

Technical Requirements & Dietary Restrictions

It is understood that any student who is otherwise qualified may be able to use reasonable accommodations to meet program standards that are necessary for employment in the culinary industry. Students with an identified disability should contact the Office of Student Accommodations to receive available reasonable accommodations. Students in the ChefsGO 1.0 program must have the ability to sufficiently perform kitchen, mentorship, laboratory, and classroom activities and procedures. The following is a list of essential functions, educational and industry standards, and related examples.

ESSENTIAL FUNCTION	EDUCATIONAL AND INDUSTRY STANDARDS The student must be able to:	RELATED EXAMPLES
SENSORY	Identify and respond accordingly to equipment displays, alarms, meters, gauges, thermostats and thermometers	Read temperature and pressure gauges; perceive equipment alarms
	Identify, review, and act accordingly to printed and written instructions on labels and other materials	Read ingredient and packaged products labels
	Identify and assess product stages throughout cooking and baking	Distinguish between various smells, tastes, and color spectrum; adjust flavor appropriately
	Possess the visual acuity to correctly read handwritten documents, invoices, requisitions	Taste and feel product to determine quality and doneness throughout cooking and baking process
COMMUNICATION	Communicate effectively and professionally when interacting with peers, teammates, faculty, staff, employers, and guests using the English language verbally and in written form	Follow directions, describe decisions, demonstrate listening skills, write reports, and describe product qualities and outcomes.
	Receive voice instructions in a noisy environment	Hear instructor's and classmates' voices in a noisy environment, such as kitchens and laboratories
	Perform basic mathematical computations with and without a calculator in situational circumstances.	Convert recipes which could involve addition, subtraction, multiplication, division, and fractions
	Effectively use short-term and long-term memory as part of learning and retention	Recall conversations, demonstrations, evaluations and assessments, including study materials and lecture, and apply the information as part of learning and improving
	Follow verbal, non-verbal, and written instructions in traditional and non-traditional classroom and laboratory environments	Speak clearly and distinctly; use non-verbal and/or written cues appropriately
PHYSICAL STRENGTH AND STAMINA	Lift and move without assistance cookware typically found in a commercial kitchen/business, often containing food products throughout production	Lift and safely move pots, pans, stock pots, and small equipment, including those items in use and/or containing hot food being prepared, while following instructions and safety procedures
	Lift and move stock and supplies up to 50 pounds individually	Lift and move bags and boxes of supplies weighing up to 50 pounds at varying heights to varying heights; floor to standard heights above head
	Stand and move about kitchen/laboratory for up to ten hours with few breaks	Stand and move about in kitchen and dining areas during food preparation and clean up
	Complete cleaning responsibilities requiring stooping, bending, and climbing.	Lift and transport trays with plated foods, china, and small wares.

	Participate actively and attend all classroom and laboratory activities, including completion of assigned outside classroom and laboratory work	Engage actively in lecture, laboratory, demonstrations, and activities used to facilitate learning and retention of required skill set through individual and group activities and assignments
	Work in various temperature zones while completing tasks	Work in above and below average temperatures while achieving assignments
MOBILITY AND MOTOR SKILLS	Move freely, quickly, and safely in a close environment Work in coordination with other students and co-workers Manipulate safely small wares, equipment, and equipment controls	Move from work station to work station near other students and equipment without causing safety concerns Assist equitably in group and individual assignments Lift supplies from floor, pallet, or table and place on storage racks; remove supplies from storage racks above head at standard height
	Handle safely hot foods; pour liquids, including hot liquids, and beverages	Hold containers, such as pots and bowls, while mixing and blending ingredients in container
	Take notes in a non-traditional environment through written or spoken communication, while employing chef/kitchen shorthand	Write recipes, food order tickets, invoices and other materials related to the curriculum and industry
	Multi-task; work with a sense of urgency to meet standard class and industry production times	Use proper ingredients, in proper ratios or measurements, and preparation techniques to produce industry-accepted quality standards
	Perform repetitive and non-repetitive tasks required in a commercial kitchen	Operate machinery and equipment safely and efficiently based on visual demonstrations
	Handle safely products, equipment, and other tools at various temperatures	Fill, carry, and move items that are hot or cold Efficiently use knives, whisking, dicing, and piping skills
INTERPERSONAL AND EMOTIONAL	Work cooperatively with other students and instructors	Participate equally in team projects with other students
	Complete an equitable share of kitchen duties	Provide assistance to fellow students and instructors when asked
	Follow directions of instructors and fellow students	Maintain a cooperative spirit while working in a hot, crowded, controlled chaotic environment
	Remain calm and professional in a stressful environment and emergencies	Complete duties and assignments as assigned
	Display characteristics of emotional stability	Maintain a positive attitude
	Self-manage medical and emotional conditions	Manage one's medical and emotional conditions in order to permit self, others, and the program to meet educational goals
KITCHEN SAFETY AND SANITATION	Adhere to the college's Code of Conduct and Learning Environment Principles	Learn and apply the acceptable standards of the college's Code of Conduct and Learning Environment Principles
	Employ methods to identify and prevent cross-contamination in real-life settings	Ensure temperatures are accurate through the flow of goods
	Employ correct methods to ensure food safety through the flow of goods/foods	Ensure that foods are cooked and held at proper temperatures
	Use sight, touch, and smell to identify products that are beyond their quality and/or use dates	Identify products that are spoiled or not fit for consumption
	React effectively in emergency events and use safety materials	Read Safety Data Sheets (SDS) documents in a laboratory setting and during emergency events
Follow and maintain the National ServSafe sanitation and safety standards	Employ at least the minimum standard requirement for safety and sanitation in regards to safe food handling	

DIETARY EXCEPTION POLICY: While enrolled and participating in ChefsGO 1.0, especially laboratories, students will come into contact with various ingredients, some of which are familiar to them and many that are not. ChefsGO 1.0 is aligned with industry standards and expectations. The industry expects taste development; therefore, a majority of the program revolves around “tasting as you go” as a standard of higher-level cooking, comprehension, and assessment. Without directly participating in tasting, the chances of a successful dish and grade are highly compromised. The following areas address these potential concerns:

TASTING: Part of the educational portion of the program is exposure to new ingredients, products, and flavor pairings. During required classes, students will participate in tasting activities of foods that include safe to eat raw and fresh ingredients; cooked ingredients; and fresh, uncooked, and cooked dishes. Students will be expected to taste all items, except those that are documented on file as food restrictions. The process of discerning tastes, flavors, seasonings, and “dish needs” is included as part of the grading rubric. Students who do not participate in tasting activities will have their grade adjusted accordingly.

ALLERGIES: The college is committed to student safety. Students with allergy concerns need to provide documentation of food allergies from their doctor to be registered and on file with the Office of Student Accommodations, at which time the student will be provided an accepted accommodation. Students need to provide in written form the process for assisting them if an issue arises related to this. It is the student’s responsibility to assure these documents are on file with the Office of Student Accommodations and that they are shared with faculty prior to being needed. In the event that a student opts out of a tasting activity, the instructor will offer a relevant alternative written assignment for the student to complete as a alternative to the objectionable tasting activity.

RELIGION AND RELIGIOUS PRACTICES: Whereas TNCC accepts students of all faiths, ChefsGO 1.0 contains learning activities that may not align with specific religions or religious practices. Students may choose not to participate in tasting activities if a specific item conflicts with their religious beliefs; however, all efforts should be made to participate within reason. In the event that a student opts out of a tasting activity, the instructor will offer a relevant alternative written assignment for the student to complete as an alternative to the objectionable tasting activity. A second option, referred to as the “Taste and Spit Method,” is also available. Tasting and subsequent spitting allow the student to experience the sensory attributes of the food without actually consuming the food. This option satisfies the intended learning benefits of tasting and would not require the completion of the alternative written assignment. Students need to inform faculty in written form of any religious restrictions prior to the start of classes.

RESTRICTIVE AND MEDICAL DIETS: Documented accommodations through the Office of Accommodations are intended to provide a safe environment for students. Only documented restrictions that provide students a reasonable ability to complete the course and program objectives may be accommodated. It is possible that not all requested accommodations will be granted through the Office of Student Accommodations, as those that are provided may still require students to complete tasks, recipes, and formulas that work with the product in question as part of comprehensive learning. As an example, a student with Celiac’s Disease who opts out of a tasting activity will be offered a relevant alternative written assignment as a graded alternative to the objectionable tasting activity.

LIFESTYLE AND ELECTIVE DIETS: Whereas the choice of following a lifestyle or elective diet is respected, there are instances where they may not be accommodated within this program. These diets include, but are not limited to, Vegan, Raw Only, Vegetarian, Lacto-Ovo, Lacto, Ovo, Pollotarian, Pescatarian, and Flexitarian. In the event that a student opts out of a tasting activity, the instructor will offer a relevant alternative written assignment for the student to complete as an alternative to the objectionable tasting activity. Students may choose an option referred to as the “Taste and Spit Method.” Tasting and subsequent spitting allow the student to experience the sensory attributes of the food without actually consuming the food. Students who choose to taste may spit out the product after assessing the characteristics related to the educational objectives.