



# DIPLOMA PROGRAM: Specialist 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

## **Bake Theory**

- Flour Production & Applications
- Types of Shortening
- Sugar Commodities
- Eggs in Baking
- Dairy Products
- Use of Salts
- Leavening Agents
- Chocolate and Flavourings

## **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

## **Culinary Techniques – Basic**

- Kitchen Tools – Identification, Storage & Handling
- Uniform Standards
- Proper Food Storage and Packaging
- Fire Procedures
- Stock Cookery
- Thickening Agents
- Soup Cookery
- Sauce Cookery
- Egg & Breakfast Cookery
- Short Order Cookery
- Vegetable, Pasta & Rice Cookery
- Fish & Shellfish Cookery
- Meat Entrees
- Salads

## **Communications – Basic**

- Basic Business Communications
- Accident Reports
- Resume preparation
- Cover Letters
- Application Forms

## **Calculations - Basic**

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

## **Techniques of Baking**

- Pie Dough
- Piping Batters
- Quick Breads and Muffins
- Cream Desserts
- Icings
- Yeast Dough
- Choux Paste Products
- Pastries
- Cake Preparation

## **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

## **Quantity Food Preparation**

- Rules of Personal Hygiene and Sanitation
- Safety Regulations
- Large Kitchen Equipment Identification
- Stock, Soup and Sauce Cookery
- Poultry, Lamb, Pork, Beef, Fish Cookery
- Potato and Vegetable Cookery
- Salad Preparation
- Dessert Preparation

## **Personal Chef Introduction**

- Overview of the industry
- A day in the life of a PC
- What you need to become a successful PC



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## **Entrepreneurial Skills**

### **Creating a PC Business**

- Business Plan
- Market Research & Strategic Plan
- Financial Planning
- Legal & Government Considerations

### **Administration Model**

- Business structure
- Accounting options
- Insurance
- Financing

### **Strategic Marketing Plan**

- Creating an image or brand
- Marketing outline
- Delivering your message
- Marketing Tools
- Creating Marketing Pieces

### **Purchasing**

- Choosing suppliers
- Creating the shopping list
- Ordering
- Tracking mileage
- Client gifts

## **Becoming a Personal Chef**

### **Tools & Equipment**

- The client package
- Checklists
- Containers – storage, freezing, reheating
- Tools of the PC Trade
- First aid
- PC Safety

### **Menu Planning**

- How do people eat
- Service variations
- Costing
- Special diets
- Nutritional labelling
- Timing for success

### **Working in the Client's Home**

- Planning your work flow
- Client Interview & Site Inspection
- Setting up your work space
- Trouble shooting
- Clean up & Security
- Evaluation

### **Selling the PC Service**

- Leading questions
- Using the phone script
- FAQ's & Objections
- Booking the interview
- Questionnaire

### **Safety & Sanitation**

Note: students must have a valid

Safe Food

- Handlers Card
- In home basics
- Bacteria
- Food Handling
- Cleaning
- Dishwashing
- Safety practices

## **PC Culinary Techniques**

- Cooking methods
- Proteins, starches, produce
- Food quality
- Packaging for freezing/reheating

## **Other Revenue Sources & Concepts for the PC**

- Strategic Partnerships
- Networking
- Catering
- Interactive parties
- Private cooking demonstrations/ lessons
- Menu planning