



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

- Foods A
- Foods B
- Culinary Basics
- Regional and International Foods
- Foods for Wellness

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

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

GRADES **B** ↑

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



www.BridgesConnection.org/StaplesMotley

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Culinary Career Academy

Staples-Motley High School

The Culinary Academy allows students to acquire basic food preparation skills and understand the culinary industry, using national industry curriculum, ProStart. 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. Students will be prepared to go directly to employment or further their education.

ACADEMY COURSES

Foods A — .5 High School Credit

This course introduces the Food Service Industry, culinary terms and history, and use of weights and measures. Food sanitation, tools and equipment along with basic cooking principles will be covered. Students will prepare products from scratch focusing on the following ingredients: eggs, dairy, sauces, vegetables, fruits, salads, grains, and pasta.

Foods B — .5 High School Credit

The course teaches practical skills in regards to baking. Students will learn basic food safety and sanitation skills. Baking from starch is emphasized. Students will learn baking terminology, the function of ingredients and how to bake quality products such as quick breads, yeast breads, pies, cakes, cookies and other baked products.

Culinary Basics — .5 High School Credit

This course provides an introduction to the Food Service Industry, culinary terms and history, and use of weights and measures. Food sanitation, tools and equipment along with basic cooking principles will be covered. Students will prepare products from scratch focusing on the following: sauces, grains and pasta, salads, dressings, and sandwiches. Students may also earn the ServSafe food handler certificate.

Regional and International Foods — .5 High School Credit

This course provides the students with opportunities to explore how food is affected by culture and region importance. Students will learn about various cultures and regions in the United States and make food from those cultures/regions. Various countries around the world will also be studied to understand their impact on American Cuisine.

Foods for Wellness — .5 High School Credit

Students will realize the components and lifelong benefits of sound nutrition and wellness practices. Topics include: impact of daily nutrition and wellness practices on long-term health and wellness; physical, social, and psychological aspects of healthy nutrition and wellness choices; planning for wellness and fitness; selection and preparation of nutritious meals and snacks based on USDA Dietary Guidelines. Students learn Food Guide Plate; food safety, sanitation, and storage; as well as recycling processes and issues associated with nutrition and wellness. The impacts of science and technology on nutrition and wellness issues; and nutrition and wellness career paths are also discussed.

COMPLETION STANDARD

Students wishing to receive a certification for this academy must complete four of the five courses and earn 80% in each of the courses OR complete three of the five courses (earning 80%) and receive the “ServSafe” certification.

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.

-OVER-



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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

