

# OYAP: COOK



## ONTARIO YOUTH APPRENTICESHIP PROGRAM:

Students will be integrated with regular college apprentices to earn their Level 1 Apprenticeship.

**CAMPUS:** Kingston

**SEATS:** Student(s) from a surrounding high school will participate

**DURATION:** September 7<sup>th</sup>, 2021 – April 22, 2022

**ORIENTATION:** September 7<sup>th</sup>, 2021

## CREDITS EARNED:

- MTCU LEVEL 1 APPRENTICESHIP – CODE: **415A**
- 3 SECONDARY SCHOOL MINISTRY DUAL CREDITS – CODE: **TKA4Y**
- 7 COLLEGE CREDITS – TOTAL OF 360 HOURS

## COLLEGE CREDITS INCLUDE:

### Fall Semester

#### CHEF 103 Nutrition

This course provides the student with basic knowledge of nutritional principles and how these are applied to all aspects of food production, healthy eating, and how food is utilized by the body. Students learn about the Canadian Food Guide and various dietary guidelines that are used when developing recipes, menus, portion sizes, and promoting healthy eating choices.

#### CHEF 104 Culinary Techniques 1

In this practical lab course, students develop foundational culinary techniques in a production kitchen. Students demonstrate the ability to plan, prepare, and present menu items. Students learn to follow technical instructions, develop knife skills, and practice classical cooking methods and techniques in food preparation.

#### CHEF 105 Food Science 1

This course introduces students to the theories, science, and foods involved in the fundamentals of classical French cuisine and culinary techniques as they pertain to the professional modern food service industry. Students learn cooking methods and the wide range of ingredients used in the operation of a professional kitchen and the foundational principles of bakeshop production.

#### CHEF 106 Baking 1: Foundations of Baking

This course provides students with an introduction to the theory, science, and application of fundamentals techniques in the professional bakeshop. Students apply the knowledge of how various ingredients interact and develop the skills required to prepare yeast products, quick bread, pies, pastries, cookies, custards, and sweet/savory fillings.

#### CHEF 108 Kitchen Management 1

This course provides an overview of the operational guidelines for a professional food service operation in a variety of subsections of the industry. It also assists students to explore the possible career paths within the various styles of operations in the industry. The course emphasizes the need for teamwork, communication strategies, and the physical/mental/organizational demands of the professional kitchen. Students acquire the skills required to provide a safe, healthy, and well-maintained kitchen environment using the principles of the Hazard Analysis of Critical Control Point System (HACCP).

## Winter Semester

### CHEF 203 Food Science 2

This course builds upon the theories and science involved in the fundamentals of classical and modern food cookery as it pertains to the professional kitchen. Students demonstrate a working knowledge of food theory and how it is applied in culinary labs. The science of sauces and sauce making, both classical and modern, comprehensive meat, poultry, seafood fabrication, and vegetable theory are the focus of this course.

### CHEF 204 Culinary Techniques 2

This course focuses on the development of skills and professional confidence in the preparation and delivery of menu courses served to the public. Students apply foundational and intermediate preparation methods including the selection and use of appropriate cooking/baking techniques, ingredients, mise en place, and garnishes. Working in a modern brigade system, students develop practical team and interpersonal skills. Students perform a wide range of cooking techniques in the operation of lunch service in the college dining room.

### CHEF 208 Kitchen Management 2

In this course, students are introduced to environmental sustainability, cost control techniques, and legal aspects of food operations. Students become familiar with managing human resources, materials, and supplies and with the applicable laws/regulations that cover the industry sector such as the Canadian Food Inspection Agency (CFIA), Health Boards, and the Liquor Control Board of Ontario (LCBO) and the Alcohol and Gaming Commission of Ontario (AGCO).

## IMPORTANT DATES: FALL SEMESTER

<b>Sept 7, 2021</b>	Class begins
<b>Oct 11, 2021</b>	Thanksgiving – <u>No Class</u>
<b>Oct 25-29</b>	College Fall Break – <u>Class as usual</u> (no break for apprentices)
<b>Dec 17, 2021</b>	Last day of Class before Holiday Break

## IMPORTANT DATES: WINTER SEMESTER

<b>January 10, 2022</b>	Classes begin @ SLC
<b>March 7 -11, 2022</b>	College Winter Break - <u>Class as usual</u> (no break for apprentices)
<b>April 15, 2022</b>	Good Friday – <u>No Class</u>
<b>April 18, 2022</b>	Easter Monday – Class @ SLC
<b>May 23, 2022</b>	Victoria Day – <u>No Class</u>
<b>April 22, 2022</b>	Last day of class & Debrief students <u>please</u> complete. Please check your e-mail for information or contact <a href="mailto:DualCredit@sl.on.ca">DualCredit@sl.on.ca</a>

**PA DAYS & MARCH BREAK:** During scheduled board PA days and March Break, St. Lawrence College classes are still in session. You are expected to attend if you have an SLC class scheduled on this day.

## SLC.ME – APPLYING TO GRADUATE:

Students in Level 1 Apprenticeship programs must apply to graduate through SLC.me after successful completion of their college courses. If students apply to graduate they will receive a certificate from St. Lawrence College in the mail (*please ensure your address is current and correct with the Dual Credit/PASS office*). When students complete their Level 3, students can apply to graduate and attend the convocation ceremony.

## FOR MORE INFORMATION:

**Website:** [stlawrencecollege.ca/dualcredit](http://stlawrencecollege.ca/dualcredit)

**Email us at:** [DualCredit@sl.on.ca](mailto:DualCredit@sl.on.ca)

## IN PARTNERSHIP WITH:

