

FOOD SERVICE CAREERS (FSCR)

FSCR 0610 Upgrading Credits: 2 Professionalism Total Hours: 50

This course provides students with the opportunity and support to recognize and develop effective work habits such as regular attendance, punctuality, following workplace routines and displaying a professional attitude. Ongoing feedback from the program instructors assists students to recognize and demonstrate appropriate employee behaviours. In the classroom and teaching kitchen, emphasis is placed on appropriate interactions with co-workers, and taking direction from supervisors. The importance of quality control and productivity are emphasized. Students are expected to demonstrate excellent personal hygiene and grooming standards throughout the program. Instruction is delivered for certification in Serving It Right - BC's Responsible Beverage Service Program TM. Instructional strategies include but are not limited to, lecture, classroom discussion, demonstrations, experiential learning and practice. This course is part of the fulltime Food Service Careers (Adult Special Education) Program.

FSCR 0615 Upgrading Credits: 2 Worker Safety Total Hours: 50

Students will practise the knowledge and skills needed to comply with workplace safety policies. Curriculum topics covered include the fundamentals of basic emergency procedures, personal safety, the safe use of equipment, knife handling, proper lifting techniques, preventing slips and falls, and the basics of WHMIS, HACCP, and lockout. The course also provides students with the opportunity to identify and respond to workplace harassment and know the consequences when one worker harasses another. Instructional strategies include, but are not limited to, lecture, classroom discussion, demonstrations, experiential learning and practice. This course is part of the fulltime Food Service Careers (Adult Special Education) Program.

FSCR 0620 Upgrading Credits: 2 FoodSafe Level 1 Total Hours: 50

FOODSAFE Level 1 is a food handling, sanitation and work safety course designed for front line food service workers such as cooks, servers, bussers, dishwashers, and deli workers. The course covers important food safety and worker safety information including food borne illness, receiving and storing food, preparing and serving food, cleaning and sanitizing. FOODSAFE Level 1 is traditionally delivered as an eight hour face-to-face class, but faculty deliver this course curriculum over a two week period, using lecture, classroom discussion, demonstrations, experiential learning, review, individualized instruction and review of materials. This course is part of the fulltime Food Service Careers (Adult Special Education) Program.

FSCR 0625 Upgrading Credits: 1

Bussing and Dishwashing Total Hours: 25

This course provides students with the support and opportunity to recognize and develop a set of dish-washing and bussing skills to use in a professional kitchen. Students will practise manual dish-washing regularly in the teaching kitchen and will also practise monitoring and replenishing condiments and utensils. This course will also provide students with the opportunity to learn the proper procedures and practice of operating an industrial dishwasher according to industry standards. Instructional strategies include, but are not limited to, lecture, classroom discussion, demonstrations, experiential learning and practice. This course is part of the fulltime Food Service Careers (Adult special Education) Program.

FSCR 0630 Upgrading Credits: 3

Workplace Communications Total Hours: 75

In this course, students practise the basics of effective communication and conversational skills such as appropriate greetings and introductions, the use of eye contact, active listening skills, handling criticism and conflict, giving and taking direction. Topics also include identifying the difference between public and private information, and rights and responsibilities in the work place. Emphasis is on building self-confidence and self-esteem, identifying personal strengths and areas that require improvement, giving and receiving feedback effectively and problem solving. Students practice effective leadership skills through watching videos, modelling of instructors and being a kitchen leader for their classmates. Students participate in goal setting learning activities throughout the term. Students will prepare for a successful practicum interview. Students build an awareness and understanding of what effective customer relations mean and develop a positive and professional attitude towards customers. Instructional strategies include, but are not limited to, lecture, classroom discussion, demonstrations, experiential learning and practice. This course is part of the fulltime Food Service Careers (Adult Special Education) Program.

FSCR 0635 Upgrading Credits: 6

Kitchen Basics Total Hours: 150

This course provides students with the support and opportunity to recognize and develop the knowledge and skills to set up their work stations and maintain a well-organized kitchen throughout the work day. Students develop an awareness of the professional kitchen environment and the importance of being alert and responding quickly to the pace set in a professional kitchen. In this course students are given instruction in proper procedures for receiving and storing food, using knives, tools and small equipment safely, and portioning and measuring accurately. Students will identify and recognize quality traits in common vegetables, herbs and spices. The importance of organic products, seasonal cooking and "buying local" are emphasized. Students regularly practise recycling procedures. Instructional strategies include, but are not limited to, lecture, classroom discussion, demonstrations, experiential learning and practice. This course is part of the fulltime Food Service Careers (Adult Special Education) Program.

FSCR 0640 Upgrading Credits: 5

Basic Food Prep Level 1 Total Hours: 125

This course provides students with the support and opportunity to recognize and develop a set of basic cooking skills to use in a professional kitchen. Students will practise basic cooking methods and techniques by preparing salads, condiments, cold sandwiches, basic stocks and seasonal soups. They will continue to practise their knife skills. Instructional strategies include, but are not limited to, lecture, classroom discussion, demonstrations, experiential learning and practice. This course is part of the fulltime Food Service Careers (Adult Special Education) Program.

FSCR 0645 Upgrading Credits: 5

Basic Food Prep Level 2 Total Hours: 125

This course provides students with the support and opportunity to recognize and develop a set of cooking skills that build on the skills learned in Basic Food Prep 1. Students will practise dry and moist heat cooking methods by preparing beef stock, hot sandwiches, stews and more complex salads, and will be introduced to breakfast cookery. They will practise knife skills to continue developing proficiency and confidence in basic food preparation. This course provides the opportunity and structure for student to increase daily productivity, multitasking and capacity to work independently. Students will gain knowledge about healthy eating and cooking choices and will apply this knowledge to the preparation of meals. Instructional strategies include, but are not limited to, lecture, classroom discussion, demonstrations, experiential learning and practice. This course is part of the fulltime Food Service Careers (Adult Special Education) Program.

FSCR 0650 Upgrading Credits: 4

Practicum 1 Total Hours: 100

The first practicum provides the student with a hands-on learning opportunity to work in the food service industry as a dishwasher/bus person and/or in basic food preparation. Students build upon their prior development of a basic set of food preparation and crucial workplace competencies. This four week practicum assists the student and program staff to assess the progression of the student's aptitudes, abilities, speed and stamina, and other generic work habits and social skills. This course is part of the fulltime Food Service Careers (Adult Special Education) Program.

FSCR 0655 Upgrading Credits: 4

Practicum 2 Total Hours: 100

The second practicum provides the student with a hands-on learning opportunity to work in the food service industry as a kitchen helper. Students build upon their prior development of a basic set of food preparation and crucial workplace competencies. This four week practicum assists the student and program to assess the progression of the student's aptitudes and abilities, speed and stamina, and other generic work habits and social skills. The practicum site will be chosen that best suits the abilities of the individual. This course is part of the fulltime Food Service Careers (Adult Special Education) Program.

FSCR 0660 Upgrading Credits: 4

Practicum 3 Total Hours: 100

The third and final practicum provides the student with a hands-on learning opportunity to work in the food service industry as a kitchen helper. Students build upon their prior development of a basic set of food preparation and crucial workplace competencies. This four week practicum assists the student and program staff to assess the progression of the student's aptitudes, abilities, speed, and stamina, and other generic work habits and social skills. With input from the student, practicum sites will be chosen that best suit the abilities and interests of each individual. This course is part of the fulltime Food Service Careers (Adult Special Education) Program.