

CULINARY SKILLS

Program Outline

Major:	CULI
Length:	1 Year
Delivery:	2 Semesters
Credential:	Ontario College Certificate
Effective:	2017-2018
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 learn fundamental food knowledge and develop skills of food preparation and presentation that prepares them for lifelong career success with strong industry connections. Students 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 Advanced Education and Skills Development.

Career Opportunities

Graduates may find 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:

- provide fundamental culinary preparation and presentation for a variety of food service environments using a range of classical and contemporary techniques;

- apply basic food and bake science to food preparation to create a desired end product;
- contribute to and monitor adherence of others to the provision of a well-maintained kitchen environment and to the service of food and beverage products that are free from harmful bacteria or other contaminants, adhering to health, safety, sanitation and food handling regulations;
- ensure the safe operation of the kitchen and all aspects of food preparation to promote healthy work spaces and the responsible, efficient use of resources;
- support the development of menu options that reflect knowledge of nutrition and food ingredients, promote general health and well-being, respond to a range of nutritional needs and preferences and address modifications for special diets, food allergies and intolerances, as required;
- apply fundamental business principles and recognized industry costing and control practices to food service operations to promote a fiscally responsible operation;
- apply basic knowledge of sustainability, ethical and local food sourcing, and food security to food preparation and kitchen management, recognizing the potential impacts on food production, consumer choice and operations within the food service industry;
- use technology, including contemporary kitchen equipment, for food production and promotion;
- perform effectively as a member of a food and beverage preparation and service team and contribute to the success of a food-service operation by applying self-management and interpersonal skills;
- develop strategies for continuous personal and professional learning to ensure currency with and responsiveness to emerging culinary techniques, regulations, and practices in the food service industry;
- apply basic entrepreneurial strategies to identify and respond to new opportunities.

The Program Progression:

Fall Intake - Barrie, Owen Sound

Sem 1 | Sem 2

Fall | Winter

2017 | 2018

Winter Intake - Barrie

Semester 1 | Semester 2

Winter | Summer

2018 | 2018

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

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

FOSR1016 Basic Cooking Techniques and Product Knowledge 70.0 Hours

In this practical course, students utilize basic professional culinary techniques while applying principles of sustainability. Focus is placed 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

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

FOSR1018 Basic Baking and Pastry Skills 70.0 Hours

In this practical course, students develop the fundamental skills and techniques of baking and pastry. Students produce a variety of baked goods and pastry items.

Emphasis is 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 explore the history and career paths of the professional chef. Students learn the 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

Building upon knowledge gained in Nutrition and Food Safety Training, students create recipes and menus that fulfil the needs of a balanced diet and the needs of those who have special dietary requirements. Maintaining the culinary artistry and the nutritional integrity while meeting the required dietary parameters are emphasized.

P- FOSR1015 Basic Nutrition and Food Safety Training

FOSR1021 Advanced Cooking Techniques and Product Knowledge 70.0 Hours

In this practical course, students develop knowledge of butchery, larder, moist and dry heat cooking techniques in a professional kitchen while applying principles of sustainability. The focus is on the knowledge, skills and behaviours of a professional cook, sanitation and the workflow processes in a kitchen. Students 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

Students continue the development of hands on chef skills with the addition of advanced culinary techniques and best practices. Students 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

In this practical course, students learn advanced theory and technical methods used in the pastry kitchen for the production of professional quality breads, cakes and pastries. Students build upon previous skills and techniques to produce products of a higher degree of complexity and finish. Students also are 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

Students develop advanced business skills and knowledge required to manage a profitable foodservice operation and their career. Students 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.