



DIPLOMA PROGRAM – Personal Chef

Sanitation, Safety and Equipment

- Interpretation of Terms
- Personal Hygiene
- Food Contamination
- Safe Food Handling
- Construction Standards
- Maintenance Standards
- Sanitation Codes
- *The Health Protection and Promotion Act*
- Food Poison Prevention
- Dishwashing

Basic Nutrition

- Major nutrient identification
- Energy sources
- Lipids
- Proteins and Vegetarian Diets
- Carbohydrate and Dietary Fibre
- Vitamins, Processing & Additives
- Mineral Elements
- Water – Sources, value & quality
- Developing Food Patterns

Communications – Basic

- Basic Business Communications
- Preparing a Quotation
- Thank you letters
- Follow-up Reports

Calculations - Basic

- Addition, subtraction, multiplication & division
- Common Fractions
- Decimal Fractions
- Percentages
- Standards of Measurement
- Fahrenheit to Celsius conversions

Kitchen Management

- Hospitality /Tourism Perspectives and Organizations
- Orientation, Training and Career Planning
- Menu Planning and Basic Marketing
- Table Service
- Basic Kitchen Calculations
- Basic Purchasing
- Kitchen Organization, Maintenance and Security

Food Theory – Basic

- Major cooking methods
- Vegetable cuts and Flavouring Agents
- Stock and Soup Cookery
- Sauce Cookery
- Breakfast and Short Order Cookery
- Vegetable and Pasta & Rice Cookery

Culinary Techniques – Basic

- Kitchen Tools – Identification, Storage & Handling
- Uniform Standards
- Proper Food Storage and Packaging
- Fire Procedures

Quantity Food Preparation

- Rules of Personal Hygiene and Sanitation
- Safety Regulations
- Packaging
- Kitchen Layout
- Chef inventory
- Travel and Transport of Goods

MasterCook Software

- Menu Planning and Design
- Using the Functions
- Shopping
- Costing
- Saving and File Management