



Culinary Arts

There are many opportunities in the hospitality and tourism industry. These courses provide valuable education and training in the fundamentals of food preparation including safety and sanitation, equipment operation and basic food service skills.

***NOTE:** Students who are taking a culinary arts class as a general elective will be enrolled in "Cafeteria Training", while those in the ACE-IT 'Culinary Arts' (see page 5) will be registered in "Cook Training". These change operations will be reflected in your timetable.*

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Cafeteria or Cook Training 11A(AS)

This Cafeteria Foods Service course is planned to provide students with a learning situation comparable to a professional, quality food service kitchen. In this active participation class, students will learn basic restaurant skills in safety and sanitation, food preparation (baking, sandwich and salad making, meat, fish and poultry cookery, short-order cooking, soups and sauce preparation, vegetable, pasta and rice cookery), operation and maintenance of large industrial equipment and customer service.

Cafeteria or Cook Training 11B(AS)

This foods program is similar to Cafeteria or Cook Training 11A and both may be taken concurrently. Units of study are similar to 11A but students are expected to build on skills already learned and to assume more responsibility in the kitchen.

(Recommended: previous Caf or Cook Training courses)

Cafeteria or Cook Training 11C(AS)

This foods program is similar to 11B and both may be taken concurrently. Students are expected to build on skills already learned and to assume more responsibility in the kitchen.

(Recommended: previous Caf or Cook Training courses)

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Cafeteria or Cook Training 12A(AS)

This is a foods program which gives students training in quantity (commercial) food production and catering and builds on the skills learned in 11A and 11B. Although the emphasis is on quality production, the principles and skills learned may also be applied in the home. It is the intent that students will develop valuable skills which can be used to acquire a job and/or to make career choices. Units of study include kitchen organization, use of industrial equipment, menu planning, safety and sanitation, counter and table service, cashiering, as well as food preparation skills in baking, sandwich and salad making, meat, fish and poultry cooking, short order cooking, soups and sauce preparation, vegetables, pasta and rice cookery. If you love to participate, this course is for you.

(Recommended: previous Caf or Cook Training courses)

Cafeteria or Cook Training 12B(AS)

This foods program is similar to 12A and both may be taken concurrently. Units of study are similar to 12A but students are expected to build on skills already learned and to assume more responsibility in the kitchen.

(Recommended: previous Caf or Cook Training courses)

Get your "Professional Cook 1" Certification!

Cook Training 12C (AS)

Do you want to be part of the fastest growing industry in the world? Are you ready to be the best that you can be and possibly represent Canada in the "Bocuse d'or", one of the most prestigious competitions in the world. Does this sound like you? Are you up for the challenge? If so this course is designed for you, the serious inspired chef to be?

In this course outline you will learn "Advanced Techniques" in the Culinary Arts. You will complete your Cook Level 1 Technical Training which will enable you to acquire the job ready skills required to enter this vast industry. You will be involved in field trips which will take you to some of the best well known hotels and restaurants the city has to offer as well as been involved in enlightening guest lectures. You will see how the pros showcase their day to day operations from all facets of the business and feel the pulse of a well run kitchen. You will be able to meet the top chefs in the city and talk to them one on one.

This intense course will give you hands on experience and knowledge with advanced art of sauces, stocks and specialty soups. You will learn how to break down the primal cuts from sides of beef, lamb and pork. This course will also prepare you for hands on experience in fish cutting and filleting. The art of baking, French pastries and cake decorating, plus much more.

Imagine being able to travel and work around the globe, uncover and discover world cuisines. The possibilities are truly endless and it is all up to you and your true, solid commitment to becoming a respected and accomplished top chef!

Cook Training 12C will be scheduled into your last semester in grade 11 or 12, ideally after you have taken 1-2 cook training courses. There is an expectation that students will write the Culinary Arts Level 1 test. Students can also gain 120 hrs of work experience and/or 480 hrs of apprenticeship. This course is part of the ACE-IT Program (see p. 6 for more information).

You must see Chef Abbinante or your counsellor for an application for this special cook training course.

(Recommended: at least 1-2 Cook Training courses and have a passion for the trade or teacher permission)