



Feeding Dreams, Building Futures

## Riverton High School 2022-2023 ProStart Applications

### Why ProStart?

ProStart is a nationwide, two-year high school program sponsored by the National Restaurant Association. ProStart unites the classroom to industry by preparing the best, brightest, and most talented as tomorrow's restaurant and foodservice leaders. By completing the year long course and passing the end of year test students not only have the opportunity to gain an **industry certificate** but also will be able to take the **Serve safe manger test** free of charge. Due to ProStart being a capstone class in the Food Service CTE pathway, students who have taken Foods and Nutrition and Culinary 1 will qualify for a **pathway completer certificate** as well as the curriculum requirement for a **FACS enhanced diploma**. For those interested in the Culinary Arts programs there is no better way to build your resume, gain experience, and increase your knowledge of basic food preparations techniques.

### What do you do in ProStart?

Pro Start is an upper level foods classroom geared towards those interested in the food service industry as well as those who are looking to expand their culinary skills. **ProStart is a two class periods (6<sup>th</sup> and 7<sup>th</sup>) for the entire school year.** Students can look forward to participating in field trips, guest speakers, running the Silver Diner, participating in a variety of competitions, lots of hands of experience with labs in a commercial kitchen, and resume building activities.

### How do you get accepted into ProStart?

We have a lot of great students interested in being a part of our ProStart team for the next school year. If you are receiving this application it is because you have met the requirements and have shown interest and a high level of ability in a kitchen setting. Please fill out this application with the required documents and return it to Ms. Maxfield by **Friday March 18th, 2022**. No late applications will be accepted. Completed Application should include all of the following:

- Student interest and commitment survey
- Completed Skills Assessment
- A personal example of plating using 5 Ascetic guidelines

Next Year's ProStart class will be notified no later than **March 31<sup>st</sup>, 2022**. They will automatically be registered for 6<sup>th</sup> period ProStart level 1 & 7<sup>th</sup> period Culinary Arts

\*Keep this page for your records\*



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### Student Interest & Commitment Survey

Name		Grade Next School Year:	
Cumulative GPA:	Foods 1 Grade:	Foods 2/ Culinary 1 Grade:	
Food 1 Teacher:		Foods 2 / Culinary 1 Teacher:	
Please list any Clubs/School activities you will be involved with next year:		Briefly explain your cooking background and skills level.	
Why would you like to be in Pro Start? What will your bring to the class?			
<b>Read through the following list of expectations associated with this class please initial in the column to the right agreeing to these terms.</b>			<b>Initial</b>
Pro Start is considered to be an advanced cooking class. <u>The workload of this course is significantly harder than that of a Foods class.</u> This class is treated like a job, students are expected to be responsible, motivated, and organized. Students who miss more than <b>three days</b> a quarter or receive below a <b>passing grade</b> in either 6 <sup>th</sup> or 7 <sup>th</sup> period will be put on suspension and then if it does not improve transferred out of the class.			
To prepare you for a career within the food service industry. Every student will be a <b>head chef</b> for one Silver Diner Restaurant. When we have scheduled Silver Diner days students will be expected to stay in class for <b>both lunches</b> . A small lunch will be provided or bringing a sack lunch is encouraged.			
Pro Start program, showcasing the culinary techniques and management skills of tomorrow's workforce leaders. <b>All students will be required to complete</b> with either FCCLA or ProStart. Competition will include in class practices as well as some after school. I understand I will be graded on my participation.			
There will be <b>after school catering</b> jobs throughout the school year. Students are given a prior notice and are expected to participate. Points may not be able to be made up if they cannot attend.			
<b>Fees for this class will include:</b> \$30 class fee (for all year), You will also need to purchase a \$25 uniform (White chef coat and hat), and join FCCLA (for a reduced rate \$12.00).			

Student Signature

Date

Parent or Guardian Signature

Date



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## Culinary Interest Survey

List three to five topics you would be interested to learn more about in ProStart next year.

- 1.
- 2.
- 3.
- 4.
- 5.

List three to five labs or recipes you would be interested completing in ProStart next year.

- 1.
- 2.
- 3.
- 4.
- 5.

I try to get you out into the food service industry at least once a year. What is a field trip you would be interested in taking this upcoming year?

ProStart is sponsored by the National Restaurant Association and partnership with local industry leaders, if you could have anyone come into our classroom as a guest speaker, who would you be interested in having come?

## Skills Assessment

Please fill out the following questions to the best of your abilities. Feel free to research any answers you are unsure of.

### Foods 1 Skill Set Assessment

1. If a recipe asked for  $\frac{1}{3}$  C of shortening what are two appropriate measuring techniques?

If you only had measuring spoons how would you measure this?

2. The five main kitchen hazards are falls, cuts, electrical shock, burn and poisoning. How does your actions in the kitchen impact your safety?

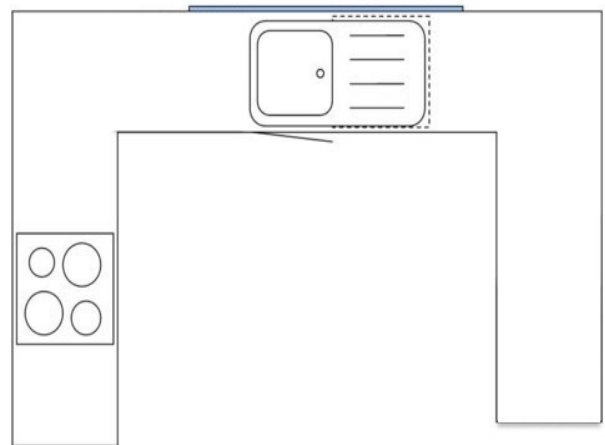
Keeping food safe can be broken down into five components in the kitchen, **practicing good personal hygiene, monitoring time in the temperature danger zone, cleaning and sanitizing workplace, cooking to appropriate temperature, and storing foods safety**. This responsibility falls on the preparer to ensure safety. List one thing you can do during each step to keep food safe.

3. Explain the **cooking terms** and **kitchen equipment** needed to make French macarons.

4. **Mise en place** is French for everything set or put into place before you beginning cooking. Using the following kitchen template set up your kitchen with the equipment needed to complete cheese enchiladas from foods 1

5. What is the major difference between the **muffin method** and the **biscuit method**?

6. In foods 1 we talk about the six basic nutrients, what are the 6 basic nutrients and what is the main function of each nutrients?





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### **Foods 2 Skill Set Assessment**

1. If you were asked to create a julienne and a brunoises with a potato, explain the steps in accomplishing this task.

2. What is an example of an emulsion in the kitchen? Explain how you **create it**, what can help **stabilize it**, and what you can do to **fix it** if it breaks?

3. To demonstrate your understanding of sauces please make the **three main types of roux** we talk about in foods two at home. To this application attach a food selfie with your three shades or roux's.

4. When considering an appropriate cut of meat for a recipe that is going to use dry cooking method, what are the things you should look for and take into consideration?

5. When implementing the 12 steps of yeast bread production, what do you consider the 3 most important steps that should never be skipped when you are short on time?

Please attach a photo of a personal example of a plate you have created  
Showcasing 5 Ascetic guidelines



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### Teacher Recommendation

Hello Teachers,

This student is being considered for a position in Pro Start for the next school year. Please complete this form and return to my box, via email, or in person by March 26th. DO NOT SEND WITH THE STUDENT! Be honest, your responses will be kept confidential. Thank you so much for your cooperation. Your feedback is very valuable!

~Lindsay Maxfield

Please rate the student (1-Never, 2 Sometimes, 3-Always)

Does this student appear to work well with others	1	2	3
Does this student turn in assignments on time	1	2	3
Does this student attend class regularly	1	2	3
Does this student come to class on time	1	2	3
Does this student work well under pressure	1	2	3
Is this student reliable	1	2	3
Does this student complain about class work	1	2	3
I would consider this student capable of acting professional	1	2	3

On average what grades does this student receive in your class \_\_\_\_\_?

Please include any other comments/information you feel would be helpful for me to know.

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Thanks again!