

# Culinary Arts

## *Recommended High School Courses/Levels*

- Reading level 10.9
- Math Courses
  - Algebra I – First year
  - Algebra II – Second/Third year
- Science Courses
  - Chemistry - Second year
  - Biology - Third year

*\*relates to student's years in program at ICTC and expectations during that year*

*\*detailed list of math skills noted in academic skills*

## *Recommendations for Success*

- Able to lift 50 pounds
- Manual dexterity/fine motor skills
- Follow safety precautions
- Fine motor skills to handle knives and equipment
- Strong eye/hand coordination
- Stand for long periods of time
- Work with extreme temperature changes
- Good attendance/homework completion



*\*This document is strictly intended to provide an overview of the program and to be used as an informative tool. Essentials skills is a tool to assist districts, parents, and students in the decision making process for program decisions, transition planning, and possible placement here at ICTC.*

*\*This document is not intended to and should not be used as a screening tool for student placement.*

Indiana County Career and Technology Center	Program Area Culinary Arts
<b>Objective of field</b>	Culinary Arts offers a wide range of career opportunities for those who enjoy preparing exciting cuisines and have an eye toward business ventures. This comprehensive program prepares students for post-secondary training and entry level positions in the rapidly-growing food service industry.
<b>Classroom Tests</b>	*CEP students – 18 First Year –37 Second Year – 22 Third Year – 10 *Career Exploration Program offered in 9 <sup>th</sup> grade
<b>Certification Tests</b>	ACF*/PA Skills Lab and written test occurring during the end of senior year
<b>Books</b>	5 main books plus supplemental texts as needed and supplied by program <u>On Cooking</u> <u>A Textbook of Culinary Fundamentals</u> <u>On Baking: A Textbook of Baking &amp; Pastry</u> <u>ServSafe Essentials</u> <u>Professional Cooking</u> <u>Professional Baking</u>
<b>Lecture Time</b>	First Year and CEP students – 2 ½ hours per week Second year – 2 hours per week Third year – 1 ½ hours per week
<b>Co-op/Clinical</b>	Available for qualified students during senior year
<b>Homework</b>	- Most work is completed in class setting - Homework will vary from 1-3 hours per week
<b>Task Lists</b>	CEP students – 6 per semester First Year– 18 for the year Second Year – 18 for the year Third Year – 14 for the year
<b>Planned Courses</b>	- Enhancement and Professional Development Skills – First, second, and third year - Safety and Sanitation – First and third year - Basic Table Service – First year - Nutrition – First year - Basic Cooking Principles – First year - Basic Bake Shop – First year - Advanced Food Production and Presentation – Second and third year - Advanced Pantry – Second and third year - Advanced Bake Shop – Second and third year - Inventory Control Management Skills – Third year
<b>Prerequisites</b>	- Hand/eye coordination - Manual dexterity - Able to lift 50 pounds - Fine motor skills for cutting, use of equipment, and small tools - Self-paced - Ability to stand for long periods - Work with extreme temperatures
<b>Academic Skills</b>	<i>Reading Level 10.9</i> <u>*Math Skills</u> - Fractions (add, subtract, multiply, divide) - Decimals - Order of operations - Measuring and conversions - Angles for cutting - Proportions - Bakers percentage - Adjusting recipes - Portion cost - Menu pricing
<b>Soft Skills</b>	- Social skills to interact and work with staff/customers - Communication to meet needs in hectic environment - Pacing - Independence
<b>Computer Skills</b>	- Microsoft Word - Basic email - Basic graphic/spreadsheets - Internet research

	- Power point program
<b>Physical Requirements</b>	- Lift 50 pounds - Stand for extended periods of time - Withstand extreme temperatures and changes - Manual dexterity - Excellent motor skills both fine and gross
<b>Vocational Testing Essential Aptitudes for lab recommended levels</b>	- Structural mechanical visualization/reasoning - Gross/fine motor skills - Manual dexterity
<b>Job Duties</b>	Students will learn: - Cooking/baking - Daily cleaning - Maintenance of equipment - Product preparation, - Personal safety/sanitation - Nutrition - Health analysis - Enforcement of ServSafe guidelines - Basic management inventory - Dining room skills - Customer service - After school functions - Cooking, serving, and cleanup
<b>Training</b>	The ICTC Culinary Arts program offers the prestigious American Culinary Federation Foundation (ACFF) Accrediting Commission certification which meets the professional standards for culinary education. As an ACFF Certified Secondary Program, the ICTC Culinary Arts program offers a certification which is a valuable credential awarded to qualifying seniors after a rigorous evaluation of professional education experiences and after thorough testing.
<b>Uniform Requirements</b>	- No facial or hand jewelry - No false fingernails/nail polish - Cook's cap - Chef jacket and pants - Instant read thermometer - Appropriate non-slip shoes that cover the entire foot. - <b>Rental Fee</b> for all these supplies is approximately \$70.00 students expense
<b>Articulation/Agreements (refer to course catalog for more)</b>	Westmoreland County Community College Penn College Pennsylvania Highlands Community College IUP Academy of Culinary Arts Full Year – 3 credits per class Duel enrollment program (Sanitation & Safety, Foods 1 and 2)
<b>Job Outlook</b>	<p>Chefs, cooks and food preparation workers held nearly 3.1 million jobs in 2004. The distribution of jobs among the various types of chefs, cooks, and food preparation workers were as follows:</p> <ul style="list-style-type: none"> <li>- Nearly two-thirds of all chefs' cooks, and food preparation workers were employed in restaurants and other food services and drinking places.</li> <li>- Almost one-fifth worked in institutions such as schools, universities, hospitals, and nursing care facilities. Grocery stores, hotels, gasoline stations with convenience stores, and other organizations employed the remainder.</li> </ul> <p>Job openings for chefs, cooks, and food preparation workers are expected to be plentiful through 2014; however, competition should be keen for jobs in the top kitchens of higher end restaurants. Hourly rate can range from minimum wage to \$27.00 an hour depending on location and job description. <a href="http://www.bls.gov/oco/ocos161.htm">http://www.bls.gov/oco/ocos161.htm</a></p> <p><b>Career Opportunities</b></p> <ul style="list-style-type: none"> <li>- Cook</li> <li>- Pastry Cook</li> <li>- Chef*</li> <li>- Nutritionist*</li> <li>- Waiter/Waitress</li> <li>- Kitchen Helper</li> <li>- Dietician*</li> <li>- Dining Room Host/Hostess</li> <li>- Pantry Goods Maker</li> <li>- Food Service Manager*</li> </ul> <p><b>*Post-secondary education required</b></p>
<b>How to find out more?</b>	<a href="http://www.ictc.ws/Secondary/at/p_home.htm">http://www.ictc.ws/Secondary/at/p_home.htm</a> US Department of Labor <a href="http://www.bls.gov/oco/ocos161.htm">http://www.bls.gov/oco/ocos161.htm</a> <a href="http://www.natef.org/">http://www.natef.org/</a>

\* ACF- American Culinary Federation

