILITIES STATEMENT

The Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973 are federal anti-discrimination statutes that provide comprehensive civil rights for persons with disabilities. LIT provides reasonable accommodations as defined in the Rehabilitation Act of 1973, Section 504 and the Americans with Disabilities Act of 1990, to students with a diagnosed disability. The Special Populations Office is located in the Eagles' Nest Room 129 and helps foster a supportive and inclusive educational environment by maintaining partnerships with faculty and staff, as well as promoting awareness among all members of the Lamar Institute of Technology community. If you believe you have a disability requiring an accommodation, please contact the Special Populations Coordinator at (409)-951-5708 or email specialpopulations@lit.edu. You may also visit the online resource at [Special Populations - Lamar Institute of Technology \(lit.edu\)](#).

STUDENT CODE OF CONDUCT STATEMENT

It is the responsibility of all registered Lamar Institute of Technology students to access, read, understand and abide by all published policies, regulations, and procedures listed in the *LIT Catalog and Student Handbook*. The *LIT Catalog and Student Handbook* may be accessed at www.lit.edu. Please note that the online version of the *LIT Catalog and Student Handbook* supersedes all other versions of the same document.

ARTIFICIAL INTELLIGENCE STATEMENT

Lamar Institute of Technology (LIT) recognizes the recent advances in Artificial Intelligence (AI), such as ChatGPT, have changed the landscape of many career disciplines and will impact many students in and out of the classroom. To prepare students for their selected careers, LIT desires to guide students in the ethical use of these technologies and incorporate AI into classroom instruction and assignments appropriately. Appropriate use of these technologies is at the discretion of the instructor. Students are reminded that all submitted work must be their own original work unless otherwise specified. Students should contact their instructor with any questions as to the acceptable use of AI/ChatGPT in their courses

STARFISH

LIT utilizes an early alert system called Starfish. Throughout the semester, you may receive emails from Starfish regarding your course grades, attendance, or academic performance. Faculty members record student attendance, raise flags and kudos to express concern or give praise, and you can make an appointment with faculty and staff all through the Starfish home page. You can also login to Blackboard or MyLIT and click on the Starfish link to view academic alerts and detailed information. It is the responsibility of the student to pay attention to these emails and information in Starfish and consider taking the recommended actions. Starfish is used to help you be a successful student at LIT.

ADDITIONAL COURSE POLICIES/INFORMATION

COURSE REQUIREMENTS

This course is recommended for students in Grades 10-12. Prerequisite: Culinary Arts. Students shall be awarded two credits for successful completion of this course.

COURSE POLICIES

Things you need to know:

- Culinary Arts is a lab class, during all cooking and prepping you must wear proper chef attire. (chef coat, chef hat, gloves, long cotton pants and close toed skid proof shoes)
- You can leave my room for one reason: to go to the restroom in the CTE hall.
 - If you go to the restroom you have to be back in 5 minutes or less or I will assume you got lost. Along with this: only one person can leave my classroom at a time.
 - You may not use the restroom during the **first** and **last** 10 minutes of class.
- Tardies are unacceptable. When you are tardy you miss out on valuable instruction or directions. Every minute is precious in this class. We need to be here, ready and dressed out to cook.
- In this course we will cook for teachers, students and the community.

Cell Phones:

No cell phones allowed in class or lab at any time for any reason, they must remain in a backpack and turned off from 7:15am-2:35pm this is state law and there are no exceptions.

Backpacks: All bags (Backpack, purse, tote bag, etc..) are to be placed on the hooks in the front of the classroom and remain there until the end of class each day. You will not be able to access your bag for any reason during the class period. No bags are allowed in the restrooms or cafeteria for any reason.