

Program Information

Culinary Arts and Design

2024/2025

Program Overview	The Culinary Arts and Design program provides students with practical training and industry-relevant skills to prepare for careers in the culinary field. Students learn foundational cooking techniques, menu planning, baking, and food preparation. The program includes real-world experience through a practicum and is accredited by Apprenticeship Manitoba.
Area of Study	Skilled Trades
Credential	Certificate
Program Length	1 Year Full time (10 months)
Delivery	In-classroom
Work-Integrated Learning	4-week practicum
Open to International Students	Yes
CIP Code	12.0503

Career Outcomes

- Line Cook
- Sous Chef
- Pastry Chef
- Catering Manager
- Banquet Chef
- Restaurant Manager
- Personal Chef
- Food Stylist
- Corporate Chef
- Entrepreneur (Restaurant/Catering Owner)

All Courses

Course Name	Description	Hours
Cooking Principles (CF-210)	This course introduces students to the fundamental theory and practical skills needed for a career in culinary arts. Topics include food safety, sanitation, kitchen tools and equipment, measurement techniques, and basic cooking principles. Students develop knife handling skills, mise en place techniques, and learn to read and follow recipes accurately.	110 hours
Garde Manger (CF-220)	This course explores the techniques and preparation methods used in garde manger, the cold kitchen. Students learn to create salads, dressings, sandwiches, pâtés, hors d'oeuvres, and other buffet-style dishes while developing advanced	110 hours

	knife skills and food presentation techniques.	
Vegetables, Fungi, Starches, and Farinaceous Products (CF-230)	This course focuses on the proper selection, storage, handling, and preparation of vegetables, starches, grains, and pasta. Students explore cooking techniques that enhance flavour, texture, and presentation while maintaining nutritional value.	105 hours
Stocks, Soups, and Sauces (CF-240)	This course provides an in-depth study of stock, soup, and sauce production. Students learn to prepare classic and contemporary stocks, a variety of soups, and essential sauces used in professional kitchens, with a focus on flavour development and consistency.	105 hours
Meats, Poultry, Fish, and Seafood (CF-250)	This course covers the principles of handling, cutting, storing, and cooking meats, poultry, fish, and seafood. Students learn different cooking methods to enhance flavour and texture while ensuring proper food safety and handling techniques.	105 hours
Patisserie and Baking (CF-260)	This course introduces students to fundamental baking and pastry techniques. Topics include ingredient functions, mixing methods, and the preparation of quick breads, pastries, cookies, bars, and yeast-based products, emphasizing precision and consistency.	105 hours
Breakfast and Dairy (CF-270)	This course focuses on breakfast cookery and the handling and preparation of dairy products. Students learn techniques for preparing eggs, pancakes, waffles, and	105 hours



	breakfast meats, as well as using dairy products in a variety of applications.	
Menu Planning and Food Costing (CF-280)	This course explores menu development, recipe structure, and cost control in commercial kitchens. Students learn to design menus that balance nutrition, customer appeal, and efficiency while managing ingredient costs and kitchen productivity.	108 hours
Culinary Arts Work Practicum (CF-320)	This practicum provides students with hands-on experience in a professional food service environment. Under the supervision of industry professionals, students apply their culinary skills, refine techniques, and develop essential workplace competencies in a real-world setting.	160 hours