



Bridges Career Academy Restaurant and Culinary Skills

Aitkin High School

Acquire basic food preparation skills and understand the culinary industry. Experience preparation and presentation of foods and gain an understanding of nutritional as well as health and legal issues related to the culinary industry. Use the nationally known ProStart curriculum, train with a local resort's chef and apply skills in a model restaurant. Gain entry-level employment or continue education.



Academic Courses

- Foods I
- Foods II
- Restaurant and Culinary Skills
- Global Foods

Career Experiences

- Tour local businesses
- Listen to industry speakers
- Learn "ServSafe" principles
- Attend the Bridges Career Exploration Day or other regional career fairs

Completion Standards

COMPLETE

**3 of 4
courses**

GRADES

B↑

ATTENDANCE

<2

**unexcused
absences**

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
- Team work
- Reliability
- Problem solving
- Oral and written communications skills
- Ability to work with customers



Restaurant and Culinary Skills Career Academy

Aitkin High School

The Restaurant and Culinary Skills Academy allows students to acquire basic food preparation skills and understand the culinary industry. Students 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. Using the nationally known ProStart curriculum, students will train with a local resort's chef and apply their skills in a model restaurant. Students will be prepared to go directly to employment or further their education.

ACADEMY COURSES

Foods I — 1 High School Credit

Students explore professions in the culinary industry using the National Restaurant Association's ProStart curriculum. This beginning level foods course focuses on food and kitchen safety and basic cooking techniques. Food preparation experiences include food preservation, eggs, dairy, breakfast items, stocks and sauces, finalizing in making a full meal. Consumer awareness factors such as cost and nutrition are emphasized. This course is a prerequisite for Foods II and Restaurant and Culinary Skills.

Foods II — 1 High School Credit

Using ProStart curriculum, students learn cooking methods for fruits, vegetables, meats, poultry and starches as well as how to use the equipment while preparing the food using professional techniques. Nutrition and healthy menu choices, dietary restrictions and allergy restrictions are reviewed. Baking skills highlight the course as students bake pies, cakes, yeast breads and desserts.

Restaurant and Culinary Skills — .5 High School Credit

The course is a hands-on culinary course in which students will develop their culinary skills through using proper techniques during food labs. Students learn restaurant management skills essential to running a successful food services establishment. Topics include; safety and sanitation, cost control, salads and garnishes, purchasing and inventory, meat, poultry and seafood, marketing, desserts and baked goods.

Global Foods — 1 High School Credit

This course gives students a first-hand opportunity to cook foods that come from other parts of the world. Students learn customs, eating patterns, cultures of countries and create many different ethnic cuisines. Global Foods concentrates on traditional food preparations with plenty of hands-in opportunities.

COMPLETION STANDARD

Students wishing to receive a certification for this academy must complete 3 of the 4 courses, have no more than 2 unexcused absences during model restaurant, and pass each course with a B or better.

CAREER EXPERIENCES

Students will attend the Bridges Career Exploration Day event and other regional career fairs, and learn "Serv Safe" principles for the hospitality industry. Restaurant prep/independent studies are available through employment at local restaurants and culinary businesses. In addition, students tour a local Aitkin restaurant, listen to culinary speakers, tour Ruttger's Bay Lake Lodge and experience presentations from local chefs.

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
- Reliability, Team work and Problem solving
- Oral and written communications skills
- Ability to work with customers

CAREER OPTIONS: www.careerwise.minnstate.edu/careers

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www.BridgesConnection.org/Aitkin