



Bridges Career Academy

Culinary

Brainerd High School

Acquire basic food skills and the information needed to understand the culinary industry. Experience preparation and presentation of a variety of foods and gain an understanding of nutritional, as well as health and legal issues related to the culinary industry. Gain entry-level employment or continue education.

Academic Courses

- Exploring Foods
- International Foods
- Creative Foods
- Culinary Arts I

Career Experiences

- Learn from industry speakers
- Practice food prep
- Attend the Bridges Career Exploration Day or other regional career fairs

Completion Standards

COMPLETE



3 of 4 courses

GRADES **B** ↑



Earn a **certificate** and **green cord** at graduation



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Job Skills

In addition to having technical skills, employers expect workers in this industry to have these skills:

- Prepare foods in strict compliance with health laws
- Be an active member of a team
- Use critical thinking and problem-solving skills
- Effectively communicate
- Work precisely with kitchen equipment and recipes



Culinary Academy

Brainerd High School

The Culinary Academy allows students to acquire not only basic food skills but also the information needed to understand the culinary industry. Students will experience preparation and presentation of a variety of foods and gain an understanding of nutritional as well as health and legal issues related to the culinary industry. With the variety of career opportunities and the needs from local to national businesses, students will be prepared to go directly to employment or further their education when completing this Academy.

ACADEMY COURSES

Exploring Foods — 1 High School Credit

Students will learn the basic skills needed to establish lifelong healthy eating habits. It provides hands-on preparation skills and tasting opportunities. Students will experience working in a team environment during food labs.

International Foods — 1 High School Credit

This course is a culinary tour of many nations. Students will explore the foods, customs and characteristics of regions all over the globe. Students will apply cooking techniques and equipment used in the various cuisines. Students will be introduced to new flavors and international inspired dishes each week. Students will employ safe food handling practices throughout the course along with measuring techniques and recipe reading skills.

Creative Foods — 1 High School Credit

In this course students will study creative food preparation. Restaurant style presentation and techniques will be the focus of each unit. Students will learn about food safety and sanitation; measuring techniques; tools and terms of recipes; and creative food preparation techniques. They must pass a kitchen and food safety test before they can participate in lab. Units of study will include safety and sanitation, kitchen basics, chocolate, cake decorating, appetizers, pastry, herbs and spices, coffee and teas, and ethnic cuisine. Students will plan and prepare a variety of foods with a focus on appearance and presentation.

Culinary Arts I — 1 High School Credit

This introductory course focuses on kitchen safety, meal planning and food preservation. Topics include kitchen safety, food sanitation, and nutrition, using local foods and selection and use of equipment. Food preparation experiences will include fruits, vegetables, meats and poultry. Consumer awareness of factors affecting cost and nutrition with cooking will be stressed.

COMPLETION STANDARD

Students wishing to receive a certification must complete three of the four courses and pass each course with a minimum of 80% average. Students will also participate in the ACT National Career Readiness Certificate (NCRC) as part of this Academy Standard.

CAREER EXPERIENCES

Students will explore and research careers with industry speakers, practice food preparation, participate in Bridges Career Exploration Day and other career fairs,

JOB SKILLS

In addition to having technical skills, employers expect their workers to have other skills such as:

- Prepare foods in strict compliance with health laws
- Be an active member of a team
- Use critical thinking and problem-solving skills
- Effectively communicate
- Work precisely with kitchen equipment and recipes

CAREER OPTIONS: www.careerwise.minnstate.edu/careers

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