



# Culinary Arts

Certified by American Culinary Federation Education Foundation  
(Nat'l. Restaurant Assoc. ProStart Program)



CULINARY ARTS develops cooking skills through actual work experience using standardized recipes. Students are prepared to learn basic and advanced techniques of food preparation, along with the related safety, nutrition and sanitation requirements of New York State for restaurants, cafeterias and hospitals.

## Work Environment

Cooks/Chefs must be able to stand for long hours. Peaks of high production are demanded both daily and seasonally, depending on job location.

## Career Opportunities

Baker's Apprentice  
Nutritionist  
Chef  
Cook  
Food Stylist  
Counterperson  
Dishwasher  
Host/Hostess  
Fry Cook  
Line Cook  
Pantry Cook  
Prep Cook  
Restaurant Owner/Manager  
Sauté Cook  
Short Order Cook  
Sous Chef  
Garde Manger Cook  
Waiter/Waitress

## Academic Credits integrated:

Tech Math, Tech Phys Sci, Eng. 12, Art, CFM, Comp App

## CTE Endorsement

Students must successfully meet the academic and attendance criteria for a two-year Wilson Tech Certificate of Completion, be High School diploma eligible, and pass a national certification exam: National Occupational Competency Testing Exam (NOCTI) - ACF Certification Culinary Arts.

## Advanced Standing Available\*

Culinary Institute of America  
Five Towns College  
Johnson & Wales University  
Lincoln Culinary Institute  
Monroe College  
Nassau Community College  
New York Institute of Technology  
SUNY Adirondack  
SUNY Broome  
SUNY Cobleskill  
SUNY Delhi

Students who earn the ProStart National Certificate of Achievement (COA) should download the National ProStart Collegiate Passport for information about 60+ post-secondary schools that offer college credit &/or scholarships.  
[https://chooseresaurants.org/NationalRestaurantAssociation/media/NRAEF/Donors/ProStart\\_Passport\\_2017.pdf](https://chooseresaurants.org/NationalRestaurantAssociation/media/NRAEF/Donors/ProStart_Passport_2017.pdf)

\*College credits may be earned by meeting the criteria of articulation agreements (see listing in Handbook) Tech has established with SELECT colleges. In addition, check directly with the post-secondary institutions for any additional credits they may offer.

## Student Supplies

Additional supplies will need to be purchased for this program including a uniform.

## Average Annual Wage

Salaries are subject to market fluctuations.  
For the most current updates on local & national wages go to job search engines on the internet and [www.careerzone.ny.gov](http://www.careerzone.ny.gov)

## Course Outline

- Kitchen Safety and Sanitation
- Stocks, Soups, Sauces
- Cooking Methodology
- Baking & Pastry Arts
- Meat & Poultry ID
- Fish & Shellfish ID
- Dining Room Service
- Pasta, Grains and Starch Cooking
- Salad, Appetizer and
- Hors d'oeuvres Preparation
- Regional American Cuisine
- International Cuisine
- Food Plate Presentation & Styling
- Breakfast Cooking
- Garde Manager
- Nutritional Cooking