

Berrien Springs Partnership Lab Syllabus and Instructor Qualifications

COMMUNITY CLASS TITLE:

GRADE OR AGE LEVELS: K-12 grade (younger grades will need parent assistance)

FORMAT (IN-PERSON or ONLINE) : ONLINE with weekly check in

DAY AND TIME OF THE WEEK: Videos will be uploaded once a week for you to complete at your own pace.

TOTAL REQUIRED HRS (MUST BE AT LEAST 16): 1-2 Hrs per week

TOTAL SEMESTER HOURS POSSIBLE: 16-24

LOCATION: Online

PRIMARY INSTRUCTOR: Karmen Rimes

CONTACT INFORMATION:

phone: 269-377-7712

email: rimesbaking@yahoo.com

INSTRUCTOR QUALIFICATIONS: 4.5 years ago I opened a coffee shop franchise.

We were required to receive Serve Safe training. Ever since taking the class I have dove deeper into cooking and baking at home! With the training and experience, I have spent so much time creating fun and creative meals for my family of 7. I can't wait to share the yummy recipes with you and to get everyone excited about cooking.

COURSE DESCRIPTION (OVERVIEW):

Join us for a fun and flavorful Virtual Cooking Class designed for cooks of all ages and skill levels! Each session features easy to follow video instructions or recipe links that guide students step by step in creating delicious, fool proof dishes. Our focus is on building confidence in the kitchen with recipes that are simple, tasty, and easy to re create long after class is over.

Students will cook at their own pace from the comfort of home, and each week well explore new techniques, ingredients, and meal ideas. To receive attendance credit, participants will submit a photo of their finished dish along with a short review of how it tasted.

Whether you're just getting started or looking to expance your recipe collection, this virtual class offers a relaxed, supportive, and delicious way to learn.

SYLLABUS/OUTLINE: Weekly approximate breakdown of activities

Week 1: Chicken Noodle Soup

Week2: Chicken Alfredo

Week 3: Dinner Rolls

Week 4: Cheesy Chicken Nuggets

Week 5: Baked Spaghetti

Week 6: Flour Tortillas

Week 7: Pizza Casserole

Week 8: Soft Pretzel Bites

Week 9: Pizza

Week 10: Saucy Saucy Pasta

Week 11: Bagels

STUDENT ASSESSMENT -

Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.

*****Once ingredients have been picked up, the student has committed to the class. If a student drops the class, there will be a \$100 ingredient fee plus \$25 per class per student****