



# Culinary Arts

accredited by the American Culinary Federation (NRA ProStart)



CULINARY ARTS develops cooking skills through actual work experience using standardized recipes. Students are expected to learn all basic and advanced techniques of food preparation, along with the related safety, nutrition and sanitation requirements of New York State for restaurants, cafeterias and hospitals.

## Work Environment

Cooks/Chefs must be able to stand for long hours. Peaks of high production are demanded both daily and seasonally, depending on job location.

## Career Opportunities

Baker's Apprentice  
Nutritionist  
Chef  
Cook  
Food Stylist  
Counterperson  
Dishwasher  
Host/Hostess  
Fry Cook  
Line Cook  
Pantry Cook  
Prep Cook  
Restaurant Owner/Manager  
Saute Cook  
Short Order Cook  
Sous Chef  
Garde Manger Cook  
Waiter/Waitress

## Advanced Standing Available\*

Connecticut Culinary Institute  
Johnson & Wales University  
Nassau Community College  
Pennsylvania College of Technology  
ProStart Program\*  
Suffolk County Community College  
SUNY Cobleskill

\*National Restaurant Association Educational foundation ProStart Program participating schools: The Art Institute of Las Vegas, The Art Institute of Tampa, Bethune-Cookman College, Michigan State University, Cornell University, University of Nevada-Las Vegas, The Culinary Institute of America, Johnson & Wales University, Kendall College, New England Culinary Institute, Okla-

homa State University, Orlando Culinary Academy, Scottsdale Culinary Institute, Washington State University

\*Advanced Standing may be available to those who successfully complete this Tech course. See Articulation Agreements on page 49.

## Employment Outlook

Through the year 2000 and on, approximately 76,000 cooks will be needed in the metropolitan area. Future local and national employment projection is excellent, particularly in areas of public interest and industrial development. Weekend and holiday work is required. Advanced position requires a five or six day work week.

**Starting Weekly Salary:** Fry Cook, \$300-\$350; Saute Cook, \$400-\$450; Baker's Helper, \$200-\$250; Cook's Helper, \$200-\$250.

## Student Supplies (approx. \$50)

1. White chef coat
2. Bib type apron
3. Checkered pants
4. Protective work shoes
5. Chef Hat
6. Waiter/Waitress uniform

## Academic credits integrated:

- Technical Math
- Technical Science
- English 12
- Economics/Participation in Gov't

## CTE Endorsement

In order to be granted the Technical Diploma endorsement, students must successfully meet the academic and attendance criteria for a two-year Wilson Tech Certificate of Completion, including Career and Financial Management (CFM), and pass the following national certification exam: National Occupational Competency Testing Exam (NOCTI) –ACF certification.

## Course Outline

- Kitchen Safety and Sanitation
- Stocks, Soups, Sauces
- Cooking Methodology
- Baking & Pastry Arts
- Meat & Poultry ID
- Fish & Shellfish ID
- Dining Room Service
- Pasta, Grains and Starch Cooking
- Salad, Appetizer and Hors d'oeuvres Preparation
- Food Plate Presentation & Styling
- Breakfast Cooking
- Garde Manager

## Consider these classes at Tech

- Early Childhood Education & Care
- Food Services\*
- Health Aide\*
- Nurse Assisting/Prof. Health Careers

All placements are based upon individual needs and approval from the district and parent/guardian.

\*Smaller class size.