

## Term 1

### **Introduction to Culinary Arts (Double module)**

#### **Product Knowledge and Handling**

This course is designed to teach students how to use and handle knives and kitchen tools correctly in order to be able to understand and perform a variety of cuts to accurately prepare meat, fish and vegetables. Students will also learn how to recognize a large variety of ingredients used in a modern kitchen and to appreciate the use of fresh products. A further component of this course is to apply knowledge of laws and regulations relating to safety and sanitation in the kitchen.

#### **Culinary Techniques 1**

Through a combination of cooking demonstrations and practical workshops, the course provides the necessary foundation on which the students will continue to build their experience during this programme and their career. The course covers the classic, basic principles of culinary arts and explains why they are still used. This will include basic culinary preparations including stocks, sauces and soups. During this class, students will work both individually and as part of a team in order to evaluate personal progress. They will be exposed to various cooking techniques and competencies applied to meat, fish, vegetables, starches and grains. To develop their ability to work under pressure and reflect industry practice, the students will be required to produce dishes as part of the daily menu of the dining room.

### **The Art and Science of Food (Double module)**

#### **Evolution of Food and Nutrition**

In this course, students will discover the evolution of food from a historical and cultural perspective, in particular, how this evolution has influenced the diets and way of life of different people around the world. A key component of the course will therefore be how people with culinary vision, from past to present, have made an impact on the development of food. The key principles of nutrition will be also covered and will include a chef's perspective needed for designing menus and dishes for today's customer (including those with special dietary and allergy requirements).

#### **Hygiene and Sanitation**

Food safety is of paramount importance within any food service operation. This course covers the key principles of food handling and sanitation including the health risks involved with the culinary profession. It also introduces students to the Hazard Analysis Critical Control Points plan (HACCP), with updated information provided by health departments and restaurant associations around the world. The material covered in the course will prepare students to take the official ServSafe® test administered by the Educational Institute of the American National Restaurant Association (NRA).

### **French Language Level 1**

Language courses at the Culinary Arts Academy are designed to introduce students to reading, writing and speaking in a foreign language, largely in preparation for an internship within a kitchen. The goals of this course are to develop a strong foundation for language skills and cultural understanding. Activities are centred on speaking, listening and reading comprehension, and writing.

## Term 2

### **Introduction to Kitchen Management**

The modern kitchen has become a very complex environment and requires a higher level of awareness and personnel management beyond having only traditional culinary skills. This course is designed to provide students with an introduction to kitchen management as well as an understanding of how the culinary industry fits within the general framework of the hospitality and tourism industry. Students will gain an understanding of the important role the kitchen plays within a wide variety of food operations from stand-alone restaurants to those in hotels and resorts and to airline catering. The course will give an introduction to kitchen layout and design providing students with an understanding of the complexities involved in structural management. It will also present a clear picture of the different styles of kitchen hierarchy. Students will commence preparation for their first training through a structured seminar series that will include writing cover letters, résumé writing, professional dress and mock interviews.

### **Best of European Cuisines (Double module)**

#### **European Cuisine**

In this course, students will gain an understanding of the importance that many European countries place on their national dishes and cultural traditions. The course will group together very distinctive regional cuisine styles with their rich, cultural backgrounds. Students will be directly exposed to these cultural and ethnic cuisines and will understand the role and importance of these cultures in today's cuisines. The course will also examine how other factors such as climate and religion have influenced food and native customs. Students will therefore need to research and present on a wide variety of these topics. This module complements the requirements of Culinary Techniques 2 through organized theme days in the dining room.

#### **Culinary Techniques 2**

Through a combination of cooking demonstrations and practical workshops, the course builds on the skills and knowledge gained from Culinary Techniques 1. Students will be exposed to advanced cooking techniques, including an emphasis on plate presentation that will require both a higher skill set and the need for efficient and effective teamwork typical within restaurant management. Students will develop their leadership skills running a simulated, hierarchical kitchen brigade while producing more elaborate dishes under the European theme as part of the College's dining room operations.

#### **Baking and Pastry Arts 1**

This course combines the skills of both a baker and pastry chef. Demonstrations with practical hands-on classes ensure the students can reproduce a variety of dough, bread, pastries, pies, special occasion cakes and plated and buffet desserts. This will enable the student to have a good understanding of the multiple facets of this speciality area.

#### **French Language Level 2**

The goal of Language Level 2 is to build on the outcomes of Level 1 to allow students to develop their language skills, knowledge and abilities. Activities are centred on further developing speaking, listening and reading comprehension, and writing.

## Term 3

### **Kitchen Operations and Management (Double module)**

#### **Kitchen Management**

In this course, students will develop both their culinary management competencies and people management skills. The course focuses on menu planning, costing and control, plus the development of work plans linked to a simulated hierarchical kitchen structure. Students will develop their people management skills through the process of both self-evaluation and structured feedback, and will learn to self evaluate in order to judge their own performance.

#### **Culinary Techniques 3**

Students will combine their acquired competencies gained in the first two terms to create menus for different offerings such as *à la carte*, *table d'hôte*, banquet, catering and institutional foodservice. Through a “live” kitchen environment, students will be exposed to practical situations involving the necessity to solve problems “on the spot”. Students will be required to lead the kitchen team as the “Chef of the day” and this will include direct customer contact as part of the feedback process. Students will then reflect on their performance through the management process of recognition, analysis and implementation.

### **Buffet Preparation and Presentation**

This course is designed to teach the basic principles of *charcuterie* and cold buffet preparation and presentation. Students will be exposed to a large variety of *garde-manger* preparations including terrines, pâtés, galantines, ballantines, sausages and whole items using assorted meats, offal, poultry, game and fish. Specialized preservation techniques such as curing, smoking and marinating will also be included in this course. Students will learn how to display their dishes in an attractive way on plates and platters, and for a buffet station (including the modern techniques of using verrines to present cold food items).

### **Art and Science of Wine and Beverages**

This course explains and examines the making and service aspects of alcoholic and non-alcoholic beverages, and the basic understanding of how a beverage department of a large hotel is organized. The course provides students with the confidence to make appropriate beverage decisions in the hospitality workplace by implementing a framework for assessing beverages while satisfying potential customers. In addition students will be exposed to the intricacies of wine appreciation through the development of structured tasting notes.

### **French Language Level 3**

The goal of Language Level 3 is to build on the outcomes of Level 1 and 2 to allow students to develop their language skills, knowledge and abilities. Activities are centred on further developing speaking, listening and reading comprehension, and writing.

### Industry Training

It is imperative that students understand the process of career development and work on their skills to allow lifelong learning and career goal attainment. In line with this objective, students will be required to complete an internship period in Switzerland of six months (1,000 hours). Students will be placed in a culinary position within a hotel or restaurant commensurate with their skills and competencies to this point in their programme.