

## Trades & Applied Technology Programs

# Culinary Arts

offered at the Nanaimo, Cowichan and Powell River campuses

### Program Length:

- **1 Year Certificate; 40.03 credits**
- **2 Year Diploma**

### Fee Category for 1 Year Certificate: VII

### Fee Category for Year 2 of Diploma: I

*The information below pertains to the program offered at the Nanaimo campus. For information about the programs offered at the Cowichan and Powell River campuses, please call the program Coordinator at the applicable campus.*

## The Program

The Culinary Diploma at VIU provides students with advanced technical training and management skills, giving them the leading edge to advancement and progression in the culinary profession. Students begin the program as entry level apprentices gaining apprentice hours and technical training. They proceed on to a paid co-op work placement gaining additional apprentice hours. The second year of the program provides the students with advanced culinary and pastry training as well as management skills needed to obtain higher positions within the industry.

Students are accepted into the first year of the program in August or January. The first year of the program starts with the students in our state of the art food lab environment focusing on skills and good habits without production pressure. Students then move to the main kitchen where they learn everything from making muffins to cooking breakfast, meats, poultry, and processing fresh fish. Food produced by the students is served in our cafeteria. During the first half of the first year the students focus mostly on quantity cooking and banquet style presentation. The second half of the first year is designed to around making food to order and plating it . Cook stations are set up in the cafeteria producing and plating made to order pasta dishes and other panned items. The students also produce and plate the food for the Discovery Room fine dining lunch guests and dinner guests. Students who are not already registered as cook apprentices are sponsored by VIU at the beginning of the year. This will allow them to log apprentice hours while training within the program.

See the Departmental website for more information:[Culinary Arts Home Page](#).

Before the first co-op placement, students meet recruiters and potential employers. They apply to the location that best suits their needs, are interviewed, and then hired on for the duration of the co-op session. The employer agrees to give them a training opportunity and evaluates their

progress. The students are employed and are expected to behave as employees. The hours spent on co-op are logged for apprenticeship as well.

The second year encompasses the return of the students from their co-op. Students now have some industry experience and are ready to take the next step. During the next two semesters students will spend two evenings a week producing food for the Discovery Room while the technical training for levels two and three apprenticeship are delivered. At the end of these labs students will write the Inter-provincial Apprenticeship exam. After the students have finished their second co-op and have landed the job that suits them best they need only work the remaining apprentice hours needed to qualify for their *Red Seal* which is recognized world wide. Also students will be learning important management information regarding the hospitality and food service industry. This will ready them for management positions in kitchens as they progress through their careers.

The Culinary Diploma gives students a number of credentials including:

- Vancouver Island University Culinary Arts Certificate if exiting after successful completion of the first year
- Levels 1, 2, and 3 apprenticeship technical training -Red Seal
- Apprenticeship hours
- We intend to provide the students with the ability to ladder into the Hospitality Management Degree
- WHMIS
- Vancouver Island University Culinary Arts Diploma

## Career Opportunities

Students who excel in VIU's program are in demand for a wide variety of employment opportunities - from five-star hotels, to fine dining restaurants, institutions, private clubs, test kitchens, industrial camp kitchens, and many other food catering outlets in Canada. Well known chefs in the industry recognize the expertise of VIU's Culinary Arts (Professional Cook Training) graduates, and regularly contact VIU's chef instructors when employment opportunities arise. Along with successful chef owner-operated establishments, we are still in touch with graduates who currently hold the following positions with large food service operations: Corporate Food and Beverage Director, Hilton International; Executive Chef, Fairmont and Westin Hotels; Sous Chefs at numerous locations; Senior Research Chef, VLR Food Corporation; to name a few. Our students also continue on to other avenues of the industry such as sales associates in many food related supply companies.

See the Departmental website for more information:[Culinary Arts Home Page](#).

## Admission Requirements - First Year of Diploma Program (Certificate Program)

- Grade 12, or equivalent or mature student status.
- Mature students without Grade 12 will be required to complete an assessment test.
- Min. 17 years of age.
- Interview may be required.
- Submission of copy of Foodsafe Level I certificate (see Note below).
- Criminal record check, for Cowichan and Powell River campuses only.
- See also Trades general admission requirements.

**Note:** Foodsafe Level I certificates are offered through the following organizations:

- VIU's Centre for Continuing Studies:
  - Nanaimo/Parksville Campus
  - Cowichan Campus
  - Powell River Campus
- Foodsafe.ca

**Apply for Admission Online or Print Application Form**

## **Admission Requirements - Second Year Diploma Program**

- Successful completion of year one of the diploma (Certificate Program) at Vancouver Island University or another post-secondary institution (See Transfer section below).
- English 12 with minimum "C+" grade, or equivalent
- Principles of Math 11 or Applications of Math 11 with minimum "C+" grade, or equivalent
- Interview

**Apply for Admission Online or Print Application Form**

### ***Recommendations for Admission***

- High school career food preparation courses.
- Some industry experience.

### ***Notes on Admission***

- Field work may require successful completion of a criminal record check prior to placement.
- Students wishing to ladder into degree programs should check requirements for admission at specific universities. As well, students should check computer application requirements for admission to specific universities.

### ***Transfer from other institutions***

To enter year 2 of the diploma program, students can transfer from other institutions providing they supply the following:

- English 12 with minimum "C+" grade, or equivalent
- Principles of Math 11 or Applications of Math 11 with minimum "C+" grade, or equivalent
- Proof of completion of one of the following:
  - â€¢ Culinary Arts Certificate
  - â€¢ First Level Cook Apprenticeship

## **Start Date and Application Deadline**

The program at the Nanaimo campus starts in January and August. At our Cowichan and Powell River campuses, the program begins in September only. There is no application deadline, as students will be applying for the 'next' available intake. Applications are accepted anytime.

## **Special Expenses**

<b>Special Fees</b>	<b>First Year</b>	<b>Second Year</b>
Lab Fees	\$25	\$250
Study Tour	\$0	\$360
Books	\$250	\$250
Knives & Supplies	\$550	\$250
Uniforms & Laundry	\$1000	\$975
Co-op	\$516.12	\$516.12
Shoes	\$50	\$50

*All fees and costs are subject to change without prior notice.*

## **Co-operative Education**

Under the co-operative education format, the paid co-operative education experiences are integrated into the total curriculum. Students will benefit from the co-operative education experience by:

- relating academic study more effectively to the field of practice;
- developing a clearer career focus;
- gaining valuable practical experience;
- being able to finance a larger portion of their education

Co-operative placements are typically from May to October. Access to co-operative education placements is based on student's GPA and their willingness to work as a team member with faculty and co-operative education staff to find appropriate placements.

Students in co-operative education pay a fee which is due up front.

## **Program Outline**

### **YEAR 1**

- COOK 100T - Food Lab, Orientation & Portfolio
- COOK 102T - Breakfast - Theory & Practical
- COOK 104T - Garde Manger, Starch and Vegetable Cookery - Theory & Practical
- COOK 106T - Pastries and Desserts - Theory & Practical
- COOK 108T - Soups, Sauces, Meat, Poultry and Seafood Cookery - Theory & Practical
- COOK 110T - Meat Cutting and Diet & Nutrition - Theory & Practical
- COOK 112T - A la Carte - Principles of Line Cooking - Theory & Practical
- COOK 113T - Soups, Sauces, Meat, Poultry and Seafood Cookery & Plating - Theory & Practical
- COOK 115T - A la Carte II - Theory & Practical
- COOK 117T - Garde Manger, Vegetables, Starch and Vegetarian Plating - Theory & Practical
- COOK 119T - Pastries and Desserts II - Theory & Practical
- COOK 121T - Preparation for Co-operative Placement 1
- COOK 122T - Co-operative Education Placement 1

### **YEAR 2**

- COOK 224T - Dining Room I
- COOK 226T - Advanced Pastry

- HOSP 105 - Financial Control Systems
- HOSP 180 - Principles of Services Management
- HOSP 281 - Managing Service Organizations
- COOK 228T - Dining Room 2
- HOSP 133 - Beverage Theory
- HOSP 205 - Hospitality Financial Management
- HOSP 282 - Human Resource Management
- ENGL 115 - University Writing and Research
- COOK 221 - Preparation for Co-operative Placement 2
- COOK 222 - Co-operative Education Placement 2

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