

## Sanitation and Safety (CHEF 1205)

### CREDIT

2 Semester Credit Hours (2 hours lecture, 0 hours lab)

### MODE OF INSTRUCTION

Face to Face

### PREREQUISITE/CO-REQUISITE:

None

### COURSE DESCRIPTION

A study of personal cleanliness; sanitary practices in food preparation; causes, investigation, control of illness caused by food contamination (Hazard Analysis Critical Control Points); and workplace safety standards.

### COURSE OBJECTIVES

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

- Identify causes of and prevention procedures for food-borne illness, intoxication, and infection
- discuss personal hygiene and safe food handling procedures
- describe food storage and refrigeration techniques
- explain sanitation of dishes, equipment, and kitchens including cleaning material, garbage, and refuse disposal
- discuss Occupational Safety and Health Administration (OSHA) requirements and workplace safety programs

### INSTRUCTOR CONTACT INFORMATION

|                  |                                         |
|------------------|-----------------------------------------|
| Instructor:      | Justin Wilson                           |
| Email:           | jwilson5@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. Goodheart Wilcox, The Culinary Professional
2. iCEV, Culinary Arts
3. Always Food Safe, Food Manager Certification curriculum
4. Conroe ISD, Culinary Arts Curriculum Resources

Approved:



**LAMAR INSTITUTE  
OF TECHNOLOGY**

## **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

|                                                                                                                                             |                                                                                                                                              |                                                                                                                                           |                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| <b>August 2026</b><br>S M TU W TH F S<br>1<br>2 3 4 5 6 7 8<br>9 10 11 12 13 14 15<br>16 17 18 19 20 21 22<br>23 24 25 26 27 28 29<br>30 31 | <b>September 2026</b><br>S M TU W TH F S<br>1 2 3 4 5<br>6 7 8 9 10 11 12<br>13 14 15 16 17 18 19<br>20 21 22 23 24 25 26<br>27 28 29 30     | <b>October 2026</b><br>S M TU W TH F S<br>1 2 3<br>4 5 6 7 8 9 10<br>11 12 13 14 15 16 17<br>18 19 20 21 22 23 24<br>25 26 27 28 29 30 31 | <b>November 2026</b><br>S M TU W TH F S<br>1 2 3 4 5 6 7<br>8 9 10 11 12 13 14<br>15 16 17 18 19 20 21<br>22 23 24 25 26 27 28<br>29 30 |
| <b>December 2026</b><br>S M TU W TH F S<br>1 2 3 4 5<br>6 7 8 9 10 11 12<br>13 14 15 16 17 18 19<br>20 21 22 23 24 25 26<br>27 28 29 30 31  | <b>January 2027</b><br>S M TU W TH F S<br>1 2<br>3 4 5 6 7 8 9<br>10 11 12 13 14 15 16<br>17 18 19 20 21 22 23<br>24 25 26 27 28 29 30<br>31 | <b>February 2027</b><br>S M TU W TH F S<br>1 2 3 4 5 6<br>7 8 9 10 11 12 13<br>14 15 16 17 18 19 20<br>21 22 23 24 25 26 27<br>28         | <b>March 2027</b><br>S M TU W TH F S<br>1 2 3 4 5 6<br>7 8 9 10 11 12 13<br>14 15 16 17 18 19 20<br>21 22 23 24 25 26 27<br>28 29 30 31 |
| <b>April 2027</b><br>S M TU W TH F S<br>1 2 3<br>4 5 6 7 8 9 10<br>11 12 13 14 15 16 17<br>18 19 20 21 22 23 24<br>25 26 27 28 29 30        | <b>May 2027</b><br>S M TU W TH F S<br>1<br>2 3 4 5 6 7 8<br>9 10 11 12 13 14 15<br>16 17 18 19 20 21 22<br>23 24 25 26 27 28 29<br>30 31     | <b>June 2027</b><br>S M TU W TH F S<br>1 2 3 4 5<br>6 7 8 9 10 11 12<br>13 14 15 16 17 18 19<br>20 21 22 23 24 25 26<br>27 28 29 30       | <b>July 2027</b><br>S M TU W TH F S<br>1 2 3<br>4 5 6 7 8 9 10<br>11 12 13 14 15 16 17<br>18 19 20 21 22 23 24<br>25 26 27 28 29 30 31  |

|  |                                             |
|--|---------------------------------------------|
|  | 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         |
| <b>Total Days</b> | <b>173</b> | <b>187</b> |

### 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 |
|-------------|--------|

### Teacher Professional Days

|               |        |
|---------------|--------|
| August 4 - 11 |        |
| January 4     | May 28 |

### Teacher Professional Learning Days

|            |           |
|------------|-----------|
| November 3 | January 5 |
|------------|-----------|

### 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 (ISD) is an equal opportunity educational provider and employer and 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, the Americans with Disabilities Act of 1990, 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 3325 W. Davis, Conroe, TX 77384, (360) 709-7752.

| UNITS  | TOPIC                                                                                                                                                                        | READINGS<br>(Due on this Unit)                                      | ASSIGNMENTS<br>(Due on this Unit)         |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|-------------------------------------------|
| Unit 1 | <b>Safety &amp; Sanitation: Foodborne Illness</b><br><br><b>Objective: Identify causes of and prevention procedures for food-borne illness, intoxication, and infection.</b> | <i>Culinary Professional</i><br>Ch. 7–9<br>Always Food Safe content | Foodborne Illness Activity                |
| Unit 2 | <b>Personal Hygiene &amp; Safe Food Handling</b><br><br><b>Objective: Discuss personal hygiene and safe food handling procedures.</b>                                        | Always Food Safe content                                            | Personal Hygiene & Food Handling Activity |
| Unit 3 | <b>Food Storage &amp; Refrigeration</b><br><br><b>Objective: Describe food storage and refrigeration techniques.</b>                                                         | Always Food Safe content                                            | Food Storage & Refrigeration Activity     |
| Unit 4 | <b>Cleaning &amp; Sanitizing</b><br><br><b>Objective: Explain sanitation of dishes, equipment, and kitchens, including cleaning materials, garbage, and refuse disposal.</b> | <i>Culinary Professional</i><br>Ch. 7–9<br>Always Food Safe content | Cleaning vs. Sanitizing Activity          |
| Unit 5 | <b>Workplace &amp; Kitchen Safety</b><br><br><b>Objective: Discuss Occupational Safety and Health Administration (OSHA) requirements and workplace safety programs.</b>      | OSHA/Workplace Safety Materials                                     | Kitchen & Workplace Safety Activity       |
| Unit 6 | <b>Time &amp; Temperature Control</b><br><br><b>Objective: Apply safe food handling, storage, refrigeration, and foodborne illness prevention procedures.</b>                | Always Food Safe content                                            | Time & Temperature Practice               |

|                |                                                                                                                                                                                                         |                                                        |                                                     |
|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------|
| <b>Unit 7</b>  | <b>Safety &amp; Sanitation Application</b><br><br><b>Objective: Apply personal hygiene, food handling, storage, cleaning, sanitizing, and workplace safety procedures in a foodservice environment.</b> | <b>Review Ch. 7–9 &amp; Always Food Safe materials</b> | <b>Safety &amp; Sanitation Application Activity</b> |
| <b>Unit 8</b>  | <b>Safety &amp; Sanitation Review</b><br><br><b>Objective: Review foodborne illness prevention, personal hygiene, safe food handling, storage, refrigeration, sanitation, and workplace safety.</b>     | <b>Review Unit Materials</b>                           | <b>Safety &amp; Sanitation Review</b>               |
| <b>Unit 9</b>  | <b>Always Food Safe Testing Preparation</b><br><br><b>Objective: Demonstrate understanding of food safety and sanitation practices in preparation for Always Food Safe testing.</b>                     | <b>Always Food Safe Review Materials</b>               | <b>Always Food Safe Practice/Review</b>             |
| <b>Unit 10</b> | <b>Safety &amp; Sanitation Assessment</b><br><br><b>Objective: Demonstrate mastery of Safety &amp; Sanitation objectives.</b>                                                                           | —                                                      | <b>Written Assessment</b>                           |

## **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](mailto: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](http://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. Recommended prerequisites: Principles of Hospitality and Tourism or Introduction to 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.