**Notes from Summer Teacher Training collaboration**

**Year 1 – ProStart 1**

**Chapter 1- history**

* Read over chapter, mark significant details, then use the test to mark other materials (check in the margin on test questions) to highlight what to teach
* Read case files at beginning of chapter, have students answer questions
* 1 word study guides
* Test questions come from “fast Fact” and “Trends” and “Picture captions”
* After tests, use the workbook IQ for early finishers
* SOCRATIVE- mobile app to go over test prep questions at end of chapter
  + Student app and teacher app .com
* REMIND- send students alerts to remind
* Have students read a small section of the text, then teach the rest of the class
* After chapter 1- go to Chapter 12- building a career in industry-see below
* Explain all their jobs.
* Kitchen positions (explain)

**Chapter 2-3- food safety and workplace safety**

* Start ServSafe in early classes (food and nutrition)
* Use ServSafe instead of Ch 2 (ServSafe.com – PowerPoints, quizzing info and handouts)
* Use QUIZLET for ServSafe 6th edition , app with exam prep
* Practicequiz.com
  + Question of the day is sent for ServSafe
* Make a master cleaning schedule to keep students accountable for their own cleaning jobs
* For ServSafe- don’t just lecture, tie in the materials to hands on activities in lab
* Invest in the videos for ServSafe
  + Get district to buy
* 1 updated book per group
* Allergens posted on bulletin board during labs
  + Cooking temps, cooling temps
* Master cleaning schedule
* Family and friends CPR training
* MSDS info- have students look at chemicals and write down important info
* Use school evaluation plan as teaching aide
* Nutrition before food safety
* Common food allergy

**Chapter 5- Kitchen Essentials**

* Introduce measurements
* Have them make “cake in a mug” then reinforce in Level 2 baking
* Bruschetta1 1st knife skills lab (instead of Pico) – chiffonade, concasse, dice, mince

**Chapter 6- Stocks, Soups and Sauces**

* Turkey Gumbo Lesson – to learn all skills in the chapter (great lab chapter)
  + Start w/ a turkey gumbo (2 turkeys),
  + cook down the meat, make stock with the bones,
  + then make a roux-veg chopped/sausage (using knife skills)
  + Lab at least one week, give kids a little soup and sell the rest
  + This project touches on a lot of terms from the chapter
  + Mirepoix and percentages
  + Made during November
  + Drippings to make au jus (gravy for gumbo)
  + Leftovers for turkey pot pie, to also make a turkey veloute
  + Involve teachers and staff by charging for gumbo (they make a lot of gumbo)
  + Degreasing and ice bath to cool the stock.
* Cream based- corn/shrimp soup
* French onion – like consommé
* Have each student make hollandaise
* Hollandaise- make eggs benedict recipe
  + How to fix a broken hollandaise sauce guide
  + Make it in steps
  + Takes 1-2 weeks
* Pot pie w/veloute sauce (leftover turkey/chicken meat)

**Chapter 7- Communication**

* Get to know your students
* Customer Service scenarios have students verbally go over them for completion grades
* Implement communication all throughout the year
* Foodnetwork.com for instructional videos
* The Culinary Professional- by John Draz and Christopher Koetke and Culinary Essentials- by Johnson and Wales are both great supplemental materials
* Jobs in kitchen / rotate jobs – develops communication skills
* Go over 1 day – do scenarios, role play – read out loud and critique

**Chapter 12- Building a Career in Industry**

* have them write resume, do mock interviews then as an assignment have them go and apply to 3 jobs with ProStart confirmation center
* video on mock interviews and require students to watch 2 and provide feedback

**Creative Lab Ideas:**

* Using donations as lab classes/ to cook and sell product within school
* Cupcake wars- rubric
* Teacher lunches – rotate stations
* CHOPPED – at the end of the year (clean out the fridge)
* Use expensive unit to make Teacher Lunches
* Crawfish- have the students break them down, make stock and save (bisque sale around lent- $6 or $7, soup and salad)
* Tie teacher lunches to whatever particular lab you are looking over
* Have community / staff donate food that needs to be chopped and have the students use their knife skills doing others chopping
* Cooking method lab- give them a cooking method and have them go through the fridge
* Let students to everything – menu, cost control, menu & delivery

**Other ideas:**

* Professionalism points each grading period (50 points each grading period)
  + Take points away for disrespect, not being prepared, not doing what is asked of them
* Skills USA- $16 for students to join
* Fresh Start
  + Breakfast and coffee in the AM as a fundraiser
  + Allows students to get involved in the AM and not just as afternoon activities
* Use ProStart.com
* LSU Ag center
  + Edible school yard
* Master cleaning schedule
* Companion website for Foundations
* National Pork Board
* Angus.org
* Don’t get CHOPPED on the board for who participates in labs
* HOME LABS
* Restaurant Tours
* Rouses Tours for healthy groceries
* Eat Fit Nola Restaurants and dietician details
* LA Seafood website for FREE Seafood posters, label, etc
* Prezi- PowerPoints for each chapter

**Level 2 – ProStart 2**

**Chapter 3- Cost Control-**

* Watch how you cur up your product
  + Don’t lose product because you cut off too much
* Sales need to be higher than cost
* Use students for “free labor” when doing fundraisers
* Watch serving sizes
* Pasta Primavera for AP/EP lab
  + Also cook bacon and see what its loos is – use fat
* Food Cost worksheets for competition
* Season and produce calendar then menu creation
* P & L Statements (profit and loss)
* Make more money to spend – sales and revenue
* Food, Beverage, Labor, Overhead = cost
* Cost control of everything you sell

**Chapter 6- Meat, Seafood, Poultry (fish hardest chapter?)**

* Use the companion website to do the vocab and beginning of chapter
  + Turn in manually word and definitions worth 10pts on tests
  + play jeopardy at beginning and end to reinforce
  + end of chapter final jeopardy – specific questions
* Theotherwhitemeat.com (porkbeinspried.com)
* Beef cut charts – look online
* Have a butcher from a local grocery store attend class- demo or speak/discuss
* Have students make homemade sausage
* For fish section- teach them vocab alongside hands-on lab
* Fabricate chickens then save parts in freezer to cook at a later time
* Angus.org – beef cuts
* National pork council – pig
* Use pork/beef fabrication posters
* Fish – do the gougenettes and paupillette
* Pound of Bacon to see the loss

**Chapter 7- Marketing**

* Promote your ProStart program - Develop it!
* Get the mayor/SB involved and let them know what you are doing
* If you don’t ask, people won’t give
* Menu analysis powerpoint
* Business and marketing powerpoint
* Target your audience (community needs)
* Call the business (ask for advice) <<<< ----- (give presentations)
* Recruit local leaders.
* PARENTS! Get them involved
* Follow up with people (express thanks)
* Local tourism (visit BR)
* Parish government
* Metro counsel
* Newspaper and local tv station (WAFB)
* Legislative people (LRA chapter)
* “Codofil”
* University contact.
* Local garden club
* Culture arts program

**Chapter 9- Sustainability**

* Teach it from the beginning
* What do you do with your waste? Bones, veg scraps, etc
* Cover seasonal veg/fruit in Level 1 when teaching fruits and veg
* Create a menu based on seasonality
  + Produce season chart for menu planning – also use with produce chart
* Contact LSU Ag Center (contact county agent) regarding them growing a garden (Master Gardener)
* Seed starters- from card board egg cartons
* Water supply (compost)