

CULINARY SKILLS - CHEF TRAINING

Program Outline

Major:	CULS
Length:	1 Year
Delivery:	2 Semesters
Credential:	Ontario College Certificate
Effective:	2016-2017
Location:	Barrie, Owen Sound
Start:	Fall (Barrie, Owen Sound), Winter (Barrie)

Description

Feed your dreams! This one year program trains students to work in professional kitchens regionally, nationally, and internationally. Students will learn fundamental food knowledge and develop skills of food preparation and presentation that prepares them for lifelong career success with strong industry connections. Students will practice professionalism, culinary and management skills, safety and sanitation, nutrition, product knowledge and identification while applying their skills in a hands on learning environment. This program provides the in school portion of the cook apprenticeship program of the Ministry of Training, Colleges and Universities.

Career Opportunities

Graduates have found work in a variety of food and beverage operations such as hotels, resorts and camps; a variety of restaurants from specialty and gourmet to fast food; private clubs, banquet and catering facilities, and institutional food services all working locally, provincially, nationally and internationally.

Program Learning Outcomes

The graduate has reliably demonstrated the ability to:

- perform in a professional manner by employing supervisory skills, and contributing as an effective team member to enhance job performance, organizational effectiveness and guest satisfaction;

- examine entrepreneurial/intrapreneurial strategies through sustainable agritourism concepts;
- implement fundamental culinary planning, preparation, and presentation in a variety of food service environments;
- describe and apply basic and advanced food theories to all aspects of food preparation;
- contribute to the provision of safety and sanitation, accessibility, human rights and environmental management policies adhering to government legislation, regulations and guidelines in a well-maintained kitchen environment;
- apply knowledge of kitchen management techniques, as required, to support the goals of the operation and the responsible use of resources;
- apply fundamental nutritional principles to all aspects of food production using appropriate dietary reference guides and Canada's Food Guide;
- develop ongoing personal professional development strategies and plans to enhance culinary, leadership and management skills for the hospitality environment.

The Program Progression:

Fall Intake - Barrie, Owen Sound

Sem 1 | Sem 2

Fall | Winter
2016 | 2017

Winter Intake - Barrie

Semester 1 | Semester 2

Winter | Summer
2017 | 2017

Admission Requirements:

OSSD or equivalent with
- Grade 12 English (C or U)

Mature students, non-secondary school applicants (19 years or older), and home school applicants may also be considered for admission. Eligibility may be met by applicants who have taken equivalent courses, upgrading, completed their GED, and equivalency

testing. For complete details refer to: www.georgiancollege.ca/admissions/policies-procedures/

Applicants who have taken courses from a recognized and accredited post-secondary institution and/or have relevant life/learning experience may also be considered for admission; refer to the Credit Transfer Centre website for details: www.georgiancollege.ca/admissions/credit-transfer/

Additional Information:

Our students are given many opportunities to enhance their social entrepreneurial learning through their involvement in co-curricular activities such as: membership in the junior chapter of the regional Professional Chefs' Association (Muskoka and District Chefs' Association); and regular industry experiential opportunities.

Graduation Requirements:

- 10 Mandatory Courses
- 2 Communications Courses
- 2 General Education Courses

Graduation Eligibility:

To graduate from this program, the passing weighted average for promotion through each semester, and to graduate is 60%. Additionally, a student must attain a minimum of 50% or a letter grade of P (Pass) or S (Satisfactory) in each course in each semester unless otherwise stated on the course outline.

Mandatory Courses

- FOSR1015 Basic Nutrition and Food Safety Training
- FOSR1016 Basic Cooking Techniques and Product Knowledge
- FOSR1017 Basic Foodservice Cooking
- FOSR1018 Basic Baking and Pastry Skills
- FOSR1019 Basic Kitchen Management and the Professional Chef
- FOSR1020 Advanced Nutrition and Food for Health
- FOSR1021 Advanced Cooking Techniques and Product Knowledge
- FOSR1022 Advanced Foodservice Cooking
- FOSR1023 Advanced Baking and Pastry Skills
- FOSR1024 Advanced Kitchen Management and the Profitable Chef

Communications Courses

To be selected at time of registration from the College list, as determined by testing.

General Education Courses

To be selected from College list

Course Descriptions:

FOSR1015 Basic Nutrition and Food Safety Training 42.0 Hours

This course will explore the fundamentals of nutrition and best practices for safe food handling. Students will learn the basic concepts of diet and disease prevention for a healthy lifestyle including cultural and religious restrictions. They will learn the requirements for a national food service handler's competency and explore the different roles and responsibilities of government, employers and employees in relation to safe food handling.

FOSR1016 Basic Cooking Techniques and Product Knowledge 70.0 Hours

This practical course enables students to utilize basic professional culinary techniques while applying principles of sustainability. The focus of the course will be on the knowledge, skills and behaviours of a professional cook with an emphasis on sanitation and workflow processes in a kitchen.

FOSR1017 Basic Foodservice Cooking 84.0 Hours

This practical course students will develop cooking skills with the addition of basic culinary techniques and best practices. Students will produce foods for a variety of service styles in the dynamic environment of a foodservice operation. There will be a focus on working as an effective member of a team to provide excellent guest service.

FOSR1018 Basic Baking and Pastry Skills 70.0 Hours

This practical course develops the fundamental skills and techniques of baking and pastry. Student will produce a variety of baked goods and pastry items. Emphasis will be placed on the foundations of essential skills and knowledge required to contribute as an effective team member in a professional kitchen.

FOSR1019 Basic Kitchen Management and the Professional Chef 28.0 Hours

In this course students will explore the history and career paths of the professional chef. Students will learn foundational business skills required to become a professional chef including essential numeric skills and core values required for the culinary industry.

FOSR1020 Advanced Nutrition and Food for Health 28.0 Hours

This course will build upon Nutrition and Food Safety Training whereby students create recipes and menus that fulfill the needs of a balanced diet and the needs of those who

have special dietary requirements. The focus will be to maintain the culinary artistry and the nutritional integrity while meeting the required dietary parameters.

P- FOSR1015 Basic Nutrition and Food Safety Training

FOSR1021 Advanced Cooking Techniques and Product Knowledge 70.0 Hours

This practical course enables students to develop knowledge of butchery, larder, moist and dry heat cooking techniques in a professional kitchen while applying principles of sustainability. The focus of the course will be on the knowledge, skills and behaviours of a professional cook, sanitation and the workflow processes in a kitchen. Students will practice skills and techniques to prepare larder items, paté/terrine, meat, poultry, fish, shellfish and principles of plate presentation.

P- FOSR1016 Basic Cooking Techniques and Product Knowledge

FOSR1022 Advanced Foodservice Cooking 84.0 Hours

This practical course continues the development of the students hands on chef skills with the addition of advanced culinary techniques and best practices. Students will prepare, cook and serve foods in the dynamic environment of a full service food operation.

P- FOSR1017 Basic Foodservice Cooking

FOSR1023 Advanced Baking and Pastry Skills 70.0 Hours

This practical course will focus on advanced theory and technical methods used in the pastry kitchen for the production of professional quality breads, cakes and pastries. Students will build upon previous skills and techniques to produce products of a higher degree of complexity and finish. Students will also be exposed to a variety of decorating concepts and plated presentations that are consistent with today's market trends. Emphasis is on skill development, ingredient knowledge, essential employability and organizational skills expected in a professional kitchen.

P- FOSR1018 Basic Baking and Pastry Skills

FOSR1024 Advanced Kitchen Management and the Profitable Chef 42.0 Hours

This course will provide the developing Chef with the advanced business skills and knowledge that will enable them to manage a profitable foodservice operation and their career. Students will learn advanced kitchen management concepts, practices and cost control techniques.

P- FOSR1019 Basic Kitchen Management and the Professional Chef

Course Description Legend

P = Prerequisite; C = Concurrent prerequisite; CO= Corequisite

Information contained in College documents respecting programs is correct at the time of publication. Academic content of programs and courses is revised on an ongoing

basis to ensure relevance to changing educational objectives and employment market needs. The college reserves the right to add or delete programs, options, courses, timetables or campus locations subject to sufficient enrolment, and the availability of courses.