

## *Home Basics with a Culinary Flair!*



### **Student Handout**

**Student Fees:** Although there are no fees for attendance, participants may need to do a little shopping in preparation for menu items inshaAllah. We will of course try our best to keep the items to a minimum, by the will of Allah.

**Instructor Donations:** can donate to a student household to assist with cost of preparation inshaAllah. To do so please forward the donation to paypal.com and send to [Salafi\\_academy@yahoo.com](mailto:Salafi_academy@yahoo.com) make sure you specify why the payment/donation is being made before sending it inshaAllah.

The following list will give you a basic idea of what will be expected of you and the Instructors teaching your classes. Lateness causes a disruption to the class and to instruction. Our class is a short period of 2 hours per class, so there will be a lot of material to cover, inshaAllah. Be mindful of this, take good notes, make suggestions, and have fun... Then go try your new dish out on the family, I'm sure they'll love it! May Allah make you a success at cooking ameen

**\*Instructors: please come at least 15 minutes early so that you can do a visual/voice set up in Hot Conference, inshaAllah... this will prevent unnecessary delays!**

Also, because we only meet every Saturday the course session is (6-8 weeks total per section) if you don't think you can handle the long stretch be honest with yourself and us and let us know. Maybe we can work on an adjustment to the schedule. Allahu Alim, But as it stands right now it is 6-8 weeks. This is best considering we have other activities and studies to maintain, inshaAllah. If during, your break in-between classes you would like to form study groups this is highly recommended. Please be mindful of other class times and schedules.

**Volunteer Instructors:** In the event you have a volunteer substitute, you will be allowed 30 minutes of class time for questions about materials and equipment needed for specific dishes that have been covered. They may choose to allow this time before or after the class, or even in 15 minute increments whichever they prefer or deem to be best.

Everyone will receive a 10-15 minute break, again at the instructor's discretion. This break is not included with the 2 hours.

Students are encouraged to come prepared to try out new dishes that they have not previously made, or tried before; this will help you get a feel for trying out new ingredients inshaAllah. And again have fun with it. Please make sure you list on your application any allergy information that may be pertinent to foods. Also, you will need a notebook, pens, highlighters, and index cards as supplies.

Registration Period – please continue to read

During registration please submit required information when asked. Any little Muslimah signing up for the course who is under the age of 13 must have a signed statement from a parent that you can participate. Sorry, no students under 8, inshaAllah. All students must pass the (New revised by THM) Exam at the end of the first course, so my dear beloved sisters you must help them study inshaAllah. I cannot stress enough that cleanliness is most important in the kitchen. {We don't want to suffer any food Bourne illnesses during our first few weeks of class!}

**Ok let's review the schedule...**

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You will notice that the course as stated previously, is actually over an 8 week period... please make a mental note of that when signing up inshaAllah.

Block I & II – Intro to Sanitation and Breakfast (Test due before next class, no exceptions)

### **NOTES ABOUT THE EXAMINATION**

- - - How the exam is scored . . .

Each of the 10 questions in the first part of the exam is scored at 10 points per question, for a possible total of 100. Each section containing 5 questions each is scored at 20 points each, for a possible total of 100. Each essay question is scored at a maximum of 25 points. Total Points for an A+ = 225 points.

If your score is borderline you can submit or answer a second essay question, it can contribute an additional 15.5 points. A passing score on the exam is a total of 157.5 (70%) - 202.5 (90%) points. (Smile it is not as hard as it sounds, really!) (16 Questions)

Block II Cont. - Breakfast & Brunch

Block III – Presenting to Your guest

Block IV - Luncheons (Soups, Salads, Sandwich Prep, etc...) combined with Elaborate Luncheons (Shrimp pasta primavera, Chicken & Pineapple Shish Kabobs, etc...)

Block V – Dinner Buffet

Block VI – Desserts

Block VII – Etiquettes from the Sunnah about Dining

### **Break for Study Review**

Written & Oral Exam

Final Presentation (All Students must prepare a buffet for their families to include dessert items.) Take photos of the dishes and include them in a 5 page report complete with cover page. If you are not able to take pictures of your food, draw the item you made, or submit a picture of the item you presented. Have someone from your family fill out the critic form and submit that with your report inshaAllah.

**Your Final Break Down:**

Written Exam: 25 %

Class Participation: 25%

Report: 15%

Presentation: 35%

InshaAllah if you pass the final with a 90% or better you will receive a free culinary gift. All students will receive a certificate of completion, InshaAllah. For Syllabus inquiries please forward an email to me after the first registration dates inshaAllah.

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### ***Home Basics with A Culinary Flair*©**

You are ready for your exam now! InshaAllah. Each of you has one week to complete the written Exam and Essay. Test due date is the day before class. If you complete the test prior to the due date you can turn it in early. Once it is graded, you will receive an email or a call from one of the instructors informing you of your acceptance into the Home Basics Program. At the beginning of the class if you have successfully completed your test you will receive a Home Basics Sanitation Certificate of Completion.

If you do not complete your test, you will not be permitted to enter Block II Cont.

### **ADDITIONAL NOTES ABOUT THE EXAMINATION**

Let me point out, that some of the questions you will have to research online to find the answers and please keep your replies brief but factual.

If you do not successfully complete your exam, the scheduled make up date will be posted. If you wish to gain entry into the class you will have to take the test with the instructor at 8:45am in a live testing session. You will have 1-hour to complete the entire test. This limited time is because Block II which begins promptly at 10:00am. Remember lateness is not tolerated. You may sit in on the class to take notes, but you will not be able to participate until your exam has been graded.

At the end of the class, if you have not received confirmation of your successful completion you will be notified then of your application withdrawal from this semesters classes. You may try again for the next scheduled class.

### **Recommended Readings:**

#### **ADDITIONAL RESOURCES**

##### **Books and Periodicals**

Cliver, D. O. 1997. Virus transmission via food. *Food Technology*. 51 (4):71–78.

Don't just rinse 'em, wash 'em. 2001. *Food Safety Illustrated*. 1 (1):3.

Hernandez, J. 1998. Food safety: Preparation and cooking. *Food Management*. 33 (5):90.

Look, Ma, no hands: Touch-free devices gain popularity among the handwashing crowd. 2002. *Food Safety Illustrated*. 2 (1):18.

Proper use of gloves. 2003. *Food Safety Illustrated*. 3 (1):13.

When to wash your hands. 2003. *Food Safety Illustrated*. 3 (3):3.

##### **Web Sites**

#### **Centers for Disease Control and Prevention (CDC)**

[www.cdc.gov](http://www.cdc.gov)

The mission of the CDC is to promote health and quality of life by preventing and controlling disease, injury, and disability. To prevent and control foodborne illness, the CDC collects data on outbreaks. This Web site provides general information on foodborne illnesses and their prevention.

#### **Colgate-Palmolive Company**

[www.colpalipd.com](http://www.colpalipd.com)

A manufacturer of powerful, performance-tested cleaners and sanitizers, Colgate-Palmolive provides a Web site that contains useful information on its foodservice products and on food safety issues.

**FDA Food Code**

<http://vm.cfsan.fda.gov/~dms/foodcode.html>

As the basis for many local sanitation codes, as well as the basis for information in this textbook, the FDA Food Code, available at this Web address, is a useful resource for information relating to food safety for the restaurant and foodservice industry.

**FoodHandler Inc.**

[www.foodhandler.com](http://www.foodhandler.com)

FoodHandler Inc. is a manufacturer of foodservice safety equipment, such as gloves, aprons, and food-storage systems. The site contains information on products, as well as issues related to food safety.

**Hepatitis Control Report**

[www.hepatitiscontrolreport.com](http://www.hepatitiscontrolreport.com)

This site is an online quarterly newsletter devoted to news on the public-health control of viral hepatitis. The mission of the site is to provide accurate and balanced reporting of developments in hepatitis epidemiology, control programs, and public policy.

**National Center for Infectious Diseases (NCID)**

[www.cdc.gov/ncidod](http://www.cdc.gov/ncidod)

NCID is one of the centers of the CDC. Its mission is to prevent illness, disability, and death caused by infectious diseases around the world. NCID accomplishes this mission by conducting surveillance, epidemic investigations, epidemiologic and laboratory research, and training. It also sponsors public education programs to develop, evaluate, and promote prevention and control strategies for infectious diseases. This Web site serves as another great resource for information on foodborne illness.

[www.ciakids.com/forkids/safety.html](http://www.ciakids.com/forkids/safety.html)

The kitchen can be a fun and safe place to work as long as everyone is careful and follows the same rules. If not, the kitchen can be a very dangerous place with sharp knives, hot ovens, boiling water and hot oil. **Always check with an adult before cooking, talking about what you can do by yourself and when you need an adult's help.**

Barakallahu Feekum

Home Basics, Management

\* For those students who were in the physical class here in Atlanta, Georgia you do not have to register again for this class inshaAllah. Also, you do not need to repeat the application and sanitation test again.