



# Culinary Arts - Diploma

## PLAR Candidate Guide

Prior Learning Assessment and Recognition (PLAR)

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### Prior learning credit options at Saskatchewan Polytechnic

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See [Get Credit for What you Know](#) for important information about all options to get credit for prior learning at Sask Polytech, including PLAR, transfer credit, Canadian Armed Forces credit, and equivalency credit.

### How to navigate this document

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This document contains links to other document sections or webpages. To return to where you were from another section in this document, press the *ALT* key and *left arrow* key at the same time. To return to this webpage from another webpage, close the other webpage or click back on the browser tab for this document.

### Contents of this guide

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This guide contains the following specific PLAR information and tools for this program

- A. [PLAR fees](#)
- B. [PLAR eligibility and options](#)
- C. [Dates when PLAR assessment is available](#)
- D. [Special directions for this program](#)
- E. [PLAR contact person](#)
- F. [Self-rating course outlines](#)

## A. PLAR fees

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Fees for PLAR challenges are set to cover our costs for consultation, assessment, and related administrative tasks. PLAR fees are non-refundable and non-transferrable.

The PLAR fees policy is subject to change for each new academic year. Please see the **Cost** section on the [PLAR webpage](#) for current fee information.

## B. PLAR eligibility and options

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To be eligible for PLAR for courses in this program, you must first apply for admission and be accepted into the program. You must also consult with the [PLAR contact person](#) and be approved for PLAR assessment.

### Course prerequisites and corequisites

Some courses have one or more other courses that must be completed first (prerequisite) or at the same time (corequisite). See [course outlines](#) in this guide to identify any pre- or co-requisites for each course. Discuss with your [PLAR contact person](#) how to deal with courses with corequisites.

### Block assessment

Some programs may assess a cluster of courses together in one block, which may save you time and effort. Ask the [PLAR contact person](#) whether there are any block assessment options in this program.

## C. Dates when PLAR assessment is available

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PLAR assessment for this program is available from Sept 1 to June 15 in each academic year.

**All PLAR assessments must be completed by June 15 of each academic year.**

## D. Special directions for this program

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1. **Review** the [PLAR process and FAQs](#) and the information in this guide.
2. **Self-rate** your learning for each course using the [Course Outlines](#) in this guide.
3. **Consult** with the [PLAR contact person](#) for PLAR approval. Be prepared to provide your resume, course self-ratings (see [section F](#)), and a partially completed [PLAR application](#). If you are approved for PLAR, the contact person will sign your PLAR application and explain next steps.
4. Apply for admission to the program. See [directions](#) for applying.
5. **Register** for PLAR at [Registration/Enrolment Services](#) once you have signed approval on your [PLAR Application Form](#). The PLAR fee will be added to your student account.
6. **Finalize** an assessment plan with your assigned assessor.
7. **Complete** assessment before your PLAR registration expires.

## E. PLAR contact person

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Contact one of the Program Heads below to arrange a consultation **after** you have read this guide and [general PLAR information](#) and rated yourself for each course (see next section). Consultation may be by phone, online, or in person. Be prepared to provide your resume, course self-ratings, and a partially completed [PLAR application](#). If agreement is reached to go ahead with PLAR, the contact person will sign approval on your PLAR application and explain the next steps. Admission to the program is required before you can register for PLAR.

**Paul Wheeler Program Head**  
Saskatchewan Polytechnic, Saskatoon Campus  
Phone: 306 – 659 - 4426  
Email: [wheelerp@saskpolytech.ca](mailto:wheelerp@saskpolytech.ca)

## F. Self-rating course outlines

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Clicking on a course code below opens a page where you can rate yourself on the knowledge and skills assessed for PLAR credit. For Arts & Sciences courses, clicking on the course code opens another PLAR guide. The [PLAR contact person](#) for this program will refer you to another person to discuss PLAR for courses delivered by Arts & Sciences or another program/department.

COURSE CODE	COURSE NAME	Delivered by another department/program
<b>Semester 1</b>		
<a href="#">CKNG 140</a>	Kitchen Operations	
<a href="#">CKNG 143</a>	Stocks, Soups and Sauces	
<a href="#">CKNG 144</a>	Garde Manger	
<a href="#">CKNG 150</a>	Kitchen Foundations	
<a href="#">EQPT 119</a>	Tools and Equipment	
<a href="#">PLAN 179</a>	Menu Development	
<a href="#">SAFE 115</a>	Safety in the Professional Kitchen	
<b>Semester 2</b>		
<a href="#">CKNG 142</a>	Vegetables, Starches and Complimentary Proteins	
<a href="#">CKNG 146</a>	Meat, Seafood and Poultry Processing	
<a href="#">CKNG 147</a>	Meat, Seafood, Poultry and Alternative/plant based proteins cooking	
<a href="#">CKNG 219</a>	Charcuterie	

<b>COURSE CODE</b>	<b>COURSE NAME</b>	<b>Delivered by another department/program</b>
<a href="#">CKNG 223</a>	Food Presentation	
<a href="#">CKNG 285</a>	International Cuisine	
<a href="#">NUTR 104</a>	Nutrition	
<b>Semester 3</b>		
<a href="#">CKNG 141</a>	Bakery 1	
<a href="#">CKNG 182</a>	Bakery 2	
<a href="#">CKNG 225</a>	Hors d'oeuvres	
<a href="#">CKNG 284</a>	Baking and Pastry Arts	
<a href="#">CKNG 287</a>	Indigenous Cuisine	
<a href="#">CKNG 290</a>	Catering and Special Event Planning	
<a href="#">CKNG 292</a>	Food Services Management	
<b>Semester 4</b>		
<a href="#">CKNG 145</a>	Breakfast	
<a href="#">CKNG 217</a>	Line Cooking	
<a href="#">CKNG 218</a>	Dining 1	
<a href="#">CKNG 221</a>	Dining 2	
<a href="#">CKNG 222</a>	Sauces	
<a href="#">CKNG 224</a>	Field to Fork	
<a href="#">CLTR 100</a>	Diversity	
<a href="#">PROF 102</a>	Professionalism in Culinary Arts	

### CKNG 140 - Kitchen Operations

You will learn the best practices of how to inventory, order, receive, and store food. You will learn the control process and study government legislation as it applies to managing staff. You will also learn how to determine food cost and how to apply this knowledge to correctly pricing food for sale.

**Credit unit(s):** 4.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
Examine current workplace legislation as it applies to professional cooking.			
Explain purchasing practices.			
Describe procedures for receiving and storage of goods.			
Describe system of inventory.			
Describe the major control processes in a professional kitchen.			
Perform food costing.			
Perform scheduling functions for foodservice operations.			

**CKNG 143 - Stocks, Soups and Sauces**

You will prepare the major types of soups, sauces, and stock.

**Credit unit(s):** 4.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Apply procedures for safely using tools and equipment in the preparation of stocks, soups, and sauces.			
2. Apply procedures for holding, serving, cooling and storing soups and sauces.			
3. Perform basic calculations in the preparation of soups, stocks and sauces.			
4. Prepare stocks.			
5. Prepare five leading sauces.			
6. Prepare secondary leading sauces.			
7. Prepare glace.			
8. Prepare soups from each major category.			
9. Discuss soups, stocks, and sauces that meet the requirements of various health-related diets.			

**CKNG 144 - Garde Manger**

You will prepare items from the repertoire of Garde Manger including hot and cold sandwiches, salads and salad dressings, vegetable and fruit platters. You will examine the operation of a salad bar and service of relevant a la carte menu items from the cold kitchen.

**Credit unit(s):** 4.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Apply procedures for safely using tools and equipment in the preparation of cold kitchen foods.			
2. Apply procedures for holding, serving, cooling and storing sandwiches, salad, and accompaniments.			
3. Perform basic calculations in the preparation of sandwiches and salads.			
4. Describe current trends in Garde Manger.			
5. Describe guidelines for planning a salad bar.			
6. Prepare hot and cold sandwiches.			
7. Prepare various salads.			
8. Prepare various salad dressings.			

**CKNG 150 - Kitchen Foundations**

In this course you will explain and demonstrate basic skills and techniques of food preparation in the kitchen, including: the organization and evolution of the professional kitchen; cleaning and sanitizing workspaces and equipment, mis en place; receiving; handling and storing groceries; counting inventory; basic principles of cooking; food science; and food preservation. In addition to theory, you will practice basic skills in a lab setting.

**Credit unit(s):** 4.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Discuss the food service industry.			
2. Describe the basic principles of cooking and food science.			
3. Explain various mise-en-place techniques.			
4. Demonstrate various mise-en-place techniques.			
5. Demonstrate the procedures for receiving, handling, and storing groceries.			
6. Execute the procedures for counting inventory.			
7. Demonstrate proper cleaning and sanitizing techniques of workspaces, tools, and equipment.			
8. Demonstrate basic food preservation techniques.			



## EQPT 119 - Tools and Equipment

In this course you will learn to identify, operate, and care for the common tools and equipment used in the professional kitchen. You will learn how to safely assemble and dismantle various tools, equipment, and workstations prior, during and after use. You will describe the parts of a knife and how to safely use and maintain your knives.

**Credit unit(s):** 4.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Describe the procedures for using hand tools and small equipment.			
2. Describe kitchen equipment and its operation.			
3. Describe cooking utensils, containers, measuring devices, and their uses.			
4. Apply procedures for safe and efficient use of tools and equipment.			
5. Apply the procedures for assembling and dismantling various tools and equipment.			
6. Describe safe knife usage and care.			
7. Explain terminology relating to knives and cutting.			

**PLAN 179 - Menu Development**

You will learn the basic principles of menu planning and standardizing recipes as a tool for maintaining quality, controlling production, and simplifying purchasing. You will also plan various types of menus.

**Credit unit(s):** 3.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Explain successful and profitable menu planning.			
2. Explain the role of nutrition in menu planning.			
3. Demonstrate principles of menu planning.			
4. Adapt regular menus for modified and culturally diverse diets.			
5. Discuss the financial considerations in menu planning.			
6. Plan menus.			
7. Explain the implementation of a recipe standardization program.			
8. Standardize recipes for use in a foodservice operation.			

**SAFE 115 - Safety in the Professional Kitchen**

You will learn best practices regarding kitchen safety and complete training in WHMIS, safe food handling, and approved service.

**Credit unit(s):** 3.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Complete approved safe food handling training.			
2. Complete the Workplace Hazardous Materials Handling System (WHMIS) training.			
3. Describe the procedures for preventing accidents, injuries, and fires.			
4. Describe the procedures for reporting accidents, injuries, and fires.			
5. Complete approved service certificate.			

### CKNG 142 - Vegetables, Starches and Complimentary Proteins

You will select, clean, process, and cook a variety of vegetables, starches, and complimentary proteins. You will apply calculations to determine necessary yields to meet production quotas.

**Credit unit(s):** 4.0  
**Prerequisites:** CKNG 148, CKNG 138  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Apply procedures for safely using tools and equipment in the preparation of vegetables starches and complimentary proteins.			
2. Apply procedures for safe handling and storage of products in the preparation of vegetable, starches, and complimentary proteins.			
3. Perform basic calculations in the preparation of vegetables, starches, and complimentary protein dishes.			
4. Discuss vegetables, starches, and complimentary proteins that meet the requirements of various health-related diets.			
5. Prepare basic vegetable dishes.			
6. Prepare starch dishes.			
7. Prepare pasta dishes.			
8. Prepare grain dishes.			
9. Use seeds and nuts in various dishes.			

### CKNG 146 - Meat, Seafood and Poultry Processing

You will process various cuts of meat, seafood, and poultry. Your studies will include the safe handling and storage of the product.

**Credit unit(s):** 4.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Process various cuts of meats.			
2. Process various cuts of poultry.			
3. Process various cuts of seafood.			
4. Apply procedures for safely using tools and equipment in the handling of meat, poultry, and seafood.			
5. Apply procedures for safe storage of products in the handling of meat, poultry, and seafood.			
6. Perform basic calculations in the processing and resale of meat, poultry, and seafood.			

**CKNG 147 - Meat, Seafood, Poultry and alternative/plant based proteins cooking**

You will cook a variety of proteins using moist and dry heat methods. There will be a focus on safe holding procedures and portion control.

**Credit unit(s):** 4.0  
**Prerequisites:** CKNG 148, CKNG 138  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
7. Apply procedures for safely using tools and equipment in the preparation of meat, poultry, and seafood.			
8. Apply procedures for safe storage of products in the preparation of meat, poultry, and seafood.			
9. Apply dry and moist heat procedures for cooking meat.			
10. Apply dry and moist heat procedures for cooking seafood.			
11. Apply dry and moist heat procedures for cooking poultry.			
12. Apply dry and moist heat procedures for specialty meats, game, and variety meats.			
13. Apply dry and moist heat procedures for plant-based proteins.			
14. Discuss cooking methods for proteins which meet the requirements of various health-related diets.			
15. Perform basic calculations in the preparation of meat, poultry, and seafood.			

**CKNG 219 - Charcuterie**

You will prepare a variety of processed and cured meat items. You will prepare hot and cold hors d'oeuvres. You will discuss types of cheese and prepare fresh cheese.

**Credit unit(s):** 4.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Describe the common types of sausages and cured meats.			
2. Prepare sausages and cured meats.			
3. Prepare aspics, forcemeats, pâtés, and terrines.			
4. Describe various types of cheese.			
5. Prepare fresh cheese.			

### CKNG 223 - Food Presentation

You will learn the fundamental principles of food presentation, including plating, photography, and the use of social media for promotion. You will have the opportunity to present food in an appealing and contemporary manner.

**Credit unit(s):** 3.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe the principles of food presentation.			
2. Describe the principles of buffet and table arrangement.			
3. Describe plate arrangement and appearance.			
4. Prepare plated foods using the presentation procedures described.			
5. Photograph food.			
6. Promote food using social media.			



### CKNG 285 - International Cuisine

You will study and prepare cuisine from trending international cuisines.

**Credit unit(s):** 4.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Examine the geographical and cultural factors affecting international cuisines.			
2. Describe unique ingredients and cooking techniques applicable to international cuisines.			
3. Examine trending international cuisines.			
4. Develop menus from trending major international cuisines.			
5. Examine recipes from trending International cuisines.			
6. Prepare various foods from the trending international cuisines.			

**NUTR 104 - Nutrition**

You will examine principles of nutrition as they apply to special diets and various food preparation techniques.

**Credit unit(s):** 2.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Describe the nutritional characteristics of foods.			
2. Describe the nutritional considerations involved in various food preparation techniques.			
3. Perform basic calculations in the evaluation of nutrition.			
4. Describe the major nutritional and health-related diets.			
5. Examine various contemporary lifestyle diets.			

## CKNG 141 - Bakery 1

You will learn to prepare yeast leavened bread, chemically leavened quick breads, as well as cookies and fruit pies.

**Credit unit(s):** 4.0  
**Prerequisites:** CKNG 148, CKNG 138  
**Corequisites:** none  
**Equivalent course(s):** none

<b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b>  <b>Competent:</b> I can apply this outcome without direction or supervision. <b>Learning:</b> I am still learning skills and knowledge to apply this outcome. <b>None:</b> I have no knowledge or experience related to this outcome.	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Apply procedures for safely using tools and equipment in the baking process.			
2. Apply procedures for safe handling and storage of products in the baking process.			
3. Perform basic calculations in the preparation of bakery products.			
4. Prepare quick bread products.			
5. Prepare yeast dough products.			
6. Prepare cookies.			
7. Discuss bakery items that meet requirements of various health related diets.			
8. Prepare fruit pies.			

**CKNG 182 - Bakery 2**

You will prepare rich dough breads, éclair paste, dessert sauces, custards, specialty cookies, and dessert sauces.

**Credit unit(s):** 4.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Prepare dessert sauces and toppings.			
2. Prepare rich dough products.			
3. Prepare éclair paste and various derivative products.			
4. Prepare baked and stirred custards.			
5. Prepare cookies using the following makeup methods: bagged, sheet, and bar.			
6. Prepare crumb and short dough crust.			

### CKNG 225 - Hors d'oeuvres

You will prepare a variety of hors d'oeuvres, canapés, dips, and other small plates. You will also study the various types of caviar.

**Credit unit(s):** 2.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe the two principal methods of serving hors d'oeuvres at a reception.			
2. Prepare canapés.			
3. Prepare hors d'oeuvre cocktails and relishes.			
4. Prepare dips.			
5. Prepare a variety of other hors d'oeuvres, including antipasti, bruschetta, and tapas and caviar.			

### CKNG 284 - Baking and Pastry Arts

Building on the skills you developed in Bakery 1 and Bakery 2, you will prepare and finish high end pastry products and fillings.

**Credit unit(s):** 4.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe high-end pastry products and current trends in baking and pastry arts.			
2. Describe foam type icings and cakes.			
3. Explain rolled-in-dough products.			
4. Explain the ingredients and procedures for making cream desserts.			
5. Explain the ingredients and procedures for making confections and chocolates.			
6. Describe the procedures for assembling and decorating. specialty cakes.			
7. Explain the ingredients and procedures for making still and churn frozen desserts.			
8. Prepare foam type icings and cakes.			
9. Prepare Rolled-in-dough products.			
10. Prepare cream desserts.			
11. Prepare confections and chocolates.			
12. Prepare specialty cakes.			
13. Prepare still and churn frozen desserts.			

**CKNG 287 - Indigenous Cuisine**

You will examine various models of local and organic supply chains with a focus on Indigenous cuisine. You will have the opportunity to plan and prepare Indigenous foods.

**Credit unit(s):** 4.0  
**Prerequisites:** CKNG 180  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Describe the historical background of Indigenous cuisines.			
2. Examine the various ingredients used in Indigenous cookery.			
3. Plan Indigenous menus and recipes.			
4. Prepare Indigenous food.			

### CKNG 290 - Catering and Special Event Planning

You will plan and prepare foods for a catered event.

**Credit unit(s):** 4.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b>  <b>Competent:</b> I can apply this outcome without direction or supervision. <b>Learning:</b> I am still learning skills and knowledge to apply this outcome. <b>None:</b> I have no knowledge or experience related to this outcome.	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Examine catering and group food service events.			
2. Examine organizational requirements for catering and group food service events.			
3. Organize a catering event.			
4. Prepare foods for a catered event.			



## CKNG 292 - Food Services Management

You will study operational management techniques and skills important for today's successful chefs. The course examines key areas that include managing the front of the house, basics of table service, customer service and exceeding expectations, and computer and point of sale applications.

**Credit unit(s):** 4.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe foodservice front-of-the-house operations.			
2. Apply marketing and promotional concepts for the foodservice industry.			
3. Describe different restaurant service styles and operational sequences.			
4. Perform table service.			
5. Manage service problems.			
6. Manage beverage service.			
7. Apply customer service techniques.			
8. Describe various restaurant room management techniques and practices.			

### CKNG 145 - Breakfast

You will prepare food items particular to the service of the breakfast meal. You will study and prepare eggs, breakfast specific proteins, breakfast specific quick breads, hot and cold cereals, and potatoes.

**Credit unit(s):** 4.0  
**Prerequisites:** CKNG 148, CKNG 138  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Apply procedures for safely using tools and equipment during breakfast cookery.			
2. Apply procedures for safe handling and storage of dairy products.			
3. Perform basic calculations in the preparation of breakfast items.			
4. Prepare eggs in a variety of breakfast dishes.			
5. Prepare breakfast breads, meats, and potatoes.			
6. Prepare complete breakfast meals to order.			
7. Discuss breakfast items that meet the requirements of various health-related diets.			
8. Describe the types of beverages used in commercial foodservice.			
9. Describe the principles of coffee and tea service.			

### CKNG 217 - Line Cooking

You will plan, prepare, and serve short order food items.

**Credit unit(s):** 3.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b>  <b>Competent:</b> I can apply this outcome without direction or supervision. <b>Learning:</b> I am still learning skills and knowledge to apply this outcome. <b>None:</b> I have no knowledge or experience related to this outcome.	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Perform basic calculations in the preparation of short order foods.			
2. Discuss how to adapt menu items that meet requirements of health related diets.			
3. Describe procedures for short order food production.			
4. Prepare a la carte short order items.			

**CKNG 218 - Dining 1**

You will prepare meals a la carte (to order). You will focus on teamwork, kitchen organization, and line cooking in the preparation of a dining room menu.

**Credit unit(s):** 4.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Perform basic calculations in the preparation of short order foods.			
2. Discuss how to adapt menu items that meet requirements of health related diets.			
3. Describe procedures for a la carte foods.			
4. Prepare a la carte food items.			

## CKNG 221 - Dining 2

Your studies will expose you to current developments and popular food trends in the cooking profession. You will prepare contemporary foods in a restaurant setting. You will gain a working knowledge of wine and wine pairings important to today's successful chefs. You will also examine other types of beverages significant to foodservice operation. You will have the opportunity to prepare a variety of beverages.

**Credit unit(s):** 4.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe the history of food trends.			
2. Describe the effects of modern food production and distribution upon current food trends.			
3. Examine food products and ingredients used in contemporary culinary styles.			
4. Prepare foods in contemporary culinary styles.			
5. Describe the types of beverages used in commercial foodservice.			
6. Describe the principles of coffee and tea service.			
7. Prepare a variety of beverages.			
8. Describe beverage-serving concepts.			
9. Classify types of wines.			
10. Prepare foods using wine.			
11. Prepare beverage and food pairings.			

## CKNG 222 - Sauces

Your studies will explore current trends in sauce cookery, including pairing sauces with other food items and finishing techniques. You will prepare specialty sauces and garnishes.

**Credit unit(s):** 2.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe finishing techniques and garnishes for soups and sauces.			
2. Describe complementary pairings of sauces with other food items.			
3. Prepare small sauces for soups.			
4. Prepare specialty sauces.			
5. Apply finishing techniques and garnishes for soups and sauces.			

**CKNG 224 - Field to Fork**

You will explore conventional and organic food supply chains. You will discuss the pros and cons of GMO’s and organics in relation to global food security. You will plan, prepare, and serve a FARM TO TABLE event.

**Credit unit(s):** 2.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe conventional and organic supply chain from the producer to end-user as it relates to the food services industry.			
2. Describe food producing farming techniques and the implications for food quality.			
3. Examine local and seasonal ingredients.			
4. Prepare food featuring locally produced products.			

## CLTR 100 - Diversity

You will examine the elements of cultural, gender and disability diversity in Canada and the processes that promote inclusion. You will explore elements of Indigenous culture with a view to understanding both historical elements and contemporary issues in Canada. Your studies will also provide opportunities to participate in various cultural practices.

**Credit unit(s):** 3.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Examine the diverse Canadian identity.			
2. Describe diversity and social inequality in Canadian society.			
3. Examine the impact of colonization and treaties on Indigenous peoples.			
4. Examine contemporary realities and resilience of Indigenous people in Canada.			
5. Explore cultural events.			
6. Promote inclusion.			



**PROF 102 - Professionalism in Culinary Arts**

You will learn the skills required to be a coach or leader in a food services setting. Your studies will also include the development of a cover letter and resume and the opportunity to practice job interview skills.

**Credit unit(s):** 4.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	<b>Competent</b>	<b>Learning</b>	<b>None</b>
1. Identify personal leadership style.			
2. Compare the roles of coaching and leadership in the food services industry.			
3. Apply time management techniques for food service operations.			
4. Perform scheduling functions for various food service operations.			
5. Explain change management in the food service industry.			
6. Examine common sources of conflict in the food services industry.			
7. Apply coaching strategies in a food service setting.			
8. Develop resume and cover letter.			
9. Apply job search skills.			
10. Apply job interview skills.			