

WHAT WE'RE ABOUT

If you have a passion for food, learning and fun then we have the program for you!

You are about to embark on an exciting culinary journey! This hands-on program will whet your appetite for the hospitality industry along with developing practical skills that will serve you well in future years. You will delve into the world of cooking and gain real world experience working in our very own kitchen, preparing meals for students and staff. This course is for all students that would like to learn to cook, enjoy being creative, and also those that wish to pursue a career in the hospitality industry. Come cook with us and discover your passion!

For further information regarding our programming please contact the Guidance Office at

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College Heights
Secondary School

Hospitality & Tourism

Culinary

SHSM
UPPER GRAND DSB



GRADE 9

This introductory course offers you the opportunity to explore cooking and baking. Students will spend half of the semester in the kitchen learning about food preparation and the other half in the bakeshop learning to bake. This is definitely a sweet deal! Students will develop practical knife skills while also learning about safe food preparation, safe operation of equipment and culinary terminology. If you enjoy food and like having fun while learning, then this course is for you!

GRADE 10

This interesting course gives you hands-on experience in the kitchen. Students will learn food handling techniques, food preparation, safety and sanitation and a multitude of other transferable skills. Students will continue to develop their knife skills while learning how to make a variety of food. Join us for a stirring adventure!



GRADE 11

This fast paced double credit course is guaranteed to give you real world kitchen experience! Students will be taught about menus, advanced food preparation, food costing and tourism. Students will be preparing meals for our cafeteria, while also taking part in catering events. Students will learn the fine art of creating dishes from scratch, while demonstrating their creativity. In the double credit SHSM course students will be able to achieve their food handler's certification, WHMIS training, and basic CPR. This class is also offered as a single credit. If food is your passion then this course is for you!

GRADE 12

This double credit course is designed for those students that wish to pursue a career in the food industry. Students will work in the kitchen preparing everything from soup to main courses. Students will learn the importance of good customer service, plan events, and continue to develop their culinary skills. Students will have the opportunity to earn their certifications in Smart Serve and Service Excellence. This course will prepare students for college, an apprenticeship or a job in the food industry. Students may have the chance to take part in an OYAP program and/or dual credit program. Come and experience life as a Chef!

JOB OPPORTUNITIES

There are many job opportunities in the food industry and these are just a few:

Executive Chef

Oversees the entire operation of the kitchen. Must be able to spot problems and resolve them quickly. Modifies and creates new menus as needed and also performs administrative duties.

Sous Chef

Takes orders from the executive chef, plans and directs food preparation in a kitchen. Must be able to delegate job tasks to a large staff. May also be responsible for staff scheduling.



Saucier

Chef that prepares all stocks, soups and sauces

Banquet Chef

Works under an executive chef in larger establishments such as hotels, resorts, golf courses and other facilities that host banquet events. Duties range from menu planning to presentation of the final product to the customer.

Short order cooks, line cooks, food prep, food processing, restaurant owner, bartender, server and hotel manager are also jobs available in the hospitality industry.