



Thompson Rivers University is located on the Tk'emlups te Secwepemc territory that is situated in the Southern interior of British Columbia within the unceded traditional lands of the Secwepemc Nation.

University and Employment Preparation
Faculty of Education and Social Work

ESTR 0210: Kitchen Theory I: Fall Semester: 2022			
Student Name: Xavier Levy		Instructor: Saskia Stinson	
Skill	Beginning	Developing	Accomplished
Demonstrates good grooming and hygiene necessary for food preparation in a kitchen			✓
Demonstrates an understanding of set up and organization of a kitchen			✓
Demonstrates understanding of how to sanitize and clean in a kitchen		✓	
Identifies and is able to use utensils and small appliances in a kitchen		✓	
Identifies foods and is able to prepare dishes using a recipe (baking)		✓	
Understands and demonstrates baking, vegetable/fruit/meat prep station set-up		✓	

Demonstrates understanding and is able to measure, portion and package ingredients/prepared foods		✓	
Demonstrates an understanding of knife safety when performing food preparation			✓
Completed a Lab Self Reflection			✓

ESTR 0220: LAB FOOD SERVICE EXPERIENCE EVALUATION FALL 2022					
Student Name: Xavier Levy		Instructor: Saskia Stinson			
EMPLOYABILITY SKILLS	Strongly Disagree	Disagree	N/A	Agree	Strongly Agree
Demonstrates appropriate personal appearance and grooming				✓	
Demonstrates a positive and enthusiastic attitude				✓	
Demonstrates initiative; seeks out further work				✓	
Demonstrates acceptable job speed (working efficiently)				✓	
Maintains an acceptable level of quality when completing tasks				✓	
Responds well to constructive criticism from supervisors and co-workers				✓	

Demonstrates teamwork - is respectful toward co-workers and contributes to accomplishing common tasks				✓	
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JOB SPECIFIC SKILLS - KITCHEN	Student Observed only	Performed with lots of help	N/A	Performed with some help	Performed alone
Follows store policies & safety procedures				✓	
Cleans and maintains restaurant (i.e. bussing, mopping, wiping, garbage runs, etc.)				✓	
Understands kitchen/restaurant layout and organization (i.e. where items are stored)				✓	
Uses commercial dishwasher				✓	
Weighs and portions food				✓	
Prepares food (salads, peeling vegetables, etc.)				✓	
Uses knives safely and effectively in food preparation				✓	
Offers quality customer service				✓	

ESTR 0080: Workplace English & Written Communication		
Student Name: Xavier Levy		Instructor: Saskia Stinson
Task/Assignment	Complete	Comment
Health and Safety Modules Participated in Food Safe Level 1 Workshop put on by Interior Health	✓	_x_ completed knife safety, baking basics, fire safety, burns and falls _X_ participated in COVID-19 Protocols review and updates _X_ WHMIS online course _X_ Completed Food Safe Level 1 Workshop _X_ Received Food Safe Level 1 Certificate from Interior Health
Kitchen Assistant Questionnaire	✓	_x_ job duties _X_ prep station set-up (baking and vegetable)
Schedules, Menu Planning and Recipe Research	✓	_X participated in development of cleaning and sanitizing schedule for ESTR's Market kitchen X__ participated in development of baking and cooking schedule for food for ESTR's Market kitchen _x_ Participated in the creation of a weekly menu of ESTR student-made products for the market _x_ participated in sales analysis assignment for Holiday Baking Sales in ESTR's Market
Health & Nutrition	✓	_x_ completed organic, whole foods, gluten free, wheat free, dairy free and information on allergies assignment
Appliance Instructions Assignment	✓	_x_ completed assignment __ Completed video

Food Sustainability	✓	_x_ Completed Assignment
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Skill	Beginning	Developing	Accomplished	Accommodations
Reading, Document Use		✓		__ had some documents read to them
Writing		✓		__ had a scribe __ copied with assistance
Oral Communication		✓		
Working with Others		✓		

ESTR 0370: Advanced Topics		
Student Name: Xavier Levy		Instructor: Saskia Stinson
Task/Assignment	Complete	Comment
High 5 Plus One	✓	_X_ Assignment
Self-Knowledge & Who Am I Handout	✓	_X_ Perceptions _X_ Profile Poster _X_ Self-knowledge handout
Kamloops Farmer's Market	✓	_X_ took pictures using technology _X_ attended farmer's market _X_ completed PPT & presentation

		X Farmer's Market Web Quest _X_ completed group critical reflection
True Colors Personality Assessment workshop		__ completed True Colors Assessment Forms
Elder Bella Morris: Medicine Wheel and Bracelets	✓	_X_ Participated in the workshop & Talking Circle _X_ Created a bracelet _X_ Medicine Wheel Assignment
Assessing Core Values & Work Values- Auction Block	✓	_X_ participated in Auction Block Activity _X_ completed workplace values inventory
ICS: Mount Paul Community Food Centre Service-Learning Project	✓	_X_ Completed Web Quest _X_ Participated in Fieldtrip and Service at the center _X_ Completed group PPT Reflection
Healthy Relationships		__ completed Wordsearch on relationships __ participated in Traffic Light Activity for Healthy Relationships __ created a Friend Wanted Ad using PPT

Skill	Beginning	Developing	Accomplished
Identify personal interests that connect to workplace success		✓	
Identify personal beliefs and values that connect to workplace success		✓	

Identify personal strengths and weakness that connect to workplace success		✓	
Identify realistic work experience possibilities		✓	

SPECIAL PROJECTS INTEGRATED INTO ESTR 0210, ESTR 0220, ESTR 0080 AND ESTR 0370 AS PART OF PROJECT-BASED LEARNING INITIATIVES

Students in the Kitchen Assistant Program participated in the following special projects (September 7th to October 7th):

1. **Sustainability Project- Farm to Table:** Attending the Kamloops’s Farmer’s Market to interview vendors, take pictures and purchase vegetables. These were then prepared in the ESTR Kitchen by the students as roasted vegetables that they sampled.
2. **Apple Project:** Service-learning was completed by students who worked with apples from the Dessert Hills Farm. In the ESTR Kitchen they prepared washed, peeled, and froze apples slices. With some of the apples they made pastry to create apples pies that were sold at the market.
3. **ICS: Mount Paul Community Food Centre:** Service-Learning Project for student to give back to their community. Students took the bus to the North Shore and assisted with a variety of tasks at the centre that included: putting stock away, sanitizing and cleaning tables, dish washing, food preparation and portioning of soups and smoothies. They had a tour of the on-site gardens and learned about composting.

STUDENT ID	T00695256		Student Name: Xavier Levy	
COURSE	ABSENTS/LATES PUNCTUALITY	COMMENTS	FINAL GRADE	
ESTR 0210 FOOD SERVICE THEORY	1 CLASSES ABSENT PUNCTUAL	GOOD WORK ETHIC AND POSITIVE ATTITUDE IN CLASS AND KITCHEN.	COMPLETE CREDIT GRANTED	
ESTR 0220 FOOD SERVICE EXPERIENCE	1 CLASSES ABSENT PUNCTUAL	GOOD WITH CUSTOMERS AND ENJOYS WORKING AS PART OF A TEAM.	COMPLETE CREDIT GRANTED	
ESTR 0080 WORKPLACE ENGLISH & WRITTEN COMMUNICATION	1 CLASS ABSENT PUNCTUAL	NICE JOB PARTICIPATING IN CLASS ACTIVITIES AND ASSIGNMENTS!	COMPLETE CREDIT GRANTED	
ESTR 0370 ADVANCED TOPICS	1 CLASSES ABSENT PUNCTUAL	ENJOYS FRIENDLY COMPETITION IN GUESSING AND CALCULATING SALES ANALYSIS FOR EACH WEEK.	COMPLETE CREDIT GRANTED	
<p>INSTRUCTOR: SASKIA STINSON</p> <p>SEE YOU IN THE NEW YEAR 😊</p> <p>A PLEASURE TO HAVE IN THE PROGRAM! SEE YOU IN THE WINTER SEMESTER. HAPPY HOLIDAYS!</p>				