



# Bridges Career Academy

## Culinary

Staples-Motley High School

Acquire basic food preparation skills and understand the culinary industry. 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. Gain entry-level employment or continue education.



### Academic Courses

- ProStart I
- ProStart II

### Career Experiences

- Tour a different types of kitchens
- Attend the Bridges Career Exploration Day or other regional career fairs
- Learn “ServSafe” principles

### Completion Standards

COMPLETE

**All courses**

GRADES

**C** ↑

WORK EXPERIENCE

**400 hours**

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



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### Job Skills

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

- Active listening and speaking skills
- Attention to details
- Teamwork
- Reliability
- Problem solving
- Oral and written communications skills



# Culinary Career Academy

## Staples-Motley High School

The Culinary Academy allows students to acquire not only basic food preparation skills but also the information needed to 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. With the variety of career opportunities and the needs from local to national businesses, students will be prepared to go directly to employment or further their education when completing this Academy.

### ACADEMY COURSES

#### **ProStart I — 1 High School Credit**

In this class, students have the opportunity to explore the exciting and developing professions in the culinary industry using the National Restaurant Association's ProStart curriculum. ProStart students have opportunities to work with mentoring chefs from the local area. Throughout this year long course, students will learn about the type of opportunities available to them in the food service and hospitality industry. Some topics include but not limited to: career opportunities, communication skills, food safety, and introduction to kitchen equipment, culinary exploration and service management. It's an exciting, hands-on, fast-paced class waiting for just the right culinary student to expand their cooking repertoire.

#### **ProStart II — 1 High School Credit**

In this class, students will expand on what they have learned in ProStart I. The industry emphasis for ProStart II is nutrition, operational costs, and marketing. The culinary focus is breakfast, sandwiches, salads, meats, desserts, and global cuisine. Nationally recognized certification is available upon passing both ProStart I and ProStart II final exams with a minimum score of 70%, and completing 400 hours of work experience. Prerequisite Required: ProStart I

### COMPLETION STANDARD

Students wishing to receive a certification for this academy must complete ProStart I and ProStart II, complete final exams with a score of 70% or higher and complete 400 hours of work experience.

### CAREER EXPERIENCES

Students will attend the Bridges Career Exploration Day event and other regional career fairs, and learn "ServSafe" principles for the industry. Students will tour an industrial kitchen, Staples Motley High School kitchen, and experience an ethnic kitchen.

### JOB SKILLS

In addition to having technical skills, employers expect their workers to have other skills such as:

- Active listening and speaking skills
- Attention to details
- Team work
- Reliability
- Problem solving
- Oral and written communications skills
- Ability to work with customers

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