



HOLY TRINITY CULINARY ARTS

Life Skills Employability Creativity



INTRODUCTION

In High School Culinary Arts, our objective is the completion of five Career & Technology Studies (CTS) credits. Students will cook as part of a kitchen team to plan and prepare a variety of delicious recipes, as well as complete culinary theory projects. In this course, students will expand their culinary skills and food literacy, as well as career skills such as safety, teamwork, communication, time management, and problem-solving. The goals are for students to apply the life skills they develop towards cooking independently at home, explore creativity through arts-based education, develop employability skills, and explore connections to possible career pathways in Skilled Trades.





**“Food is our common ground,
a universal experience”**

—James Beard



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HS CULINARY PROGRAM

HS Culinary Arts Course
Topics: 10-, 20- & 30-levels

MY TEACHING METHOD

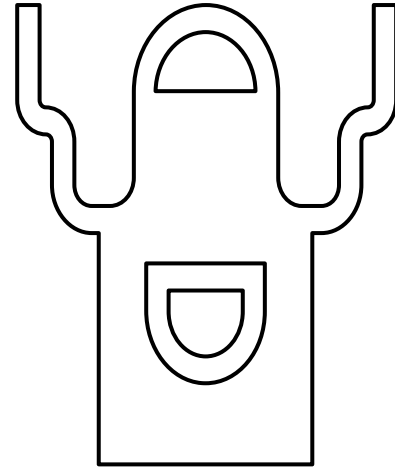
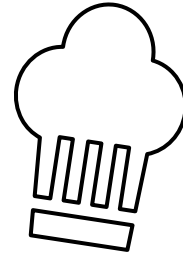


COOKING LAB PPE

PPE = Personal Protective Equipment.

This is our safety **Dress Code** for Skilled Trades or hazardous environments:

- Apron On
- Long Hair Tied Back
- Non-slip, Close-toed Shoes
- Legs and Arms Covered to prevent burns
- No Jewellery or Watches



OUR FOUR CORE VALUES

WE VALUE PERSONS

Students will be cooking as part of a **kitchen team** of 3-5 people. Every member of the team is essential and important in the kitchen. We learn to work together, take turns, and share the responsibilities.

WE VALUE COMMUNITY

We **respect** one another and treat each other with kindness and patience. We respect the ingredients and we don't waste food. We respect our equipment, treating equipment carefully and keeping the kitchens clean for others to use.

WE VALUE RESPONSIBILITY

Safety is the #1 priority in the Foods Lab. We are responsible for keeping ourselves and others safe. **Cleaning** is also necessary to keep our kitchens food safe. It is everyone's responsibility to make sure we leave the kitchen clean and organized for the next class coming in to use it.

WE VALUE LEARNING

This is a **learning kitchen**, not a professional restaurant. Students are assessed on their personal progress and skill development. Mistakes are not failures - they are how we learn! There are many ways to be successful in Culinary Arts and many transferable skills to learn.

SUMMATIVE ASSESSMENT

Cooking Labs & Basic Career Competencies	<p>We complete approximately 7 Cooking Labs per module for summative assessment.</p> <p>During Cooking Labs, students are assessed on:</p> <ol style="list-style-type: none">1. Proper Culinary Arts PPE Dress Code2. Working Safely3. Kitchen Sanitation and Cleaning Responsibilities4. Recipe Learning Outcome5. Teamwork6. Fundamental Skills: Basic Career Competencies 1-47. Personal Management Skills: Basic Career Competencies 5-11 <p>There are 11 Basic Career Competencies in CTS Foods courses that we are practicing and developing:</p> <ol style="list-style-type: none">1. Communicate2. Manage information3. Use numbers4. Think and solve problems5. Demonstrate positive attitudes and behaviours6. Be responsible7. Be adaptable8. Learn continuously9. Work safely10. Work with others11. Participate in projects and tasks	70% of module mark
Theory Assignments & Projects	<p>Each module has culinary theory assignments or a main project for students to complete.</p>	30% of module mark

HIGH SCHOOL CTS CULINARY ARTS PROGRAM

In **one semester** of CTS: Culinary Arts, students will achieve **5 High School CTS Credits**.

In Culinary Arts 10, students complete five 10-level credits.

In Culinary Arts 20 & 30 students complete a mix of five 20-level and 30-level credits.

There is a wide variety of credits to choose from, based on student interest and resource availability. In all CTS courses, we focus on students creating **personal connections** to the course content to inform **possible career pathway choices**, identifying practical life roles and **life skills** related to the content of the course, identifying **short-term and long-term goals** for personal success, and developing self-awareness of **employability skills**.

HIGH SCHOOL CULINARY ARTS COURSES - 10 Level



Food Basics

*Prerequisite for all other
Culinary Arts credits



Contemporary Baking



Snacks & Appetizers



Meal Planning 1



Fast & Convenience Foods



Canadian Heritage Foods



Farm to Table



Food & Nutrition Basics

HIGH SCHOOL CULINARY ARTS COURSES - 20 Level



Cake & Pastry



Safe Food Handling



Bread Products



Milk Products & Eggs



Soups & Sauces



International Cuisine



Creative Cold Foods



Basic Meat Cookery



Meal Planning 2



Vegetables & Fruits



Rush Hour Cuisine



Food Venture

HIGH SCHOOL CULINARY ARTS COURSES - 30 Level



Food Handler Certification



Entertaining with Food



Creative Baking



Food Presentation



Advanced Soups & Sauces



Yeast Products



Regional Cuisine



Advanced Meat Cookery



Food Processing



Food
Evolution/Innovation



Food For Life Stages



The Food Entrepreneur

QUESTIONS?

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