



Bridges Career Academy

Culinary Arts

Pequot Lakes High School

Learn basic food preparation skills and the information needed to understand the hospitality industry. Experience preparation and presentation of a variety of foods, while gaining an understanding of nutritional, health and legal issues related to the culinary industry. Participate in an industry driven curriculum (ProStart) and work with local chefs while honing their skills. Gain entry-level employment or continue education.



Academic Courses

- Smart Cooking
- Culinary Arts I
- Culinary Arts II

Career Experiences

- Work with a professional chef
- Tour local businesses/resorts
- Listen to industry speakers
- Job shadow a culinary professional
- Attend the Bridges Career Exploration Day or other regional career fairs

Completion Standards

COMPLETE

ALL courses

GRADES **B** ↑

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



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www.careerwise.minnstate.edu/careers

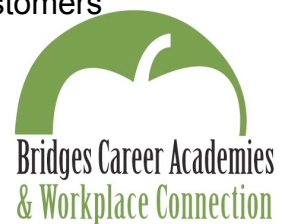
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Find postsecondary programs
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Job Skills

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

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



www.BridgesConnection.org/PequotLakes

Culinary Arts Career Academy

Pequot Lakes High School

The Culinary Academy allows students to acquire basic food preparation skills and the information needed to understand the hospitality 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 an industry driven curriculum, ProStart, students will have the opportunity to work with local chefs while honing their skills. 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

Smart Cooking — .5 High School Credit

This course is an entry level foods class which covers basics in food preparation and cooking methods. Foods included are quick breads/grains, fruits and vegetables, dairy egg cookery, convenience foods and healthy snacks. Guidelines for food nutrition will be emphasized.

Culinary Arts I — .5 High School Credit

From how to hold a knife properly to ensuring your restaurant makes money, Culinary Arts 1 teaches you what you need to start a career in restaurants. The curriculum blends front-of-the-house and back-of-the-house content starting with an overview of the industry, students will move into kitchen essentials; including equipment and culinary techniques, and management essentials like communication and customer service. Students spend time in the kitchen honing your ability to cook restaurant quality meals and how to keep guests coming back. Students become immersed in hot topics within the industry, such as sustainability and global cuisines. Just as important, students become armed with the skills to find and keep a job within the restaurant industry.

Culinary Arts II — .5 High School Credit

From culinary techniques to management skills, Culinary Arts 2's industry driven curriculum provides real-life experiences, builds practical skills and provides a foundation that will last a lifetime. By bringing together the restaurant industry and the classroom, the course gives students a platform to discover new interests and talents to open doors for fulfilling careers. It happens through a curriculum that includes all facets of the industry, and sets a standard of excellence for students and the industry. Units of study include: nutrition, desserts, breakfast foods, meat, poultry and seafood, and global cuisine.

COMPLETION STANDARD

Students wishing to receive a certification for this academy must maintain a 'B' or better grade in each course while completing all the courses.

CAREER EXPERIENCES

Students will have a variety of experiences in this academy which will include working with a professional chef in their classroom, touring local businesses and resorts, listening to hospitality professionals in their classroom, job shadowing culinary professionals and attend the Bridges Career Exploration Day event and other regional career fairs.

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

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

JOB OUTLOOK: www.careerwise.minnstate.edu/jobs

POSTSECONDARY PROGRAMS: www.careerwise.minnstate.edu/education



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