



## mastery

Training will prepare students for any food service training job.

Jobs include: baker assistant, chef assistant, pastry chef and restaurant manager.

# OACES CULINARY PROGRAM

The OACES Culinary Program provides students with an introductory experience to the food service industry in addition to daily operation of the OACES cafe.

The Culinary Program focuses on quality of preparation and presentation in both small and large quantity cooking. Both theory and hands-on experience are included in areas such as: menu planning, methods of cookery, food control, sanitation and food costing. Advanced instruction includes basic managerial and supervisory techniques.

**Training Duration:** 624 hours (3-6 months)

**Schedule:** 9:00 a.m. - 3:30 p.m., 5 days a week schedule, Monday–Friday

**Admission/Academic Requirements:** Class open to all students. No technology experience required.

**Performance Expectations:** Exemplary attendance, be able to lift 50 lbs. No food allergies that can result in immediate hospitalization.

**Costs:** Tuition for Culinary Program is \$5,000. Financial Assistance for Career Training classes will be assessed on an individual basis at Intake.

### REFUND POLICY

**Class Cancellation:** If OACES cancels a class cohort for any reason and a student has paid tuition, 100% of the tuition paid will be refunded within 45 days of the scheduled class start date.

**Tuition Refund:** If a student chooses to withdraw or otherwise has their enrollment terminated, they are required to complete the Withdrawal Form including all signatures. The student will submit the form to the Registrar. The date of Withdrawal is based on the Last Date of Attendance (LDA) to class as recorded in OACES official attendance records. The refund will be based on the following chart:

- Withdrawal before the start of class: 100% of tuition.
- Withdrawal before the end of the fourth week of classes: 100% of tuition.
- Withdrawal after the end of the fourth week of classes: No tuition refund.
- Any refund of paid tuition will be refunded within 45 days of the date the Withdrawal Form was submitted to the Registrar.

## Career Opportunities

- According to the Bureau of Labor Statistics, the average annual salary for Chefs and Head Cooks was \$58,740 in 2020.
- The restaurant industry is the country's largest employer after government with over 12.5 million jobs.
- Post-secondary education includes clinical dietetics, culinary arts, food service administration, hospitality services, hotel management and pastry arts.



## Program of Study & Technical Competencies

### Foundational Skills

- Identify safety hazards in the kitchen
- Complete ServSafe Food Handler's Certification
- Understand/demonstrate various methods and units of measure for measuring ingredients
- Identify common kitchen tools used to measure
- Maintain OACES minimum attendance standards
- Participate in operation of the Hart Street Café
- Food handler's cart

### Nutrition & Menu Basics

- Identify the sources of major nutrients, i.e. carbohydrates, fats, proteins and vitamins
- Identify common food allergies and appropriate substitutions
- Describe the function and importance of the menu
- Identify various types of menus

### Tools & Equipment

- Identify the basic tools and equipment used in the kitchen
- Demonstrate the proper use, cleaning, sanitizing and storage of common kitchen tools and equipment
- Identify common knives used in the kitchen and their parts
- Demonstrate safe use of knives

### Recipe Basics & Cooking Principles

- Identify the major parts of a recipe
- Demonstrate the ability to read and interpret a recipe before preparation begins
- Describe moist heat and dry heat cooking methods and other applications that use these methods, i.e. blanching, deglazing, reducing, etc.
- Describe how to create different flavors in foods

through cooking techniques and combination of ingredients

### Food Preparation & Production

- Identify techniques and demonstrate ability to prepare breakfast foods
- Identify techniques and demonstrate ability to prepare salads, dressings and sandwiches
- Identify techniques and demonstrate ability to prepare stocks, soups and sauces
- Identify techniques and demonstrate ability to prepare various starches
- Identify techniques and demonstrate ability to prepare beef, pork, poultry and seafood
- Identify methods and demonstrate ability to prepare various pastry items

### Food Handler Skills

- Complete ServSafe chapter reviews, study questions and quizzes for the following modules:
  - Food Safety is Important
  - Good Personal Hygiene
  - Controlling Time and Temperature
  - Preventing Cross-Contamination
  - Cleaning and Sanitizing
  - Job Specific Guidelines

### Certifications/Instructional Outcomes

- ServSafe Food Handler
- ROUXBE - Online cooking school
- American Red Cross Adult & Infant CPR/First Aid, AED Machine
- Culinary - Level I
- Culinary - level II