



**For more information and
to register, contact us at:**

R.B. Russell Vocational High School

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Join Our Team Today, And Learn:

The practical experience needed to be able to work in a commercial kitchen; setting up workstations; cooking terms and methods; principles for seasoning and flavouring; how to read, follow, and convert recipes; and proper measurement and scaling techniques, all in a **FUN** environment!

*“People who love to cook
are always the best people.”*
— *Julia Child*



**R. B. Russell Vocational
High School**



CULINARY ARTS

Grade 9-12



Culinary Arts Program

The *Grade 9-12 Culinary Arts* courses are optional courses intended for students wishing to explore the Culinary Arts. The emphasis is on *hands-on activities*. Students learn the specifics of sanitation and safety in a commercial kitchen. They also learn about tools and equipment, knife handling and safety, and general preparation procedures for different types of food and beverages.

Course Outline

Students will study the following areas:

Grade 9

Exploration of the Culinary Arts

Grade 10

Cooking Principles

Grade 11

- Garde Manger
- Patisserie & Baking
- Vegetables, Fungi, & Starches
- Breakfast & Dairy

Grade 12

- Menu Planning & Food Costing
- Modern & Classical Desserts
- Soups, Stocks, & Sauces
- Meat, Poultry, Fish, & Seafood



"...no one is born a great cook, one learns by doing."

— Julia Child.
