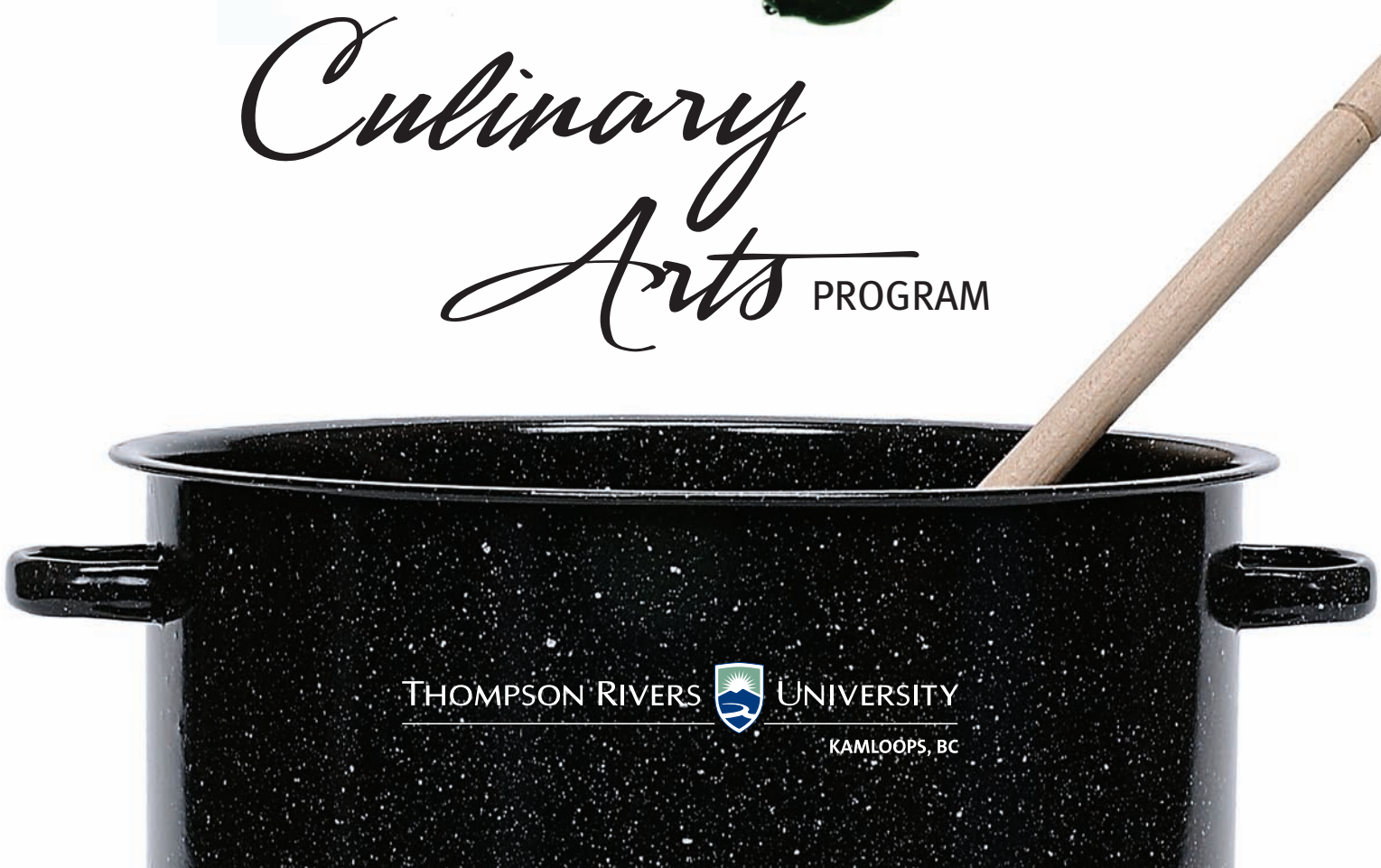




Culinary
Arts PROGRAM



THOMPSON RIVERS  UNIVERSITY
KAMLOOPS, BC

Introduction

The Culinary Arts program at Thompson Rivers University has been an integral part of the campus and local community for more than three decades. The program's professional ideals are deeply rooted in a commitment to teach classic cooking fundamentals mixed with current industry trends. The Culinary Arts Cafeteria, Bistro, and the nationally recognized Dining Room, "Accolades" are all outlets that showcase the efforts of students guided by instructors (some alumni themselves), to practice what is taught. It is within this environment that foundation skills, creativity, teamwork, and professionalism, are nurtured and encouraged. These working environment kitchens are where students become cooks, learning all aspects of the food preparation industry, from production to service. We are proud of our alumni, many going on to become leaders in industry, restaurateurs, or competing in international culinary competitions. Our legacy & reputation speaks for itself. Graduates from the program take away more than food preparation skills from our culinary program, they leave with core values that are transferable life skills leading to a lifelong passion for excellence in our trade.

Mission Statement

Thompson Rivers University is a university responding to the educational needs of the various communities it serves. It offers a comprehensive range of university degrees, academic transfer, career/technical, college preparatory and vocational programs with the aim of developing individuals with expanded capabilities for responsible citizenship, vocational competence, and intellectual and social growth. To enhance each student's personal and academic growth in a world that is diverse, complex, and increasingly interdependent, TRU encourages life-long learning and fosters thinking, learning and creative social skills.

TRU is committed to excellence in education achieved through exemplary teaching, scholarship, research, the uniqueness of its programs, and the quality of its support services. Through participatory processes, it aspires to develop a distinct identity as an institution of higher learning.



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Professional Cook Program

Type of Student

Students will succeed in the Culinary Arts program if they are alert, quick-thinking and able to work under pressure. It also helps if they are creative in the sense that they can arrange and present the food they have prepared in an attractive and satisfying manner.

The Typical Culinary Arts Student is:

- › Innovative, artistic, agile
- › Good reading/writing skills (recipe reading/writing)
- › Good math skills (recipe conversions, food costing)
- › Problem solving skills/good organization skills
- › Thrives in a fast paced working environment

Program Structure

This program includes three semesters (44 weeks) of hands-on training. Over three semesters, students will work through 2 levels of training: Professional Cook 1 and Professional Cook 2. Professional Cook 1 takes 30 weeks (2 semesters) to complete. Professional Cook 2 takes 14 weeks (one semester) to complete. In total it will take a student 16 months to complete the program as there is a four month break (May to August). During this period students will gain formalized work experience, earn money and log hours required for both Cook 1 and Cook 2 programs. If students are interested in completing an apprenticeship, Professional Cook 3 is available.

Admission Requirements

- › Intakes for students to the program are the last week of August as well as the first week in January.
- › A \$25.00 fee for the application, through the TRU Admissions Office.

Educational Requirements

- › B.C. grade 10 (or equivalent) or Mature Student Status (Grade 12 is preferred)
- › Successful completion of Food Safe certificate

General Requirements

- › Successful medical exam
- › Successful completion of a CAT pretest, through the TRU Assessment Center. (Call 250.828.5470 to arrange – Cost \$30.00) This test is a basic measure of competency, taken by all students, to ensure you have the basis for success in the program
- › Interview with program coordinator
- › It is recommended that you work in the industry or have interviewed a chef or manager of a restaurant or hotel to have some input into this trade



Professional Cook 1 › Monday to Friday • 7:30am – 2:30pm

Students will be required to take the following courses:

Block A	Occupational Skills
	› Trade Knowledge › Safety Standards › Sanitary Standards › Production Procedures › Menu Planning › Ordering and Inventory › Ingredients and Nutritional Properties
Block B	Stocks, Soups and Sauces
	› Stocks Thickening and Binding Agents, Soups, Sauces
Block C	Vegetables and Fruits
	› Vegetables › Fruits
Block D	Starches
	› Potatoes, Pasta and Farinaceous Products › Rice, Grains and Legumes
Block E	Meats
	› Cut and Process Meats, Cook Meats
Block F	Poultry
	› Cut and Process Poultry, Cook Poultry
Block G	Seafood
	› Cut and Process Seafood, Cook Fish, Cook Shellfish
Block H	Garde Manger
	› Dressings, Condiments, and Accompaniments › Salads, Sandwiches
Block I	Eggs, Breakfast Cookery, and Dairy
	› Egg Dishes › Breakfast Accompaniments › Dairy Products and Cheeses
Block J	Baked Goods and Desserts
	› Principles of Baking › Quick Breads › Pastries › Cookies › Desserts › Yeast Products
Block K	Beverages
	› Beverages



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Work Practicum and Industry Hours

The work practicum component of the program is mandatory and must be completed during the four month break. During this time students will be required to log 120 hours within the industry at an approved place of employment. The intent of the work practicum is to create a smooth transition from a learning environment to eventual employment within industry.

The students' instructors and work supervisor will evaluate students during and at the completion of their work experience. The students will receive a "complete" or "incomplete" on their grade report for their practical work experiences.

In addition to the work practicum mandated by the Culinary Arts Department at TRU students must have a total of 400 hours of work based training documented prior to registering for the Cook 2 portion of the program. This is a province wide standard for culinary training programs mandated by the Industry Training Authority (ITA, www.itabc.ca). Students are able to gain these hours by working throughout the school year and/or during the four month break. It is important to note that the 120 hour work practicum can be placed towards your 400 hours required by ITA.

*** If students have been/are working at a place of employment that is approved by the culinary arts faculty and can provide documentation of their employment the hours gained prior to entering the program will be honoured.*

There are a number of practicum hosts that the Culinary Arts Department has worked with in the past, some of which include:

The Brownstone Restaurant	Kamloops, BC	Restaurant Penisola	Quesnel, BC
Tony Roma's	Kamloops, BC	Duffy's Pub	Kamloops, BC
Hudson Bay Lodge	Smithers, BC	Bistro 326	Kamloops, BC
Talking Rock Golf Course	Chase, BC	Anduccis Italian Kitchen	Burnaby, BC
The Dunes Golf Course	Kamloops, BC	Strathcona Park Lodge	Campbell River, BC
White Spot Restaurant	Langley, BC Kamloops, BC	Order of Eagles	Kamloops, BC
Cook's Cuisine	Kamloops, BC	Coast Canadian	Kamloops, BC
Dublin Gate	Whistler, BC	Ora	Kamloops BC
Hoodoo's Restaurant	Kamloops, BC	Vittorios Restaurant	Kamloops, BC
Delta Sun Peaks Resort	Kamloops, BC	Coast Restaurant	Vancouver, BC

Students are welcome to find employment beyond the list of practicum hosts as long as the place of employment is approved by culinary arts faculty prior to beginning the work practicum.



Professional Cook 2 › Monday To Friday • 2:30pm – 10:30pm

During the final 14 weeks of the program you will be required to work in the afternoon and evenings preparing dishes for the highly acclaimed TRU Dining Room, Accolades. Theory is covered on Monday and the Dining Room is open Tuesday through Friday.

During this time you will prepare a variety of specialty dishes, entrées and desserts. In addition, you will learn to plan menus, control food costs and begin to acquire management skills, necessary to be successful in this industry.

Students will be required to take the following courses:

Block A	Occupational Skills
	<ul style="list-style-type: none"> › Trade Knowledge › Menu Planning › Ordering and Inventory › Human Resource and Leadership Skills › Cost Management › Front of House › Ingredients and Nutritional Properties
Block B	Stocks, Soups and Sauces
	<ul style="list-style-type: none"> › Soups › Sauces
Block C	Vegetables and Fruits
	<ul style="list-style-type: none"> › Vegetables › Vegetarian Dishes
Block D	Starches
	<ul style="list-style-type: none"> › Potatoes › Pastas and Farinaceous Products › Rice, Grains and Legumes
Block E	Meats
	<ul style="list-style-type: none"> › Cut and Process Meats › Cook Meats
Block F	Poultry
	<ul style="list-style-type: none"> › Cut and Process Poultry › Cook Poultry
Block G	Seafood
	<ul style="list-style-type: none"> › Cut and Process Seafood › Cook Fish › Cook Shellfish
Block H	Garde Manger
	<ul style="list-style-type: none"> › Dressings, Condiments, and Accompaniments › Salads › Hors-d'oeuvre and Appetizers › Presentation Platters
Block I	Baked Goods
	<ul style="list-style-type: none"> › Pastries › Yeast Products › Cakes and Tortes



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Evaluation Process

Culinary Arts Faculty evaluate students in two ways – *formatively and summatively*.

Formative evaluation is the feedback and advice instructors provide on a day to day basis, during and after class, in a group setting and in private consultation. Through this kind of evaluation the student receives direct and immediate feedback on their progress. Additionally, instructors keep records of student attendance, attitude and practical progress for future referencing.

Summative evaluation determines a student's final standing in the program. Each of the courses has a final mark and letter grade, which is determined by students completing quizzes, assignments, theory and practical exams.

Grading System

A student must obtain 70% or a C average on each level and course.

Final mark is determined by the following:

Theory Portion – 25%

Practical Evaluation – 75%

The total percentage is converted to a letter grade using the following TRU Trades & Technology Programs grading system.

Letter Grade	Percentage Definition	Equivalent
A+	Excellent Performance	98 – 100
A		94 – 97
A-		90 – 93
B+	Above Average	86 – 89
B	Very Good	82 – 85
B-	Good Performance	78 – 81
C+	Satisfactory Performance	74 – 77
C	Minimum Pass	70 – 73
F	Failure	0 – 69



Academic Probation

The program places emphasis on training students to industry standards. A large component of the program requires teamwork. A student may be placed on probation by the instructor or department chair for one or more of the following circumstances:

- › Frequent lateness
- › Cheating on exams
- › Absences without excuse
- › Failure to notify the instructor of absences and/or tardiness
- › General untidiness and consistent disregard for the program rules and regulations
- › Failure to curb bad language, hostility and abusive actions
- › Abuse of alcohol or drugs
- › Consistent failure to complete practical assignments or weakness in theory

The first stage is to notify the student verbally of problems that must be dealt with. If these problems persist the student and instructor will collaboratively develop a probation contract. The student will be monitored and failure to show significant improvement during the period of the contract may result in a dismissal.

Cost of Tuition

Once accepted, students will receive billing information in the mail along with the notification of their starting date. Students are billed for each semester.

- › **Professional Cook 1** \$3120.00
- › **Professional Cook 2** \$1700.00

Additional costs are the texts and tools.

**All prices are subject to change*

*** Uniform deposit will be returned to student if chef uniform is returned in good condition.*

**** Jackets, aprons, scarves are leased from a uniform company and are provided for the students.*

Required Text, Tools and Clothing

› Learning Guides	\$ 158.00
› Professional Cooking for Canadian Chefs	\$ 111.95
› Meat Manual	\$ 30.00
› Knife set, pants, tools	\$ 340.00
› Uniforms Deposit	\$ 75.00
› Total	\$ 714.95

Required Tools

- › Pocket test or digital thermometer (metric)
- › Turning knife
- › Paring knife
- › Steel
- › 10" French knife
- › Boning knife
- › 12" Slicer serrated
- › Peeler
- › Set of plain round pastry tubes
- › Set of star tip pastry tubes
- › 16" Pastry bag
- › 2 Plastic Scrapers
- › 1½" wide Pastry brush
- › 3 pairs of cook pants

Future Steps for Students

The one year Culinary Arts program gives students the skills and expertise needed to secure jobs in the industry, and to take the next step in the profession.

Journeyman Cook

When students graduate from the Culinary Arts program, they will receive a certificate showing that they have passed all the requirements of the program.

Graduates are encouraged to continue their training by pursuing an apprenticeship. By completing the apprenticeship you can earn the status of Journeyman Cook.

An alternative to pursuing an apprenticeship program is to work 9000 hours for 4 ½ years in the industry and challenge the C.Q. exam.

Chef De Cuisine

Journeyman cooks are eligible to become members of the Canadian Federation of Chefs and Cooks (CFCC) and enroll in their study program to become a Certified Chef de Cuisine, who is generally the kitchen manager. You need to be a journeyman cook for at least five years, and a CFCC member to enter their program.



Alternative Culinary Programming at TRU Retail Meat Processing

Retail meat processing is a full time, nine-month certificate program. The main goal of the program is to provide students with the knowledge and skills required to enter employment as a meat cutter in custom cutting, curing and sausage operations, and in supermarkets or mega markets with their own curing and sausage manufacturing facilities.

For more information, please contact the Retail Meat Processing Program Coordinator.

Ken Jakes

Program Coordinator Retail Meat Processing Program Trade Cert. (NZ),

T.Q. (Meatcutting) (BC) I.D. (BC)

Phone: 250.828.5351 Fax: 250.371.5677 Email: kjakes@tru.bc.ca

Additional Information

The Student Learning Resource Center

The Culinary Arts Department is the only department to offer their students a private computer lab. Uses for the Learning Resource Center are to deliver supervised exams and to allow the students to track their own progress. The computers are also available to our students to write resumes, menu assignments and can be used for other required word-processing and or data applications.

The “*Learning Manager*” computer software is designed to test and assess student’s progress through all of our courses. It maintains and analyzes data and student performance. It delivers all supervised theory exams and has course maps that guide students through our courses.

The Learning Resource Center also offers videos on demonstrations of cooking procedures. Students can watch these throughout the duration of the program.

Funding Your Education

The Financial Aid department at Thompson Rivers University is a key resource when considering options for funding your education. Student loans are available as well as entrance scholarships and bursaries. They can be contacted by phone or e-mail.

Phone: 250.828.5024

Fax: 250.371.5668

Email: finaid@tru.ca

Website: www.tru.ca/finaid

Bookstore

The Bookstore is located in the Campus Activity Center, where all the text books for the program can be purchased.

**Knife sets can also be purchased there.*

Parking

Daily parking permits may be purchased for \$3 (coins required) with the exception of Lot N where daily parking permits cost \$2, from ticket dispensing machines located in each pay parking lot.

Long term parking passes are also available.

Student Housing

Students have a variety of options for housing at TRU both on-campus and off.

For more information on student housing options at Thompson Rivers University please visit:

www.tru.ca/new_students/housing



Contact Information

For further information about the Culinary Arts program please call or write to:

Jeff Jordan
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Professional Cook Training

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