

Area of Interest: Culinary, Hospitality and Tourism

Culinary Skills

Ontario College Certificate

Program Code: 0206X01FWO

1 Year

Ottawa Campus

Our Program

Sharpen your skills in world-class culinary labs.

This one-year Culinary Skills Ontario College Certificate program teaches you the cutting-edge skills you need to succeed in the high-growth culinary industry. Learn essential food preparation skills and techniques from industry professionals in Algonquin College's world-class culinary labs. Topics include nutrition and food theory, food cost control, menu planning and sanitation and safety procedures.

The hands-on experience and knowledge you gain opens many doors for you and helps to shape your career as a professional cook.

Some classes are held in the evening and on the weekend in Restaurant International, Algonquin College's on-campus fine-dining restaurant, to give you a taste of your career before graduation.

Expand your real-world experience and make industry connections with an 80-hour field placement. With opportunities to participate in community events, culinary competitions and activities, you have many opportunities to refine your skills and gain further experience.

The skills you gain may open doors to your culinary career as cooks or assistant cooks in:

- restaurants
- hotels
- resorts
- clubs
- cruise ships
- catering companies

With additional training, you may advance into positions such as:

- commis de cuisine
- junior/executive sous-chef, and
- executive chef de cuisine

SUCCESS FACTORS

This program is well suited for students who:

- Are well organized, creative and work well under tight time constraints and pressure.
- Aspire to own a restaurant or use their entrepreneurial spirit to manage an existing business.
- Can work independently and contribute to a team environment.
- Are able to work long hours.

- Seek rewarding opportunities and experiences.
- Understand the importance of work safety practices.

Employment

There is a strong demand for trained cooks and the food and beverage industry is now offering good salaries and working conditions to attract skilled personnel. Graduates may find employment as cooks or assistant cooks in the food service departments of restaurants, hotels, motels, resorts, cruise ships, institutions and catering companies. With further training, graduates may advance to positions as commis de cuisine, department chefs, junior sous-chefs, executive sous-chefs, chefs de cuisine and executive chefs de cuisine. Graduates may also pursue self-employment opportunities.

Learning Outcomes

The graduate has reliably demonstrated the ability to:

- Provide fundamental culinary preparation and presentation for a variety of food service environments using a range of classical and contemporary techniques.
- Apply basic food and bake science to food preparation to create a desired end product.
- Contribute to and monitor adherence of others to the provision of a well-maintained kitchen environment and to the service of food and beverage products that are free from harmful bacteria or other contaminants, adhering to health, safety, sanitation and food handling regulations.
- Ensure the safe operation of the kitchen and all aspects of food preparation to promote healthy work spaces and the responsible, efficient use of resources.
- Support the development of menu options that reflect knowledge of nutrition and food ingredients, promote general health and well-being, respond to a range of nutritional needs and preferences and address modifications for special diets, food allergies and intolerances, as required.
- Apply fundamental business principles and recognized industry costing and control practices to food service operations to promote a fiscally responsible operation.
- Apply basic knowledge of sustainability, ethical and local food sourcing, and food security to food preparation and kitchen management, recognizing the potential impacts on food production, consumer choice and operations within the food service industry.
- Use technology, including contemporary kitchen equipment, for food production and promotion.
- Perform effectively as a member of a food and beverage preparation and service team and contribute to the success of a food-service operation by applying self-management and interpersonal skills.
- Develop strategies for continuous personal and professional learning to ensure currency with and responsiveness to emerging culinary techniques, regulations, and practices in the food service industry.
- Identify and apply discipline-specific practices that contribute to the local and global community through social responsibility, economic commitment and environmental stewardship.

Program of Study

Level: 01	Courses	Hours
ENL1813H	Communications I	42.0
FOD2102	Trade Calculations and Computer Applications	14.0

FOD2103	Sanitation and Safety Training	14.0
FOD2107	Theory of Food	56.0
FOD2111	Culinary Techniques I	70.0
FOD2119	Introduction to Baking and Pastry	42.0
FOD2132	Culinary Fundamentals	42.0
HOS2015	Dimensions of Food	42.0
Level: 02	Courses	Hours
FLD0100	Field Placement Culinary Arts	80.0
FOD2117	Contemporary Production Methods	56.0
FOD2126	Culinary Techniques II	70.0
FOD2129	Nutrition and Food Preparation	28.0
FOD2197	Culinary Restaurant Operations	98.0
HOS2131	Menu Planning	42.0

Fees for the 2023/2024 Academic Year

Tuition and related ancillary fees for this program can be viewed by using the Tuition and Fees Estimator tool at <https://www.algonquincollege.com/fee-estimator> .

Further information on fees can be found by visiting the Registrar`s Office website at <https://www.algonquincollege.com/ro> .

Fees are subject to change.

Additional program related expenses include:

- The tuition fees listed above cover the cost of required footwear, uniform, knives and toolkit. Items are provided to each student at the start of the program.

Admission Requirements for the 2024/2025 Academic Year

College Eligibility

- Ontario Secondary School Diploma (OSSD) or equivalent. Applicants with an OSSD showing senior English and/or Mathematics courses at the Basic Level, or with Workplace or Open courses, will be tested to determine their eligibility for admission; OR
- Academic and Career Entrance (ACE) certificate; OR
- General Educational Development (GED) certificate; OR
- Mature Student status (19 years of age or older and without a high school diploma at the start of the program). Eligibility may be determined by academic achievement testing for which a fee of \$50 (subject to change) will be charged.

Program Eligibility

- English, Grade 12 (ENG4C or equivalent).
- Applicants with international transcripts must provide proof of the subject-specific requirements noted above and may be required to provide proof of language proficiency. Domestic applicants with international transcripts must be evaluated through the International

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- IELTS-International English Language Testing Service (Academic) Overall band of 6.0 with a minimum of 5.5 in each band; OR TOEFL-Internet-based (iBT)-overall 80, with a minimum of 20 in each component: Reading 20; Listening 20; Speaking 20; Writing 20; OR Duolingo English Test (DET) Overall 110, minimum of 110 in Literacy and no score below 95.
- Not sure if you meet all of the requirements? Academic Upgrading may be able to help with that: <https://www.algonquincollege.com/access/>.

Should the number of qualified applicants exceed the number of available places, applicants will be selected on the basis of their proficiency in English.

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Application Information

CULINARY SKILLS Program Code 0206X01FWO

Applications to full-time day programs must be submitted with official transcripts showing completion of the academic admission requirements through:

ontariocolleges.ca
60 Corporate Court
Guelph, Ontario N1G 5J3
1-888-892-2228

Students currently enrolled in an Ontario secondary school should notify their Guidance Office prior to their online application at <http://www.ontariocolleges.ca/>.

Applications for Fall Term and Winter Term admission received by February 1 will be given equal consideration. Applications received after February 1 will be processed on a first-come, first-served basis as long as places are available.

International applicants please visit this link for application process information:
<https://algonquincollege.force.com/myACint/> .

For further information on the admissions process, contact:

Registrar`s Office
Algonquin College
1385 Woodroffe Ave
Ottawa, ON K2G 1V8
Telephone: 613-727-0002
Toll-free: 1-800-565-4723
TTY: 613-727-7766
Fax: 613-727-7632
Contact: <https://www.algonquincollege.com/ro>

Additional Information

This program has a September, January and May intake.

Fall Intake (September Start)
Fall Level 1/Winter Level 2

Winter Intake (January Start)
Winter Level 1/Spring Level 2

Spring Intake (May Start)
Spring Level 1/Fall Level 2

Contact Information

Program Coordinator(s)

- Dan Halden, <mailto:haldend@algonquincollege.com> , 613-727-4723, ext. 7320

Course Descriptions

ENL1813H Communications I

Communication remains an essential skill sought by employers, regardless of discipline or field of study. Using a practical, vocation-oriented approach, students focus on meeting the requirements of effective communication. Through a combination of lectures, exercises, and independent learning, students practise writing, speaking, reading, listening, locating and documenting information, and using technology to communicate professionally. Students develop and strengthen communication skills that contribute to success in both educational and workplace environments.

Prerequisite(s): none
Corerequisite(s):none

FLD0100 Field Placement Culinary Arts

Real-world practical experience allows culinary professionals to further develop and refine their skills. Students benefit from opportunities to apply their knowledge in a workplace setting and may fulfil the work placement hours by volunteering or working for the host facility. Students must complete 80 hours of work placement per year in order to graduate.

Prerequisite(s): none
Corerequisite(s):none

FOD2102 Trade Calculations and Computer Applications

In order to select appropriate menu prices, culinary professionals must be able to calculate the cost of individual portions and recipes, as well as manipulate food cost percentages. Students practise basic and advanced trade calculations to define common food costing terminology, cost recipes and calculate menu prices. Emphasis is on the introduction of industry-relevant computer applications used to create common workplace documents and presentations. Students practise costing basic menus, performing a variety of industry-specific calculations and using applicable computer software and applications.

Prerequisite(s): none
Corerequisite(s):none

FOD2103 Sanitation and Safety Training

An awareness of key regulations and requirements is a necessity to be equipped for the hands-on and practical components of a career in the food service industry. Students are certified in a variety of industry-related food handling training, and Canadian sanitation and safety regulations and procedures, in addition to harassment training. Hands-on experiential components prepare students for real-world culinary and food service occupations.

Prerequisite(s): none
Corerequisite(s):none

FOD2107 Theory of Food

A fundamental, theoretical knowledge of culinary concepts is essential for success in the food service industry. Students learn basic and advanced principles for the identification and selection of meat, fish, shellfish and vegetable products, as well as best practices and cooking methodologies for their preparation. Students also explore intrinsically related aspects of sustainability and prepare to challenge the Red Seal Cook certification exam.

Prerequisite(s): none
Corerequisite(s):none

FOD2111 Culinary Techniques I

Students focus on foundational cooking methods and organizational skills. Students butcher, cook and taste a variety of meats, poultry and fish items with appropriate sauces and garnishes. Emphasis is on portion control, reinforcement of proper techniques and sanitary work environments. Students view basic food preparation demonstrations. They prepare each item demonstrated and practise in modern facilities. Demonstrations include sauces, stocks, poultry, meats, soups and fish.

Prerequisite(s): none
Corerequisite(s):none

FOD2117 Contemporary Production Methods

Building on fundamental culinary techniques, students are exposed to different styles of cooking. Students study and apply cooking techniques found in a variety of cuisines. Hands-on activities and applications allow students to develop a higher working knowledge of cutting skills, cultural themes and mass production of food suitable for a commercial restaurant setting.

Prerequisite(s): FOD2103
Corerequisite(s):none

FOD2119 Introduction to Baking and Pastry

Students learn the basic concepts, skills and techniques of baking. Emphasis is placed on identification of products, weights and measures. Practical classes cover topics of breads, cakes, pies, puddings and desserts.

Prerequisite(s): none
Corerequisite(s):none

FOD2126 Culinary Techniques II

Students expand on the core cooking principles introduced in semester one. Students will focus on advanced culinary techniques with an emphasis on organizational skills, butchering, cooking and plating. Students observe and prepare intricate dishes used in advanced a la carte applications, with emphasis on colour, taste, texture and presentation.

Prerequisite(s): FOD2111
Corerequisite(s):none

FOD2129 Nutrition and Food Preparation

A poor diet may have a harmful impact on health, and many food service customers in contemporary society have specific nutritional and dietary requirements. Students learn about the basic principles of nutrition and how these apply to food preparation. Emphasis is on the selection of ingredients and foods, based on requirements for general wellness from Canada's Food Guide for Healthy Living. Students explore current nutrition recommendations for fats, protein, carbohydrates, vitamins, minerals and weight control and apply them to the nutritional analysis of selected recipes.

Prerequisite(s): none
Corerequisite(s):none

FOD2132 Culinary Fundamentals

The ability to participate in industry-scaled food production is contingent on a knowledge of fundamental knife handling skills, culinary techniques and safe handling procedures. Students learn to apply basic culinary skills to prepare large quantities of food. Emphasis is on perfecting basic cutting skills, cooking methods and recipe assembly. Sanitation and safety are applied in all hands-on food preparation activities and assessments.

Prerequisite(s): none
Corerequisite(s):none

FOD2197 Culinary Restaurant Operations

Drawing from concepts learned in previous courses, students are introduced to cooking in a restaurant environment in the College's Restaurant International. Students practise cooking breakfast and lunch foods based on chef-developed menus. Students develop teamwork skills, experience working as an entry-level cook under a head chef and practise more cooking skills in a supervised environment. Students evaluate the flow of a typical kitchen and assess their own teamwork and employee-ready skills.

Prerequisite(s): FOD2103
Corerequisite(s):none

HOS2015 Dimensions of Food

Food is a basic need all humans share. It is highly influenced by social policy and economics. Students explore the social and political issues related to food from traditional farming techniques to commercial food production, as well as sustainability and organically grown food. In addition, students consider various international and environmental issues concerning food policy, as well as social policy changes that affect the food industry. Students reflect on their own perceptions of food, as well as examine other real-world contexts and cases.

Prerequisite(s): none
Corerequisite(s):none

HOS2131 Menu Planning

Students gain the necessary skills, using computer applications, to develop menus for the many

sectors of the hospitality industry, including a la carte, table d'hote and specialty menus.

Prerequisite(s): none
Corerequisite(s):none