

Culinary Arts

Period 1, 3, 4	Mr. Trinier	Room 1224	awtrnier@cbe.ab.ca
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Course Description:

This program introduces students to the commercial food industry. Students spend most of the class time working in a large commercial kitchen under the instruction of culinary professionals. Students work in an authentic setting as the product they make are sold in the full service cafeteria or for caterings. This gives the students a realistic “feel” of the food service industry and helps the students make decisions about their career goals.

Course Objectives and Assessment:

As this is a Career and Technology Studies (CTS) course, all curricular outcomes will be drawn from the [Alberta CTS Program\(s\) of Studies](#)

Competencies – 30%

In CTS at Nelson Mandela, the following competencies will be assessed:

Competency	Descriptor
Information Management	Students demonstrate this competency when they identify and clarify clear criteria for problems, explore a variety of problem solving techniques, and then select and defend the most viable option.
Personal Management	Students demonstrate this competency when they take personal responsibility for their habits and wellbeing. This includes career skills like punctuality and professionalism as well as striving for personal excellence.
Communication and Collaboration	Students demonstrate this competency when they communicate clearly and effectively with a wide variety of audiences and peers. It also includes the effective use of communication technologies and the application of strategies to be an effective collaborator in a group.
Innovation and Creativity	Students demonstrate this competency when they take risks when exploring a variety of creative processes. They also adapt and persevere when exploring ways to create value and achieve excellence.
Complex Problem Solving	Students demonstrate this competency when they draw on multiple perspectives, disciplines and resources to select the most viable solution. They also approach all problems with optimism and hope.

Outcomes – 70%

Students taking culinary arts for the first time will be working towards the introductory set of credits while students in their second semester of the course will be working towards the Intermediate Credits.

These are the credits that may be offered in this course:

Introductory Credits

Credit	Outcome
CKA 3900 Apprentices Safety	Students develop knowledge, skills and attitudes in the practice of kitchen health and safety, communication and career planning.
CKA 3401 Kitchen Orientation	Students develop skills and abilities in the food service industry as they develop safe and efficient work habits.
CKA 3406 Kitchen Math	Students develop a basic understanding of the mathematics required in every aspect of the foodservices industry.
CKA 3441 Fruits & Vegetables	Students learn how to purchase, handle, store, cut and cook fruits and vegetables.
CKA 3456 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.

Intermediate Credits

Credit	Outcome
CKA 3411 Meat & 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.
CKA3421 Cooking Proteins 1	Students develop skills and abilities in using seasonings, flavourings and marinades. Students learn to use, cook and handle proteins properly.
CKA 3431 Stocks & Soups	Students learn how to prepare stocks and soups.
CKA 3446 Starches & Salads	Students learn how to cook potato, pasta and rice dishes as well as learn how to prepare salads and make sandwiches.
CKA 3466 Pies & Fillings	Students learn how to prepare a variety of pies and pie fillings.

Advanced Credits

Credit	Outcome
CKA 3916 Meat & 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.
CKA 3926 Cooking Proteins 2	Students develop skills and abilities in using seasonings, flavourings and marinades. Students learn to use, cook and handle proteins properly.
CKA 3936 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.
CKA 3951 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.
CKA 3961 Bread & Cookies	Students learn how to prepare yeast products as well as cookies and quick breads.

Course Materials and Resources:

This course charges a fee of \$45.00 that covers uniforms, hats, hair nets, and aprons as well as the food items for specialty project and instructional demonstrations. This is payable through the business office and proof of payment shown to the Culinary teacher. If a student is unable to pay the course fee they should consult the business office for guidance.

Students must dress for work in a commercial production environment keeping in mind safety and sanitation. Student will wear a chef jacket, hats, apron, long pants & closed toed shoes while working in the kitchen. The jacket, hat & apron will be provided.

Over the course of the 2023-2024 school year, Nelson Mandela High School teachers will maintain an online course presence containing materials, resources, assignments and supports through our D2L environment. It is important for students to take an active role in their learning and stay current in their schoolwork if away for any reason.