

Newspaper in Education Presents

inquiziKidz

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Do You Have What It Takes To Be A Chef?

Kidzbiz

Bon Appétit, Kayla

How many students do you know who can whip up an Oreo cheesecake with an Oreo-gingerbread crust? Or a candy Kit-Kat cake? Harlee Middle School eighth grader Kayla Boettner is as equally home in the kitchen as she is on her roller blades, and she learned both skills at a very young age. Kayla started rollerblading at age 2, and cooking with her grandparents' help at age 5. With 10 years of baking experience, she has a solid start to a culinary career.



Kayla Boettner

Kayla dreams of continuing her culinary education at a school in either Orlando—or France! Next she hopes to open her own restaurant and become a famous cook. This busy teen volunteers with Manateens, and is a member of the Student Government Association (SGA), the Harlee Boys & Girls Club, and Family, Career and Community Leaders of America, or FCCLA. Kayla enjoys hanging out with friends, swimming, and teaching younger kids how to skate. Bon appétit, Kayla!

School biz

Hartman's High-Tech; Not Old-School Home Ec

After teaching four years in Kailua-Kona, Hawaii, Patti Hartman arrived in Manatee County in 2004. She teaches Family and Consumer Science (FACS) at Harlee



Patti Hartman

Middle School. But her class is far from your mom's old Home Ec class! Here is her "recipe" for high-tech FACS in 2006.

Start with cooking and sewing. Combine with a computer lab. Add a large dose of graphic design—students use Publisher to create menus and flyers for fictitious restaurants. Stir in Architectural and Interior Design—they create scale drawings of the restaurant's floor plans. Measure out a large portion of computers and web development, as they design the restaurant's website. Blend in several scoops of science, health, and math as students calculate nutritional energy input and output, and determine basal metabolism using charts and graphs, multiplying percentages, and converting them into decimals. Sprinkle in a generous amount of reading and writing, as students read aloud and study cooking terms and food labels. FCCLA club students fill out work applications and create cover letters, resumes, and thank you letters.

And if you're really hungry, stick around for Patti's after-school cooking class. Mouth watering dishes that students cook include beef stew, sautéed chicken, chili, sloppy joes, and lasagna. Just like mom used to make!

Get Your Creativity Cooking!

Do you know the difference between a profiterole and a biscotti? Do you enjoy food preparation? Do your friends invite themselves over to your place for dinner and swoon over your gastronomic creations? Are you creative, motivated, and hard working? If you answered yes to these questions, you might be a good candidate for a career as a professional cook or chef.

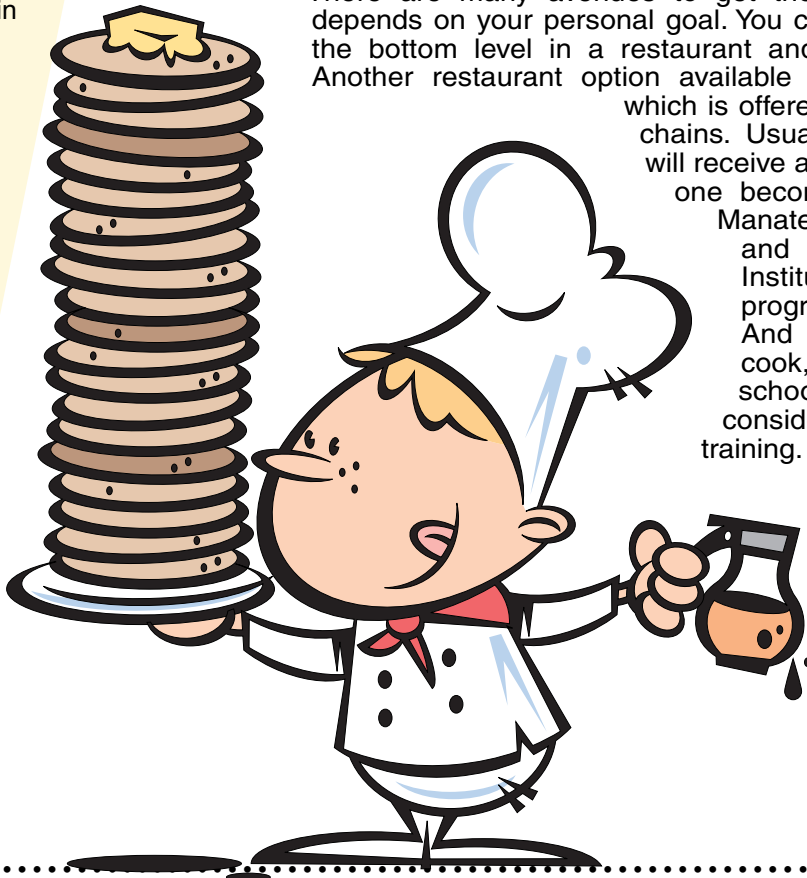
A chef wears many hats, besides the large toque blanche (the traditional white, pleated chef's hat). First of all, you'll need an excellent sense of taste and smell to be a good chef. Outstanding chefs have an artistic flair which delights their customers. Chefs need good people skills; they must be able to supervise a team of cooks as well as manage schedules. Chefs are also responsible for planning menus. This planning includes some financial leg work, such as negotiating prices and managing the budget. Another important quality for a chef is organization. Chefs organize cooking stations, assuring that everyone has the proper cookware and utensils at the appropriate place.

The demands of a chef include fast-paced work where timing is critical, and a rigorous schedule. But all in all, cooks and chefs enjoy a very rewarding and satisfying career. Chefs and cooks often enjoy travel opportunities and meeting many different people.

So, how do you get training to become a cook or chef? There are many avenues to get there. Your best option depends on your personal goal. You can simply start out at the bottom level in a restaurant and work your way up. Another restaurant option available is 'in-house training' which is offered by some restaurant chains. Usually after training you will receive an offer for a position if one becomes available.

Both Manatee Community College and Manatee Technical Institute offer excellent programs in culinary arts. And for the truly serious cook, professional culinary schools offer what many consider to be outstanding training.

Interested in a potential career as a chef? Take a Family and Consumer Science class at your school in Manatee County, and get your creativity cooking!



By Julie Gillies

Discover the Future

There are many different types of Chef careers available. Check these out:

- Sous Chef
- Station Chef
- Sauce Chef
- Fish Cook
- Vegetable Cook
- Roast Cook
- Pantry Chef
- Pastry Chef
- Relief Cook
- Salad Chef
- Restaurant Owner



For more career information see your school counselor and get information on-line at:
<http://www.khake.com/page42.html>
 OR
<http://www.princetonol.com/groups/iad/lessons/middle/careers.htm>

explore it

Cook Up A New Vocabulary!

Ready to flavor up your cooking vocabulary? How many of the following culinary terms are you familiar with? Here's a chance to learn the words (and their definitions) that every chef knows!

1. Sous Chef - _____
2. Saucier - _____
3. Poissonier - _____
4. Bouillabaisse - _____
5. Demi-Glace - _____
6. Coq au Vin - _____
7. Béchamel Sauce - _____
8. Roux - _____
9. Welsh Rarebit - _____
10. Crudités - _____
11. Julienne - _____
12. Al Dente - _____
13. Béarnaise - _____
14. Mise en Place - _____
15. Consommé - _____

Answers:

1. Supervises actual production of food and staff.
2. Prepares sauces, stews and hot hors d'oeuvres, and also sautés.
3. Prepares fish dishes.
4. A rich French fish stew.
5. A rich brown sauce.
6. Chicken stew.
7. A white sauce made with milk or cream and roux.
8. A flour and fat mixture to thicken sauces, soups and stews.
9. Not rabbit! A cheese sauce made with mustard and ale.
10. Raw veggies and dip.
11. To cut into thin strips.
12. Literally "to the bite" indicating the doneness of foods, esp. pasta.
13. A hollandaise sauce made with wine, vinegar and tarragon.
14. Describes proper planning positions for professional kitchen stations.
15. Clarified broth base for soups and stews.



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- Lincoln Middle Magnet
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