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Trades and Applied Technology Programs

Culinary Arts

Location Offered:

Cowichan, Nanaimo, Powell River

Credential:

Certificate

Options:

Apprenticeship, Co-op

Program Length:

1 Year

The Program

The Culinary Arts Certificate consists of the 28-week Professional Cook 1 (PC1), and the 14-week Professional Cook 2 (PC2). The Culinary Institute of Vancouver Island (CIVI) at VIU provides students with the options of the Professional Cook 1 (PC1) Certificate (offered through the Nanaimo, Cowichan & Powell River campuses), the one-year Culinary Arts Certificate (PC1 & PC2 offered at the Nanaimo, Cowichan & Powell River campuses), and the two-year Culinary Management Diploma (offered at the Nanaimo campus). The Certificate and Diploma programs provide students with culinary training and management skills, giving them the leading edge to advancement in the culinary profession. Upon entering the Certificate program, culinary students are registered as Professional Cook 1 apprentices, gaining technical training while accruing apprentice hours. As a part of both the Culinary Arts Certificate and the Culinary Diploma programs, students participate in a paid coop work placement, gaining industry work experience and additional apprentice hours.

Upon entering the program, culinary students:

- Are registered as Professional Cook apprentices. The Culinary Arts Certificate consists of 28-week Professional Cook 1 (PC1), and the 14-week Professional Cook 2 (PC2), and a paid Co-op work practicum.
- Gain industry work experience and PC1 apprentice hours. This often becomes full time employment toward their career paths.
- Will begin their first year by spending 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. Students will prepare breakfast, vegetables, starches, and proteins, as well as study cold kitchen, pastry, and meat cutting. Food produced by the students will be served in the VIU cafeterias, VIU Discovery Room, and other affiliated restaurants.

Program Outline

Culinary Arts Certificate

Professional Cook 1 (28-weeks)	Credits
COOK 100T - (Orientation and Evaluation)	3.0
COOK 102T - (Breakfast and Meat Cutting - Theory & Practical)	3.5
COOK 104T - (Garde-Manger, Vegetables and Starches 1 - Theory & Practical)	3.5
COOK 108T - (Stocks, Soups, Protein Cookery 1 - Theory & Practical)	3.5
COOK 112T - (A la Carte 1 - Theory & Practical)	3.0
COOK 119T - (Pastries and Desserts 1 - Theory & Practical)	3.5
Professional Cook 2 (14-weeks)	
COOK 110T - (Meat Cutting 2)	1.5
COOK 115T - (A la Carte 2 - Theory & Practical)	3.5
COOK 117T - (Garde-Manger, Vegetables and Starches 2 - Theory & Practical)	3.5
COOK 106T - (Pastries and Desserts 2 - Theory & Practical)	1.5
Co-op Component	
COOK 121 - (Preparation for Co-operative Placement 1)	1
COOK 122 - (Co-operative Education Placement 1)	9
Total Credits	40

Further Studies

Professional Cook 1 (PC1)

- 28-Week Professional Cook 1 Certificate (20 credits)
- Offered at the Nanaimo, Cowichan, and Powell River Campuses
- Program Fees: Domestic Students, International Students
- Apply for Admission

VIU also offers a Culinary Management Diploma, Hospitality Management Degree and a Wine Business Certificate.

The Professional Cook 1 (PC1) Program (Nanaimo, Cowichan & Powell River Campuses)

This 28-week program is designed to train students for a career in professional cooking, including the fundamentals of food preparation in a modern industrial kitchen setting. Graduates can then apply to take the 14 week PC2 remainder of the Culinary Arts Certificate Program.

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, the second half of the Certificate program, and completion of the co-op, students can attempt their ITA Cook 2 apprentice practical and theory exams.

For more information, see the VIU Culinary Programs website and the VIU Apprenticeship page.

Culinary Arts Certificate

After completing the Professional Cook 1 (PC1) program students have the option to apply to complete an additional 14-weeks of training (Professional Cook 2) and a co-operative work term to receive a Culinary Arts Certificate. See the Admission Requirements for information about how to apply to the Culinary Arts Certificate.

Admission Requirements - Professional Cook 1

- Trades General Admission Requirements apply.
- Mature students without Grade 12 will be required to complete an assessment test.
- Interview may be required.
- Submission of copy of Foodsafe Level I certificate (see Note below).

Note: *Foodsafe Level I certificate is offered through Foodsafe.ca*

Program Outline

Professional Cook 1 (28-weeks)	Credits
COOK 100T - (Orientation and Evaluation)	3.0
COOK 102T - (Breakfast and Meat Cutting - Theory & Practical)	3.5
COOK 104T - (Garde-Manger, Vegetables and Starches 1 - Theory & Practical)	3.5
COOK 108T - (Stocks, Soups, Protein Cookery 1 - Theory & Practical)	3.5
COOK 112T - (A la Carte 1 - Theory & Practical)	3.0
COOK 119T - (Pastries and Desserts 1 - Theory & Practical)	3.5
Total Credits	20

All program courses must be successfully completed before certificates will be issued.

Professional Cook 2 (PC2)

- 14-Week Professional Cook 2 Certificate (10 credits)
- Offered at the Nanaimo, Cowichan, and Powell River Campuses
- Program Fees: Domestic Students, International Students
- Apply for Admission

VIU also offers a Culinary Management Diploma, Hospitality Management Degree and a Wine Business Certificate.

The Professional Cook 2 (PC2) Program

After completing the Professional Cook 1 (PC1) program students have the option to

apply to the Nanaimo, Cowichan, and Powell River campuses to complete an additional 14-weeks of training (Professional Cook 2 or PC2) and receive the Culinary Arts Certificate. See the Admission Requirements for information about how to apply to the Culinary Arts Certificate.

Admission Requirements - Professional Cook 2

Professional Cook 2 (PC2) is a 14-week program for students who have completed the Professional Cook 1 certificate or equivalent.

- Completion of VIU's Professional Cook 1 or ACE-IT Cook Training or PC1 which has been certified by ITA or other cross country equivalent.
- See also Trades general admission requirements.
- Submission of copy of Foodsafe Level I certificate (see Note below).

Note: Foodsafe Level I certificate is offered through Foodsafe.ca

Program Outline

Professional Cook 2 (14-weeks)	Credits
COOK 110T - (Meat Cutting 2)	1.5
COOK 115T - (A la Carte 2 - Theory & Practical)	3.5
COOK 117T - (Garde-Manger, Vegetables and Starches 2 - Theory & Practical)	3.5
COOK 106T - (Pastries and Desserts 2 - Theory & Practical)	1.5
Total Credits	10

All program courses must be successfully completed before certificates will be issued.

Admission Requirements

- 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 Powell River campus only.
- See also Trades general admission requirements.

Note: Foodsafe Level I certificate is offered through Foodsafe.ca

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 are 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 and apprentice hours;
- 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 placement are assessed tuition and Students' Union fees - see program fees for correct fee information.

Career Opportunities

Culinary students are in demand for a wide variety of employment opportunities. All students in the Culinary Arts Certificate program participate in a Co-op paid work practicum. Employers regularly contact VIU's chef instructors when employment opportunities arise. See employer testimonials. We are proud of the achievements of our grads and alumni.

See the Departmental web site for more information: **VIU Culinary Programs website**.

Start Date and Application Deadline

Applications are accepted on an ongoing basis.

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