



Bridges Career Academy

Culinary Arts

Little Falls High School

Acquire basic food preparation skills and understand the culinary industry. Students will experience preparation and presentation of a variety of foods and gain an understanding of nutritional as well as health and legal issues related to the culinary industry. After completion of this Academy, they will be able to gain entry-level employment or continue their education.



Academic Courses

- Foods 1
- Foods 2
- International Foods
- Culinary Arts 1
- Culinary Arts 2

Career Experiences

- Listen to guest speakers from local culinary professionals
- Community Service Learning
- Tour of local food industries
- Attend the Bridges Career Exploration or other regional career fairs

Completion Standards

COMPLETE

- 4 of 5 courses
- OR
- 3 of 5 + ServSafe

GRADES **B** ↑

Earn a **certificate** and **green cord** at graduation



Job Skills

In addition to having technical skills, employers expect workers in this industry to have these skills:

- Ability to work in a group setting
- Time management, good listening skills
- Self-evaluation skills
- Reliability & good daily attendance
- Ability to follow directions
- Ability to work with customers



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ACADEMY COURSES

Foods 1 — .5 High School Credit

Are your cooking skills limited to instant oatmeal and frozen chicken nuggets? Gain basic information on cooking, food safety and sanitation. Students will also learn proper measuring and mixing techniques. Using hands-on lab experiences, these basic cooking skills will be used to prepare various baked products such as cakes, cookies, quick breads, fruits and vegetables. Foods 1 is recommended but not required for the other food courses.

Foods 2 — .5 High School Credit

Are you ready to expand your food knowledge and become more comfortable in the kitchen? This course identifies food-borne illnesses, especially those associated with meat. You will recognize different meat cookery methods, knowledge about cream and stock-based soups, and be able to distinguish types of salads and salad dressings. You will explore the world of casseroles and identify their nutritional content. We will also identify differences between herbs and spices and their uses in food.

International Foods — .5 High School Credit

Are you ready to expand your taste buds and cooking skills? In International Foods, we will gain a better insight about various cultures and their foods from around the world and how they have impacted American cuisine. We will discover the social, cultural, geographical and economic influences on food availability.

Culinary 1 — 1 High School Credit

This semester-long course is specifically designed for students who are passionate about cooking or looking into the Culinary Arts fields (restaurant or hotel ,management) as a potential career. This course is an industry-based program that uses the ProStart Curriculum to prepare students for careers in the restaurant and food service industry. Students will learn the basic skills and knowledge they need for success in the food service industry, such as: kitchen safety, basic and advanced food preparation techniques, nutrition, and operation of basic and specialized kitchen equipment. Completion of the Serv-Safe Food Handler Certificate will be required as part of the Culinary Arts 1. Students will work closely will professional mentor-chefs from local food service establishments throughout the course.

Culinary 2 — 1 High School Credit

This semester-long course is specifically designed for students who have successfully completed Culinary Arts 1. Students will continue to advance their knowledge and experience in the Culinary Arts field using the ProStart Curriculum, including a focus on operation and management of a food service establishment with advice and guidance from professional chefs from local food establishments.

COMPLETION STANDARD

Students wishing to receive a certification for this academy must complete four of the five courses and earn a “B” or higher in each of the courses OR complete three of the five courses (“B” or higher) and receive the “ServSafe” certification.

CAREER EXPERIENCES

Students will listen to guest speakers from the restaurant industry & Camp Ripley National Guard Base, participate in community service food preparation for the Little Falls Community Thanksgiving Dinner, and tour Sprout Growers Certified Kitchen.

-OVER-



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JOB SKILLS

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- Self-evaluation skills
- Reliability & good daily attendance
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