**Culinary Arts Apprenticeship (CKA)** **Course Outline 10/20/30/40**

Chestermere High School 2020-2021 (Semester 1)

Chef Carmen Wasylynuik

Career and Technology Studies (CTS) is a complementary program designed for Alberta's secondary school students. As a program of choice, CTS offers all students important learning opportunities to:

* develop skills that can be applied in their daily lives, now and in the future
* refine career-planning skills
* develop technology-related skills
* enhance employability skills
* apply and reinforce learnings developed in other subject areas
* prepare for transition into adult roles in the family, community, workplace and/or further education.

The course structure of CTS enables schools to design unique programs that meet the needs of students and take advantage of community resources. Developed across levels rather than grades, CTS has multiple entry points and provides secondary students with access to a common curriculum. As a competency-based curriculum, CTS recognizes prior learning from formal schooling and personal initiatives.

Enhancing the CTS program is integral to transforming the educational experience of high school students. CTS programs create more flexible, inclusive and personalized learning opportunities. CTS Apprenticeship Pathways is a dual-credit opportunity where students can complete their first period apprenticeship while earning high school credits. Alberta Education revises apprenticeship occupational areas when a course outline for a trade is published and implemented by Innovation and Advanced Education (IAE).

**Culinary Arts – Cook Apprenticeship (CKA) (**[**www.tradesecrets.org**](http://www.tradesecrets.org)**)**

Students begin to learn their skills as a cook and upon successful completion of this pathway may choose to write the Apprenticeship and Industry exam for first period apprenticeship.

**Duties**

Cooks prepare food in eating establishments including hotels, restaurants, institutions, trains and ships. Their major responsibilities are nutrition, food costs and sanitation.

Depending on the establishment, cooks may be involved in any combination of the following duties:

* studying menus to estimate food requirements and obtain the necessary food from storage or from suppliers
* washing, peeling and cutting vegetables
* cleaning and cutting meats, fish and poultry
* cleaning kitchen equipment and cooking utensils
* preparing, seasoning and cooking such foods as soups, salads, meats, fish, gravies, vegetables, desserts, sauces and casseroles
* carving meats, preparing portions on a plate and add gravies, sauces and garnish to servings
* baking pastries
* preparing buffets (e.g., platters, showpieces)
* preparing special diets
* overseeing menu planning, regulating stock control and supervising kitchen staff

While specific duties vary depending upon the type of establishment, it is the cook's responsibility to prepare meals that are both appealing and nutritious.

**Skills and Abilities**

In general, people attracted to this career value the job's creative challenges and the public appreciation for their expertise. To be successful in their trade, cooks need to:

* be fluent in English with reading and writing competency
* have good basic mathematics skills
* have a genuine interest in preparing food and working with people
* be in good health and able to stand for long periods
* have a keen sense of taste and smell
* be flexible
* have strength, stamina and the use of proper lifting techniques required to work with weights in excess of 25 kilograms
* be ready to work as members of a team
* be willing to maintain the high standard of cleanliness necessary in any food establishment

**Professional Dress**

Students will be provided a chef’s jacket, apron, and hat. Full **uniform must be clean** to be worn in the kitchen as part of food safety and sanitation in that we are serving the public.

Due to AHS restrictions on food service establishments regarding COVID, no uniforms will leave the kitchen. Students will wear uniforms when cooking and return it to the laundry basket at the end of each block. Laundry will be washed daily and clean for the next class cooking.

**Level 1 Students (CKA 10)**

CKA3900: APPRENTICESHIP SAFETY

Students develop knowledge, skills and attitudes in the practice of kitchen health and safety, communication and career planning.

CKA3401: KITCHEN ORIENTATION

Students develop skills and abilities in the food service industry as they develop safe and efficient work habits. (Prerequisite: CKA 3900)

CKA3406: KITCHEN MATHEMATICS

Students develop a basic understanding of the mathematics required in every aspect of the foodservices industry. (Prerequisite: CKA 3900, CKA 3401)

CKA3456: INTRODUCTION TO BAKING

Students learn the functions of ingredients as well as how to convert formulas and apply accurate measuring and mixing methods to the process of baking. (Prerequisite: CKA 3900, CKA 3401, CKA 3406)

CKA3411: MEATS & SEAFOOD 1

Students develop skills and abilities to recognize products and to learn how products are utilized and handled to ensure foods are safe and wholesome to consume. Students also learn the essentials of pre-cut portions of meat, poultry and fish products in preparing quality, cost-effective menu items. (Prerequisite: CKA 3900, CKA 3401)

**Level 2 Students (CKA 20)**

CKA3416: MEATS & SEAFOOD 2

Students develop skills and abilities to recognize products and to learn how products are utilized and handled to ensure foods are safe and wholesome to consume. Students also learn the essentials of pre-cut portions of meat, poultry and fish products in preparing quality, cost-effective menu items. (Prerequisite: CKA 3900, CKA 3401)

CKA3421: COOKING PROTEINS 1

Students develop skills and abilities in using seasonings, flavourings and marinades. Students learn to use, cook and handle proteins properly. (Prerequisite: CKA 3900, CKA 3401)

CKA3431: STOCKS & SOUPS

Students learn how to prepare stocks and soups. (Prerequisite: CKA 3900, CKA 3401)

CKA3461: BREADS & COOKIES

Students learn how to prepare yeast products as well as cookies and quick breads. (Prerequisite: CKA 3900, CKA 3401, CKA 3406, CKA 3456)

CKA3560: CKA PRACTICUM A

Students, on the work site, continue to develop and refine those competencies developed in related career and technology studies (CTS) occupational areas, previous practicums and other experiences.

**Level 3 Students – 1 (CKA 30)**

CKA3441: FRUITS & VEGETABLES

Students learn how to purchase, handle, store, cut and cook fruits and vegetables. (Prerequisite: CKA 3900, CKA 3401)

CKA3426: COOKING PROTEINS 2

Students develop skills and abilities in using seasonings, flavourings and marinades. Students learn to use, cook and handle proteins properly. (Prerequisite: CKA 3900, CKA 3401)

CKA3436: THICKENERS & SAUCES

Students learn how to use thickening and binding agents and how to prepare sauces that enhance the flavour of meats, fish, poultry, vegetables and pasta. (Prerequisite: CKA 3900, CKA 3401)

CKA3466: PIES & FILLINGS

Students learn how to prepare a variety of pies and pie fillings. (Prerequisite: CKA 3900, CKA 3401, CKA 3406, CKA 3456, CKA 3461)

CKA3565: CKA PRACTICUM B

Students, on the work site, continue to develop and refine those competencies developed in related career and technology studies (CTS) occupational areas, previous practicums and other experiences.

**Level 3 Students – 2 (CKA 40)**

CKA3446: STARCHES & SALADS

Students learn how to cook potato, pasta and rice dishes as well as learn how to prepare salads and make sandwiches. (Prerequisite: CKA 3900, CKA 3401)

CKA3451: BREAKFAST & DAIRY

Students learn how to plan and prepare traditional breakfast dishes as well as learn how to use dairy products for cooking and baking. (Prerequisite: CKA 3900, CKA 3401)

CKA3570: CKA PRACTICUM C

Students, on the work site, continue to develop and refine competencies developed in related CTS occupational areas, previous practicums and other experiences.

CKA3575: CKA PRACTICUM D

Students, on the work site, continue to develop and refine competencies developed in related CTS occupational areas, previous practicums and other experiences.

FOD 3070: SHORT-ORDER COOKING

Students develop knowledge and skills in the principles and preparation underlying short-order cookery. (Prerequisite: CKA 3900, CKA 3401)

**CLASS REQUIREMENTS**:

* pen, clean uniform, thermometer, SHARPIE, BLACK SHOES (preferably leather)

EVALUATION:

Basic Competencies/Professionalism 10%

* Appropriate dress, clean uniform, personal hygiene, appropriate workplace behavior (5%)
* Organized, On time, Demonstrates proper use of tools and equipment (5%)
* Safe food handling, Station clean and organized, Appropriate PPE

Course theory assignments, projects/presentations 20%

Individual Learning Modules need to be completed for each course (theory) with a passing grade. If students are absent on Theory days, they may need to complete theory before returning to the kitchen.

Course Tests 20%

Each learning module will conclude with a quiz/test. Students must pass the quiz in order to receive credit for the course and advance to the next course. If students are absent on test days, they may be required to write the test before returning to the kitchen.

Practical Kitchen Lab Work 40%

* Proper measurement, Followed recipe procedure, Flavor & Taste, Presentation
* Actively participates, Directions are followed, Behaves in professional manner, Always prepared, Assists others as needed, Takes initiative, Models cooperation, Encourages others
* Development of skills based on courses provided

Service 10%

To be determined this year but may include two lunches per month. Currently the cafeteria will be closed at lunch. Catering events, during and after school hours are a big part of the Chestermere High School Culinary Arts Program however RVS has eliminated these now. Any updates will be provided.

\*\*\*\* Because of the changes related to COVID, class instruction and kitchen production will change as the scenarios change. Please be patient. Changes for now include:

* North kitchen and south kiosk will be closed to all other students
* Level cohorts which will not change
* Cohorts in groups of 2-4 students, and remain in the same group all semester
* Proper hand washing before entering kitchen, after touching personal anything, changing of duties, when touching face or pockets
* No cell phones in kitchen – a separate storage place will be provided
* Masks MUST be worn in order to cook, if you cannot wear a mask you cannot cook as per AHS
* Gloves must be worn in cold food preparation
* Only one person (Chef Was?) can serve the food the group prepared, and food must be served with utensils and freshly washed/sanitized hands or wear gloves
* Students can only consume product they prepared in their group, in the culinary area. Food prepared for students cannot be shared with other culinary students, friends in other classes or be taken home. If there are leftovers, Chef Was will deal with them.

\*\*\*\*Attendance is a requirement of Alberta Apprenticeship and Industry Training (AIT). Students are required to complete a minimum number of learning hours in order to complete their apprenticeship, and this expectation extends to our program. Students who are going to be absent need to let Chef Wasylynuik know as large amounts of absences will affect their grade, as well as apprenticeship.

* Students are expected to be respectful, cooperative and put forth their best effort.