



TUESDAYS 5-9 WEEK 1

5:00-5:30 Meet instructor(s) and students, receive book, sign release forms, set expectations, overview of the class structure and times.

5:31-7:00 Mise En Place-

A) The concept of everything in its place in a kitchen, organization, timing, recipe adherence.

B) Expand to see it in walking life, prepare for the next day, break up day into sections, goal setting and planning, teach a mindfulness practice.

7:01-7:10 Break

7:11-7:30 Family meal

7:30-7:45 Food demo of nights meal (advanced course teaser)

7:46-8:45 Mind RX- Who You Are - Past vs Future Focused- You are not your past or your thoughts- Thoughts Create Feelings

8:46-9:00 Nights awards to first to show up, who was most engaged. Answer questions and dismiss.

THURSDAY 5-9 WEEK 1

5:00-5:15 Greeting and give overview of night.

5:16-6:30 Sanitation presentation part 1

6:31-6:41 Break

6:42-8:00 Sanitation presentation part 2

8:00-8:15 Family Meal

8:16-8:30 Food demo of nights meal (advanced course teaser)

8:31-9:00 Questions and answers nights awards most imaged, able to express Tuesday's teaching the best.



TUESDAYS 5-9 WEEK 2

5:00-5:30 Review Class 1's concepts and teachings. Practical application.

5:31-7:00 Communication/Phone skills- Job interview and resume writing

A) Basics of interview preparedness and resume writing

B) Searching, follow up and phone etiquette.

7:01-7:10 Break

7:11-7:30 Family meal

7:30-7:45 Food demo of nights meal (advanced course teaser)

7:46-8:45 Mind RX-Two Parts of the Mind- 50/50 Principle and the Law of Polarity- Conscious vs Subconscious Mind

8:46-9:00 PM Nights awards perfect attendance, best interview. Answer questions and dismiss.

THURSDAY 5-9 WEEK 2

5:00-5:30 Review sanitation class and prepare for the test.

5:31-6:30 Take Food handler's test.

6:31-6:46 Break

6:47-7:10 Knife presentation and demo of monkey claw, Juliane and Batonnet.

7:11-7:30 Student practice monkey claw, Juliane and Batonnet.

7:31-7:40 Chef demo three dices and brunoise.

7:41-8:15 Student practice three dice.

8:16-8:31 Family meal

8:32-8:50 Food demo of nights meal (advanced course teaser)

8:51-9:00 Night's award highest score, best team player Answer questions and dismiss.



TUESDAYS 5-8 WEEK 3

C) Professionalism- work ethic

5:00-5:30 Review Class 2's concepts and teachings. Practical application.

5:31-7:00 work ethic-

A) What is a work ethic?

B) How to work with an ethical mindset and approach.

7:01-7:10 Break

7:11-7:30 Family meal

7:30-7:45 Food demo of nights meal (advanced course teaser)

7:46-8:45 PM Think Big and Goal Cultivation- Definitions of Success and Failure- How to Build New Beliefs- How to Set Goals that Create Breakthroughs.

8:46-9:00 PM Night awards, demonstrates past class competence. Greatest team player.

THURSDAY 5-9 WEEK 3

5:00-5:30 Review Week 1 and 2 classes-knife drills.

5:31-6:30 Recipe scaling part 1-overview equipment and proper use.

6:31-6:46 Break

6:47-7:10 Recipe scaling part 2-culinary mathematics and projecting

7:11-8:00 Pantry prep-types of salads, produce proper care of-vinaigrette and salad dressings.

8:00-8:30 Student practice dressings.

8:30-8:45 Family meal

8:45-8:51 Food demo of nights meal (advanced course teaser)

8:51-9:00 Night's award highest score, best team player Answer questions and dismiss.



TUESDAYS 5-8 WEEK 4

D) Budgeting, (bill paying and saving for future)

5:00-5:30 Review Class 2's concepts and teachings. Practical application.

5:31-7:00 Budgeting-

A) Budget overview.

B) Budget categories

7:01-7:10 Break

7:11-7:30 Family meal

7:30-7:45 Food demo of nights meal (advanced course teaser)

7:46-8:45 PM Self Confidence and Gain Thinking- What Confidence Really Is- Success is Self-Determined. - Training the Brain to Learn How Life Happens For Us not To Us.

THURSDAY 5-9 WEEK 4

Knife skills, student salad making

5:00-6:30 Review all weeks and lessons. What comes next-job placement-catering opportunities-

6:31-6:45 Break

6:30-8:00 Student salads and dressing practice. Student practical test. Prepare students section family meal.

8:00-8:20 Set Friends and Family buffet.

8:20-8:40 Family meal (friends and family)

8:40-9:00 Class graduation and awards (friends and Families)