

Trades & Applied Technology Programs

Culinary Arts

- **1-Year Certificate (40 credits) and 2-Year Diploma program**
- **Offered at the Nanaimo, Cowichan and Powell River campuses**
- **Program Fees - Year 1: Domestic Students, International Students**
- **Program Fees - Year 2: Domestic Students, International Students**
- **Apply for Admission: Forms and Information**

Note: VIU also offers a Hospitality Management Degree and a Wine Business Certificate.

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 Institute of Vancouver Island (CIVI) at VIU provides students with the options of a certificate (one year) and a diploma (two year) in culinary training and management skills, giving them the leading edge to advancement in the culinary profession. Upon entering the program, culinary students are also registered as Professional Cook 1 apprentices, gaining technical training while accruing apprentice hours. As a part of both Certificate and Diploma programs, students participate in a paid co-op work placement, gaining industry work experience and additional apprentice hours. The Culinary Diploma program, the optional second year at CIVI, provides students with advanced culinary and pastry training as well as the management skills needed to obtain higher positions within the industry. The 2nd year diploma program is only offered at the Nanaimo campus.

Students are accepted into the first year Certificate program in August or February (Nanaimo campus). Culinary programs at the Cowichan and Powell River campuses commence in September.

At the beginning of the first year of the Nanaimo campus certificate program, students spend three weeks in our "state of the art" food lab, focusing on learning basic cooking skills and good culinary habits without production pressure. Students then move to the main kitchen, rotating through five separate sections. Our learners will prepare breakfast, vegetables, starches, and proteins, as well as study cold kitchen, pastry, and meat cutting. Food produced by the students is served in the VIU cafeteria.

During the first half of the Certificate year, students focus mainly on quantity cooking and banquet style presentation. The second half of the certificate program is designed to give cook students experience in making and plating food to order. Culinary students produce and plate the food for the lunch and dinner guests in the campus fine dining restaurant, "the Discovery Room".

Apprenticeship and the Culinary Program

All students are sponsored as Professional Cook apprentices under the auspices of the British Columbia Industry Training Authority while enrolled at the Culinary Institute of Vancouver Island. This allows learners to log apprentice hours while training within the culinary program. After 28

weeks of study, and having successfully passed the Certificate program requirements, students will write the ITA Professional Cook 1 Apprentice Practical and Theory exams. Upon successful completion of these exams and the second half of the Certificate program, students can write their ITA Cook 2 apprentice practical and theory exams, **if they have completed the ITA's required 1000 hours of industry training. Please note: due to the timing of the co-op, it is recommended that applicants for the August Nanaimo campus intake have a minimum of 280 hours in the industry to successfully fulfill the PC2 apprenticeship hours requirement in their certificate year.** Please consult the Program Chair regarding questions about industry hours.

For more information, see the Culinary Arts Home Page and the VIU Apprenticeship page.

The Culinary Arts Co-op

Culinary Arts Co-op education is a structured method of combining classroom-based education with practical work experience. The Culinary Arts co-op prep class is intended to introduce students to the knowledge, skills, attitudes and strategies required to seek and secure a Culinary Arts co-op work placement. Upon completion of the prep class, students should be able to:

- Create a high quality resume, cover letter and references
- Demonstrate effective employment interview techniques
- Select and apply job search strategies to secure a co-op placement
- Secure a Culinary Arts co-op placement based on skills, values and personal preferences

Upon completion of the Co-op Prep Class, students proceed to the **Culinary Arts co-op work term** where they complete a *minimum* of 300 paid, hands on work experience in the Culinary Arts. Students are evaluated by the employer and the Culinary Arts Co-op Coordinator. The hours completed on co-op are logged for apprenticeship.

Culinary Diploma

The second year diploma is designed to teach culinary students the advanced skills they will need for a management position in the food industry. **Please note: there are different secondary school prerequisites for the Diploma** (see Admission Requirements). Students are required to have completed a post secondary culinary program and have experience in the culinary industry. The first semester includes advanced culinary techniques, advanced pastry arts, and artisan baking in our wood burning brick oven. Students will also be learning important management, accounting and beverage instruction, delivered by instructors from the VIU Hospitality department. At the end of the diploma program subject to successful completion of VIU coursework, and having completed the industry hour's requirement, students can write the Inter-Provincial Red Seal exam. Completion of VIU's Culinary Diploma program provides students with advanced credit when applying to the VIU Bachelor of Hospitality Management degree.

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
- Cook 1, 2, and 3 apprenticeship technical training -Red Seal
- Apprenticeship hours
- Vancouver Island University Culinary Arts diploma
- VIU's Culinary diploma program provides students with advanced credit when applying to the Bachelor of Hospitality Management degree

Career Opportunities

Culinary students who excel in the Culinary Institute of Vancouver Island's cooking 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. Renown chefs in the industry recognize the expertise of Vancouver Island University's Culinary graduates, and regularly contact VIU's chef instructors when employment opportunities arise. Along with successful chef owner-operated establishments, some of our graduates currently hold the following positions with large food service operations: Corporate Food and Beverage Director, Hilton International; Executive Chef, Fairmont, Four Seasons and Westin Hotels; Vineyard chefs - Mission Hill, NK M'ip, Burrowing Owl, 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 web site for more information:[Culinary Arts Home Page](#).

Bridging into the Hospitality Management Degree

Graduates of VIU's Culinary Arts diploma are eligible to apply for entrance into VIU's Bachelor of Hospitality Management degree which includes a bridging semester. Combining a degree with a Culinary Arts diploma and a cook's (TQ or Trade qualification) Red Seal credential enhances the degree graduate's career opportunities. The degree graduate will have enhanced career opportunities in the food and beverage industry, including Executive Chef, Food and Beverage senior management and regional and global positions in the accommodation sector.

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.
- Minimum 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:
 - Foodsafe : Nanaimo/Parksville Campus
 - Foodsafe: Cowichan Campus
 - Foodsafe: Powell River Campus
- Foodsafe.ca

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.
- One of Principles of Math 11, Applications of Math 11, or Foundations of Math 11 with minimum "C+" grade, or equivalent.
- Interview.

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
- A minimum "C+" grade in one of Principles of Math 11, Applications of Math 11, or Foundations of Math 11, or equivalent
- Proof of completion of one of the following:
 - Culinary Arts Certificate
 - First Level Cook Apprenticeship

Start Date and Application Deadline

Certificate Program: Applications are accepted on an ongoing basis. The Nanaimo campus offers two intakes per year that usually start in January and August. At the Cowichan and Powell River campuses the program starts in September only. For further information regarding program contacts check the Program Availability List for the Nanaimo, Cowichan and Powell River campuses.

Diploma Program: The program is only offered at the Nanaimo campus and starts in September. Applications are accepted between November 15 and March 31. For further information regarding late applications and program contacts check the Program Availability List.

Co-operative Education

Under the co-operative education format, the paid co-operative education experiences are integrated into the total curriculum. Culinary Institute of Vancouver Island students are employed and supervised in a Red Seal trained kitchen. Hours worked in their co-op can be counted towards their apprenticeship. Culinary 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 an appropriate placement.

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

Program Outline

Certificate - Year 1	Credits
COOK 100T - (Food Lab, Orientation & Portfolio)	2.73
COOK 102T - (Breakfast - Theory & Practical)	2.73
COOK 104T - (Garde-Manger, Starch, and Vegetable Cookery - Theory & Practical)	2.73
COOK 106T - (Pastries and Desserts - Theory & Practical)	2.73
COOK 108T - (Soups, Sauces, Meat, Poultry and Seafood Cookery - Theory & Practical)	2.73
COOK 110T - (Meat Cutting & Diet and Nutrition -Theory & Practical)	2.73
COOK 112T - (A la Carte - Principles of Line Cooking - Theory & Practical)	2.73
COOK 113T - (Soups, Sauces, Meat, Poultry, and Seafood Cookery & Plating - Theory & Practical)	2.73
COOK 115T - (A la Carte II - Theory & Practical)	2.73
COOK 117T - (Garde-Manger, Vegetables, Starch and Vegetarian Plating - Theory & Practical)	2.73
COOK 119T - (Pastries and Desserts II - Theory & Practical)	2.73
COOK 121 - (Preparation for Co-operative Placement 1)	1
COOK 122 - (Co-operative Education Placement 1)	9
Total Credits	40.03

Diploma - Year 2	Credits
COOK 221 - (Preparation for Co-operative Placement 2)	1
COOK 222 - (Co-operative Education Placement 2)	9
COOK 224T - (Dining Room I)	3
COOK 226T - (Advanced Pastry)	3
COOK 228T - (Dining Room 2)	3
HOSP 105 - (Financial Control Systems)	3
HOSP 133 - (Beverage Theory)	3
HOSP 180 - (Principles of Services Management)	3
HOSP 241 - (Food Service Management)	3
HOSP 281 - (Managing Service Organizations)	3
HOSP 282 - (Human Resource Management)	3
ENGL 115 - (University Writing and Research)	3
Total Credits	40

Apprenticeship	Credits
COOK 201 - (Cook - Apprentice - Level 1)	4.5
COOK 202 - (Cook - Apprentice - Level 2)	4.5
COOK 203 - (Cook - Apprentice - Level 3)	4.5
Total Credits	13.5