

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: Tuesday, September 3 until Tuesday, June 2

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:

COOK 101 – FOOD THEORY

This course will introduce to the student the theories, sciences and basic ingredients involved in the fundamentals of classical French and Italian food cookery as it pertains to the professional modern foodservice industry. The student will demonstrate a progressive working knowledge and application to the culinary labs of food theory in preparation of the practical aspects of culinary techniques, execution of menu items, skills development, ingredient understanding, cooking methodology and the science of heat transfer.

COOK 102 - SAFETY, SANITATION & EQUIPMENT

This course is designed to provide the student with the skills required to provide a safe, healthy and well maintained kitchen environment to ensure food and beverages are free from harmful bacteria and contaminants. The principles of the Hazard Analysis of Critical Control Point System (HACCP) will be applied and evaluated to ensure the students take a preventative approach to safety, sanitation and maintenance of facilities, equipment and supplies.

COOK 103 – BASIC NUTRITION

This course is designed to provide the student with the basic knowledge of nutritional principles that can be applied to all aspects of food production. The student will demonstrate the use of the Canada Food Guide, Various Dietary Management Guidelines and Templates, Ethnic Food Choices and Heart Smart protocols as a basic planning tool when developing recipes, menus, portions sizes and promoting healthy eating choices. Calorie Counting and Management, Dietary Restrictive Menus and Choices and how food is utilized by the body will be understood and utilized.

COOK 104 - BAKE THEORY

This course will introduce to the student the theories, sciences and basic ingredients involved in the fundamentals of classical French and Italian food cookery as it pertains to the professional modern foodservice industry. The student will demonstrate a progressive working knowledge and application to the culinary labs of food theory in preparation of the practical aspects of culinary techniques, execution of menu items, skills development, ingredient understanding, cooking methodology and the science of heat transfer.

COOK 105 – TECHNIQUES OF BAKING

This course provides an introduction to the theory, science and application involved in the fundamentals of classical baking and pastry as it pertains to the professional kitchen. The student will apply the knowledge of how various ingredients interact. The student will acquire the skills required to prepare yeast products, pies, pastries, cookies, custards and sweet/savory fillings

COOK 106 - CULINARY TECHNIQUES

You will demonstrate the ability to provide fundamental planning, preparation, and presentation for simple menu items and menu combinations. You will develop knife and cutting skills. You will be able to apply basic/classical techniques in food preparation methods, including selection of cooking technique and equipment, mise-en-place development, breakfast cookery, foundation stocks and mother sauces, emulsifications, basic soups and basic garde-manger skills.

COOK 107 – KITCHEN MANAGEMENT

This course is designed to help the student develop an understanding of basic kitchen management concepts. Classical and modern culinary terminology, culinary language, international cooking terminology and the history of culinary/feasting patterns and the development of the modern lodging and food service industry sectors. Students will also become familiar with managing human resources, materials and supplies and with the applicable laws/regulations that cover the industry sector with a particular focus on the CFIA, Health Boards and the LCBO and the AGCO. Learners will demonstrate and working knowledge for recipe yields and conversions and the use and development of standardized recipes. Learner will demonstrate a basic working knowledge of practices relating to the purchasing and receiving of hard and perishable goods, stock rotations and preparation of requisitions and par stock levels.

COOK 108 – BUSINESS DEVELOPMENT

This course is designed to help the student develop an understanding of basic kitchen management concepts. Classical and modern culinary terminology, culinary language, international cooking terminology and the history of culinary/feasting patterns and the development of the modern lodging and food service industry sectors. Students will also become familiar with managing human resources, materials and supplies and with the applicable laws/regulations that cover the industry sector with a particular focus on the CFIA, Health Boards and the LCBO and the AGCO. Learners will demonstrate and working knowledge for recipe yields and conversions and the use and development of standardized recipes. Learner will demonstrate a basic working knowledge of practices relating to the purchasing and receiving of hard and perishable goods, stock rotations and preparation of requisitions and par stock levels.

IMPORTANT DATES: FALL SEMESTER

Tuesday, September 3	Class begins
Monday, October 78	Thanksgiving – <u>No Class</u>
October 21 - 25	College Fall Break – <u>Class as usual</u> (no break for apprentices)
Friday, December 13	Last day of Class before Holiday Break

IMPORTANT DATES: WINTER SEMESTER

January	Classes begin @ SLC
February	College Winter Break - <u>Class as usual</u> (no break for apprentices)
Friday, April 10	Good Friday – <u>No Class</u>
Monday, April 13	Easter Monday – Class @ SLC
Monday, May 18	Victoria Day – <u>No Class</u>
Tuesday, June 2	Last day of class & Debrief students <u>please</u> complete. Please check your e-mail for information or contact DualCredit@sl.on.ca

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

Email us at: DualCredit@sl.on.ca

IN PARTNERSHIP WITH:



SCWI/PASS / St. Lawrence College / Algonquin Lakeshore Catholic District School Board / Catholic District School Board of Eastern Ontario / Limestone District School Board / Upper Canada District School Board