



CURRICULUM TOPICS

CULINARY & BAKING SKILLS

- Kitchen Utensils and Equipment
- Knife Skills
- Mise en Place
- Principles of Cooking
- Recipes & Measurements
- Stocks and Soups
- Eggs and Breakfast
- Intro to Asian Cuisine
- Plate Presentation
- Principles of the Bakeshop
- Tools and Equipment for the Bakeshop
- Pastries and Cookies

WORKPLACE READINESS & LIFE SKILLS

- ServSafe Food Handler Curriculum
- Self-advocacy
- Optimal Resume
- Interview Skills & Mock Interview Practice
- Customer Service and Hospitality
- Executive Function Skill Building
- Workforce Professionalism
- Goal Setting
- Nutrition
- Basics of Banking & Budgeting
- Job Shadowing Field Experience
- Job Matching Assistance (when applicable)

STUDENT ATTRIBUTES FOR ADMISSION & SUCCESS

PERSONAL

- Maintains good personal hygiene, a clean uniform and professional appearance
- Communicates with others and expresses needs clearly
- Handles changes in routine and shows flexibility in fluctuating circumstances

COGNITIVE

- Functions well in kitchen lab and classroom learning environments
- Understands basic instructions and carries out those instructions, consistently with low to moderate supervision
- Comprehends written text at a 5th grade level
- Reads and follows basic recipes and directions, including the transfer to action
- Recognizes hazardous/unsafe situations/environments and acts upon it appropriately
- Reasoning sufficient to understand a critique and/or constructive criticism

SOCIAL & EMOTIONAL

- Shows self-regulation and avoids inappropriate outbursts
- Respects self and others
- Works well in a team and individually
- Remains organized during tasks and classwork
- Manages assigned tasks with limited reminders
- Manages mild stress (e.g. time demands, constructive criticism and coaching)

VOCATIONAL

- Has the desire and motivation to participate in a pre-vocational educational experience
- Willing to learn about and use commercial kitchen equipment such as mixers, gas stoves, hoods, convection ovens, and dishwashers.
- Can use basic technology (cell phone, laptop, etc.)

**END
HUNGER**

IN CALVERT COUNTY

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