



Bridges Career Academy Culinary

Pine River – Backus High School

Acquire basic food preparation skills and the information needed to 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. Work with a professional local restaurant owner. Uses ProStart curriculum. Gain entry-level employment or continue education.



Academic Courses

- Foods and Nutrition
- Creative Foods
- Foods for Today

Career Experiences

- Tour local businesses
- Listen to industry speakers
- Attend the Bridges Career Exploration Day or other regional career fairs
- Participate in leadership camp

Completion Standards

COMPLETE

ALL courses

GRADES **C** ↑

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



www.BridgesConnection.org/PineRiverBackus

Culinary Career Academy

Pine River - Backus 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 as they work with a professional local restaurant owner. With the variety of career opportunities and the needs from local to national businesses, because the Academy uses the National Hospitality curriculum, ProStart, students will be prepared to go directly to employment or further their education when completing this Academy.

ACADEMY COURSES

Foods and Nutrition — 1 High School Credit

This course includes the basics in food preparation, including food and kitchen safety, functions of ingredients, cooking terms and measurements. The culinary skills coupled with an emphasis on the nutritional value will be practiced in the kitchen while working with a variety of recipes and food practices. The six nutrients and how the body unitized them as well as a philosophy of wellness are incorporated into this hands-on course.

Creative Foods — 1 High School Credit

The course emphasizes the creative side to preparing food. Studies include looking at the regional cuisine of the United States as well as 'traveling' abroad to France, Italy, India and other counties. Students will learn how foods became part of each country's culture and who we have adapted them in the United States.

Foods for Today — 1 High School Credit

This course emphasizes practical food preparation skills. Studies include an investigation of eggs, dairy products, cereals, grains and breads, fruits and vegetables and meats, nutrition, menu planning and meal preparation is incorporated along with manners, etiquette, creativity and presentation.

COMPLETION STANDARD

Students wishing to receive a certification must complete all courses and earn 'C' or better in each course.

CAREER EXPERIENCES

Students will attend the Bridges Career Exploration Day event and other regional career fairs, a Leadership Camp, experience Job Shadows and Industry Tours. Students will have opportunities to tour a local restaurant and work with the restaurant owners in all areas of restaurant management.

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

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