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| **TEXAS CTE LESSON PLAN**  [www.txcte.org](http://www.txcte.org) | |
| **Lesson Identification and TEKS Addressed** | |
| **Career Cluster** | Hospitality and Tourism |
| **Course Name** | Practicum in Culinary Arts |
| **Lesson/Unit Title** | I Got the Job! Now What? |
| **TEKS Student Expectations** | **130.257. (c) Knowledge and Skills.**  (3) The student develops skills for success in the workplace. The student is expected to:  (I) evaluate the relationship of good physical and mental health to job success and personal achievement  (J) demonstrate effective verbal, non-verbal, written, and electronic communication skills  (8) The student uses concepts and skills related to safety in the workplace. The student is expected to:  (D) analyze health and wellness practices that influence job performance  (9) The student evaluates personal attitudes and work habits that support career retention and advancement. The student is expected to:  (E) evaluate strategies for career retention and advancement in response to the changing hospitality industry |
| **Basic Direct Teach Lesson**  (Includes Special Education Modifications/Accommodations and  one English Language Proficiency Standards (ELPS) Strategy) | |
| **Instructional Objectives** | **Students will:**   * Identify how to be successful in their careers * Analyze strategies for succeeding at work * Describe their symptoms of stress and how to manage it * Evaluate their physical and mental health |
| **Rationale** | You got a job! Now what do you do? Working in the food industry can be rewarding but it can also be stressful. Learning the duties of a new job, handling stressful situations, and determining the management chain-of-command are important skills to learn in this industry. In this lesson you will learn what it takes to turn a job into a successful career! |
| **Duration of Lesson** | Three 45-minute class periods |
| **Word Wall/Key Vocabulary**  *(ELPS c1a, c, f; c2b; c3a, b, d; c4c; c5b) PDAS II (5)* | **Advancement:** The act of being raised to a higher rank or position  **Global:** Involving the entire world  **Health:** The state of being sound in body and mind  **Mental health:** A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to contribute to his or her community  **Physical:** Relating to the body of a person  **Retention:** The ability to keep something  **Stress:** A state of mental tension and worry caused by problems in your life, work, or other situations |
| **Materials/specialized equipment needed** | **Equipment:**   * Computer with projector for PowerPoint presentation * Computers with internet access (be sure to follow school district guidelines) * Headphones   **Supplies:**   * Applications for:   + Act/sat test   + College   + Financial aid   + Scholarships * Cash register (if available; for time card purposes) * Textbooks * Time cards (if available) * Time clock (if available) * Work schedules * Copies of handouts   **PowerPoint:**   * Career Success in the Food Industry   **Technology:**   * Free iPad App:   + Stress Relieving Quotes – Relaxation Sayings & Inspirational Stress Relief Quotes 50,000+ Beautiful inspiring stress relieving quotes<https://itunes.apple.com/us/app/stress-relieving-quotes-relaxation/id914761808?mt=8> * Infographics:   + Restaurants: The Launchpad to Career Growth Advancement often happens when employees move from one restaurant to another, picking up skills and experience.<http://www.restaurant.org/Restaurant/media/Restaurant/SiteImages/News%20and%20Research/NRAEFInfoGraphic7-Med.jpg> * TED Talks:   Kelly McGonigal: How to make stress your friend Stress. It makes your heart pound; your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others.<http://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en>  **Handouts:**   * Physical and Mental Health Assessment   **Graphic Organizers:**   * Your Stress Symptoms and Management   **Teacher Resource:**   * Job Retention Chalk Talk Example |
| **Anticipatory Set**  (May include pre-assessment for prior knowledge) | **Before class begins:**  Note: This lesson should follow the Careers Lesson:   * Careers in the Food Industry: Connecting Education and Employment   Become familiar with The Texas Work Prep Learning Management System (LMS) designed and hosted by the Texas Workforce Commission.   * Succeed at Work This course will help students enjoy their job and discusses career success. The course is approximately an hour and a half long. Students will receive a certificate upon successful completion of this course. Certificate can be printed and added to their professional portfolio.<https://www.texasworkprep.com/texasworkprep.htm>   Display as many items from Materials or Specialized Equipment Needed as you have available on a table in front of the room so that students may view as they enter.  These items will allow the students to visualize all of the things they have to balance before they graduate from school. These items can cause stress and anxiety and learning how to handle stress will help them be successful in their chosen careers.   A Chalk Talk will be used in this section. Preview the Job Retention Chalk Talk Example so that you will understand what to do with the students.  Write the following statement in large letters on a white/chalk board for students to see as they enter the classroom:  You got the job! Now how do you keep it?  Note: If a white board is not available, print the statement on a white sheet of paper and place on a light projector to view on a screen. Students may write their answers to be displayed on this paper.  Students, either one by one or a few at a time, walk up to the board and add their comments, ideas, or suggestions. The activity can be timed, and can also be done in silence.  Begin a discussion with the students about the different skills that are needed to keep a job.  If possible, save the Chalk Talk on the board, as it will be discussed in the Lesson Closure section. If the board is needed, take a picture with a camera, smart phone, or tablet so that it can be shown on a projector. |
| **Direct Instruction \*** | Introduce lesson objectives, terms, and definitions.  Distribute a handout or graphic organizer or ask students to take notes in their journal books or on their own paper.  Introduce the PowerPoint I Got the Job! Now What? Students will be expected to take notes while viewing the slide presentation. Allow time for classroom discussion.  View video from the National Restaurant Association:   * America’s Restaurants – Industry of Opportunity As the second largest private-sector employer in the country, America’s restaurants are an economic force, but that statistic doesn’t fully tell the story of the millions of individuals who are living the American Dream by working in our industry. This video captures a few poignant stories that help tell the ‘Industry of Opportunity’ story.<http://www.americaworkshere.org/video/americas-restaurants-industry-of-opportunity>   *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * providing a printed copy of slide presentation * check for understanding |
| **Guided Practice \*** | Distribute the graphic organizer Your Stress Symptoms and Management and instruct the students to list the symptoms of how they feel when they are stressed on one side the handout.  Students should also list the healthy ways they manage stress in the next column.  Instruct students to log onto the Texas Workforce website so that may be able to complete the second module in the series.  Emphasize the need to read and follow slowly the important strategies the interactive course features.   * Succeed at Work This course will help students enjoy their job and discusses career success. The course is approximately an hour and a half long. Students will receive a certificate upon successful completion of this course. Certificate can be printed and added to their professional portfolio.<https://www.texasworkprep.com/texasworkprep.htm>   Sections include:   1. Succeed at Work Stages 2. Acting Self-Employed 3. Starting a New Job 4. Being an Excellent Employee (Work Ethics) 5. Living a Balanced Life 6. Enjoying Your Current Position   After completing the course, students will be able to successfully pass a short quiz to receive their printable certificate.  Stress the importance of having this type of documentation in their professional portfolio.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * using the closed-caption option * peer tutor |
| **Independent Practice/Laboratory Experience/Differentiated Activities \*** | Read the following script:  Working in the food service industry is physically and mentally demanding. Being able to handle this type of career can be rewarding. How can we find out if we are ready?  Distribute the handout Physical and Mental Health Assessment and instruct students to read each statement carefully in the seven areas of wellness.  Students should add up their scores in each area and compare them to the ideal score.  Remind students to answer the following questions:   * Which dimension of wellness needs improvement? * How can you improve this wellness dimension?   Students may share their answers with the rest of the class.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * peer to read handout * extra time for oral response |
| **Lesson Closure** | Review terms, definitions, and objectives.  Review the Job Retention Chalk Talk created in the Anticipatory Section.  Now that students have discussed how to keep a job, discuss advancement or promotions for their jobs.  Ask students the following questions:   * What skills do you need to be promoted? * Are you a leader? * Is being a manager an option for you? * Do you think you can handle the added responsibilities? |
| **Summative/End of Lesson Assessment \*** | Students will be assessed through the interactive Texas Workforce program and the Physical and Mental Health Assessment.  Students may write a one-page reflection on the strategies they have learned to advance and retain employment and how to deal with physical and mental health issues.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * praise participation * note-taking assistance |
| **References/Resources/**  **Teacher Preparation** | **Textbook:**   * *Culinary essentials.* (2010). Woodland Hills, CA: Glencoe/McGraw-Hill. * Draz, J., & Koetke, C. (2014). *The culinary professional.* Tinley Park, IL: Goodheart-Willcox Company.   **Video:**   * America’s Restaurants – Industry of Opportunity As the second largest private-sector employer in the country, America’s restaurants are an economic force, but that statistic doesn’t fully tell the story of the millions of individuals who are living the American Dream by working in our industry. This video captures a few poignant stories that help tell the ‘Industry of Opportunity’ story. [http://www.americaworkshere.org/video/americas-restaurants-industry-of-opportunity](http://cte.sfasu.edu/wp-content/uploads/2015/05/Your-Stress-Symptoms-and-Management.pdf)   **Websites:**   * Arizona Department of Health Services Wellness Assessment: How Balanced Are You?<http://www.azdhs.gov/hsd/newsletters/az-healthcare-connection/documents/october-2012/wellness-assessment.pdf> * Opportunity America Works Here<http://www.americaworkshere.org/opportunity> * Mental Health Basics Centers for Disease Control and Prevention<http://www.cdc.gov/mentalhealth/basics.htm> |
| **Additional Required Components** | |
| **English Language Proficiency Standards (ELPS) Strategies** | * Word wall * Draw visual representations of terms on word wall * Add terms and definitions to personal dictionary |
| **College and Career Readiness Connection[[1]](#footnote-1)** |  |
| **Recommended Strategies** | |
| **Reading Strategies** | Other articles pertaining to this lesson that students may read include:   * Duties & Skill of Food Service Management  Food service managers, including assistant and general managers, are usually responsible for increasing sales and profits in their units by focusing on hospitality, food quality, service, and cleanliness. Most food service management employees work long hours, which can include evenings and weekends.<http://www.ehow.com/list_6637663_duties-skill-food-service-management.html> * Job Retention Strategies  The top 10 reasons that people lose their jobs are personality conflicts, poor performance, absenteeism, insubordination, tardiness, behavior or attitude, theft, harassment, discrimination, and layoffs, according to the “Top Ten Reasons for Termination” by Ann Vessels. The following job retention strategies will help you keep your job without stressing out.<http://www.ehow.com/way_5796963_job-retention-strategies.html> * The Health Triangle: Mental, Social, & Physical Definitions  Created in 1997 as a project for an Alaska Middle School, the Health Triangle has served as a graph that measures an individual’s physical, mental, and social health. The creators used an equilateral triangle to represent these aspects of health. Because all sides of this types of triangle are equal, it stresses the equal importance of each of these aspects. In fact, devoting more attention to one particular side, while neglecting the others, can lead to health imbalances.<http://www.ehow.com/about_5047508_health-mental-social-physical-definitons.html>   **Reading Strategy**   * Encourage students to “visualize” as they read. Many students are visual learners and will benefit from making sketches or diagrams on scrap paper as they read. Providing students with graphic organizers to help them organize their thoughts is also helpful. |
| **Quotes** | To keep the body in good health is a duty… otherwise we shall not be able to keep our mind strong and clear. **-Buddha**  Early to bed and early to rise makes a man healthy, wealthy, and wise. **-Benjamin Franklin**  What is the recipe for successful achievement? To my mind there are just four essential ingredients: Choose a career you love, give it the best there is in you, seize your opportunities, and be a member of the team. **-Benjamin Franklin Fairless**  It’s like Forrest Gump said, ‘Life is like a box of chocolates.’ Your career is like a box of chocolates – you never know what you’re going to get. But everything you get is going to teach you something along the way and make you the person you are today. That’s the exciting part – it’s an adventure in itself. **-Nick Carter** |
| **Writing Strategies**  **Journal Entries + 1 Additional Writing Strategy** | **Journal Entries:**   * When I feel stressed, I … * As part of my physical health, I (dance, run, walk. Yoga) … * I enjoy my job! In order to keep my job, I …   **Writing Strategy:**   * RAFT Writing Strategy:   + Role – cook   + Audience – restaurant manager   + Topic – promotion   + Format – letter   Write a letter to the restaurant manager letting him/her know that you are interested in being promoted to chef. List your qualifications. |
| **Communication**  **90 Second Speech Topics** | * Three things that I do when I feel stressed are … * Employability skills needed to retain a job are … |
| **Other Essential Lesson Components** | |
| **Enrichment Activity**  (e.g., homework assignment) | Students may research various activities to relieve stress (especially during final exams) and create a bulletin board to display in the counselor’s office.  **Infographic:**  Infographics are graphic visual representations of information, data or knowledge intended to present complex information quickly and clearly.  The infographic below is related to this lesson. Allow students to view the image on a projector and lead a discussion concerning the information provided.   * Restaurants: The Launchpad to Career Growth Advancement often happens when employees move from one restaurant to another, picking up skills and experience.<http://www.restaurant.org/Restaurant/media/Restaurant/SiteImages/News%20and%20Research/NRAEFInfoGraphic7-Med.jpg>   **TED Talks:**  TED is a nonprofit organization devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less).  The video below is related to this lesson. Allow students to view the video and lead a discussion concerning the TED Talk.  Kelly McGonigal: How to make stress your friend Stress. It makes your heart pound; your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others.<http://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en> |
| **Family/Community Connection** | * Encourage students to share some stress relievers tips with family to be able to better cope with the work/life balance. |
| **CTSO connection(s)** | **Family, Career, and Community Leaders of America**  [http://www.fcclainc.org](http://www.fcclainc.org/)   * Leadership An individual event, recognizes participants who actively evaluate and grow in their leadership potential. Participants use the Student Leadership Challenge and supporting materials, to investigate their leadership ability and develop a mentorship relationship to further their leadership development. * Hospitality, Tourism, and Recreation An individual or team event, recognizes participants who demonstrate their knowledge of the hospitality, tourism, and recreation industries and ability to translate their knowledge into a hypothetical or real business. Project must relate to culinary, lodging, recreation, tourism, or event coordination. * Nutrition and Wellness Event An individual event, recognizes participants who track food intake and physical activity for themselves, their family, or a community group and determine goals and strategies for improving their overall health.   **SkillsUSA**  <http://skillsusa.org/>   * Culinary Arts The competition will encompass both hot and cold food preparation and presentation. Contestants will demonstrate their knowledge and skills through the production of a four-course menu in a full day competition. The contestants will be rated on their organization, knife skills, cooking techniques, creative presentation, sanitation food safety techniques, and above all, the quality and flavor of their prepared items. The high school competitors will work from one menu with standardized recipes. The college/postsecondary students will work from a market basket format and write their own menu and recipes the night before the competition. * Restaurant Service Contestants are tested on skills required in the “front of the house” of a fine restaurant. The focus is on guest service and guest relations in the dining room including: table set up; greeting guests; reservations procedures; presentation of menus; description of food, drinks, soups, and specials of the day; taking orders; serving each course and clearing the table after each course; and preparation and presentation of the check and closing remarks. Contestants are judged on personal appearance, tableside manner, professionalism, ease with guests, courtesy, general knowledge, and technical and verbal skills. |
| **Service Learning Projects** | Successful service learning project ideas originate from student concerns and needs. Allow students to brainstorm about service projects pertaining to this lesson. [www.ysa.org](http://www.ysa.org/)   * Possible ideas: Students may do a survey of the graduating seniors to see how they deal with stress during college applications, ACT and SAT tests, financial aid applications and high school activities. They may research stress relieving techniques and create a brochure to be passed out in the counselor’s office. |

1. Visit the Texas College and Career Readiness Standards at <http://www.thecb.state.tx.us/collegereadiness/CRS.pdf>, Texas Higher Education Coordinating Board (THECB), 2009. [↑](#footnote-ref-1)