



## Bay Area Community Services (BACS) Culinary Arts Training Program

### COURSE DESCRIPTION

BAC Culinary Arts Training Program is a three month training program in institutional cooking and food production designed to prepare trainees to work in the expanding field of food production. You will be trained to work in a food production environment such as Health Care or Hospital, School, Nursing Home, Retirement or other Residential Facility.

Trainees will receive classroom and lab training in: Professionalism, Food Safety and Sanitation, Kitchen Safety, Food Preparation and Cooking Techniques, Use of Equipment, Basic Computer Skills, and Work Readiness. The course will include two weeks of classroom work, five weeks of food preparation and five weeks of food production in our Senior Nutrition Program Kitchen.

### COURSE GOALS

The goal of the 12 week program is to provide an introduction to professional cooking and facilitate placement of the student in an entry level positions in the culinary/food services industry.

The secondary goal of the program is to instill general work habits and life skills that will support trainee's progress in any career path or profession chosen.

A third goal is to facilitate students to obtain the appropriate general education skills (GED, ESL training and/or to obtain a basic reading, math, and computer literacy competencies) needed for the culinary/food service industry.

### COURSE OBJECTIVES

The program runs for 12 weeks, five days per week, six hours per day yielding 360 hours of training. Approximately five hours per day are spent in extensive hands on training in a fully functioning production kitchen. Approximately one hour per day is spent in lecture or similar academic activity. The first two weeks of the program will be spent in lecture covering: Food Service Industry, Professionalism, Food Safety & Sanitation, Basic Knife Sills, Kitchen Equipment, Being a Kitchen Manager, Nutrition; 5 weeks evening food preparation, 5 weeks day food production. 90% attendance, 324 hours, in terms of hours and days is required to graduate.

### ELEGABILITY REQUIREMENTS

- At least 18 years of age
- Must be drug and alcohol free
- English skills sufficient to read and communicate in English
- Either unemployed or under employed
- Reading at a middle school level (or above) and in possession of basic math skills
- Willing to spend one full day (8 hours) **volunteering at BACS** prior to start of class
- Be willing to work with a team
- Available to be in class from 7:30am to 1:00pm and/or 12:30pm to 6:00pm, Mon – Fri
- Curious, ready to learn, and willing to do homework
- Must be capable of standing and walking for two hours at a time
- Must be capable of lifting 25 lb.
- **Must be interested in a career in food service**