

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:	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. 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

August 2026 S M TU W TH F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	September 2026 S M TU W TH F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	October 2026 S M TU W TH F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	November 2026 S M TU W TH F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
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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	
January 4	May 28

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

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

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. 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.