

Culinary Arts

CERTIFICATE

Why take the Professional Cook program?

We all love to eat great food, but you've always enjoyed a special flair for working in the kitchen. You've got great ideas you'd like to try and want to spread your culinary wings and learn more about this exciting profession. UFV's Professional Cook Training program can teach you how to work in a commercial kitchen, run your own business, or take charge of your own career.

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WHAT TYPE OF CAREER CAN I EXPECT?

There are as many job opportunities in the professional kitchen as there are flavours. Once you've completed the program, you'll be well on your way to a great and challenging career. This is a career that can take you around the world. As a professional cook, you can find work in a variety of locations; anywhere from cruise ships to private yachts, from oil drilling platforms in the North Sea to diamond mining operations in the Yukon to logging camps. Your options will also include the many restaurants and hotels around the world. Would you like to cook for a cattle drive or perhaps be a safari cook in the wilds of Africa? Or perhaps you'd like being a private chef for the rich and famous or a government official. If you want to stay closer to home, you'll be trained to work in all styles of kitchens ranging from a small family-style restaurant, to large multinational hotels, and health care institutions.

Once you've graduated, you can apply to the provincial apprenticeship office for information about credit into the Cooking apprenticeship program. With the skills and experience you'll be learning at UFV, we highly recommend you do so.



“I would highly recommend this program to anyone who wants to make cooking their career.”

— KRISTA BODDEN,
Professional Cook Training
graduate, June 2006.

Culinary Arts



“The program has been very informative and has enhanced my experience in this trade. The technical part has been helpful to me to prepare for my Red Seal certification test. Also, it was exciting to taste some exotic foods that I’d not normally try, like emu, wild boar, and alligator. Excellent course! I’d recommend it to anyone. Bruce Corbeil was very patient and understanding — very good qualities to have as an instructor.”

— MARY MCLACHLAN, Professional Cook Training graduate, June 2006.

WHY TAKE THE PROGRAM AT UFV?

Because you love to cook and you want a great career doing something you love. Our Professional Cook program will prepare you for entry into the culinary field and when you successfully complete the program, you’ll have advanced placement in the apprenticeship program if you chose to follow up your studies that way. Not only will you come away with the basic skills that employers are looking for, you’ll be fully prepared for working in a professional kitchen that faces the same demands working kitchens meet daily. Ten months of hands-on training will provide you with “real” situations that will build your confidence while developing your culinary skills and abilities.

WHAT EXACTLY WILL I BE LEARNING?

At UFV we emphasize the basics in cooking and how to get the best out of your ingredients. In our training kitchens you’ll learn how to season to enhance the food and bring out the natural flavours of the ingredients. You will also learn the theory of cooking and then you’ll get a chance to practise the theory. We feel that once you’ve mastered the basics, you can add your own imagination, passion, and drive to really succeed in the hospitality industry.

During our program, you’ll be evaluated in two areas of learning. You must show an understanding of the theory by passing a test at the end of each unit studied. You must also prove that you have mastered practical skills by meeting an industry-accepted level in the basic skills. Your learning materials may include videotapes, handouts, worksheets, textbooks, and written and verbal instruction. Most of your school day will be spent in the kitchen putting your theory to use and providing food services for “guests.”

The program is delivered at the Canada Education Park in Chilliwack cafeteria and the Chilliwack campus cafeteria. Both are actual working kitchens, so you will be in a “real-life” setting from the start. Training will follow a modular system that starts with the basics and will then build on and hone your skills and confidence. Sample topics include:

- safety and sanitation
- knife-handling skills
- use and care of equipment
- cooking methods
- banquet planning
- a la carte dining
- basic service skills
- menu planning and costing

All practical assignments and theory tests must be completed before the final exam, which will be scheduled in June.

SOUNDS GOOD. WHAT DO I NEED TO GET IN?

You'll need your B.C. secondary school graduation or equivalent and must pass a math and reading comprehension entrance exam.

ANYTHING ELSE I NEED TO KNOW?

Because you'll be working in a kitchen, we do have some medical requirements that you need to be aware of. We'll need to see documentation of a negative TB test, which can be arranged through your local health department. Working in a kitchen can be physically demanding so you should be able to lift heavy objects and stand for long periods of time in one place. You'll also be required to work a variety of shifts. These shifts are scheduled well in advance to allow you to juggle any part-time work or other factors in your busy life. As a culinary arts student, you must always present a clean, neat and professional image. To accommodate that, you will be required to purchase and wear a proper kitchen uniform, which you must keep clean and neat.

UFV's Professional Cook program starts in September and ends the following June. The program requires your continuous attendance throughout all three semesters so you can successfully complete all requirements. You will be expected to attend classes five days per week for the duration of the entire program. If you fail to meet the attendance requirements as outlined in your individual program guide, you might be subject to a failing grade or academic warning. You must complete all requirements with a minimum of 70 per cent or better to receive a credit grade in order to graduate.

I'M INTERESTED. WHAT DO I DO NEXT?

Check out UFV's online calendar at www.ufv.ca/calendar . Read the professional cook section and program description carefully and if you wish to speak to the instructor call Bruce Corbeil at 604-847-5459, or toll free at 1-888-504-7441 ext. 5459, or email cooking@ufv.ca .

Next, you can download an application form and submit it, along with the \$45 application fee, to any UFV Admissions and Records office or centre. You can also transmit it through the internet at www.pas.bc.ca .

If you're currently in Grade 12, you can apply now, but we require a statement from your school counsellor or principal indicating that you are likely to meet graduation requirements by June, and this must be presented at the time of your entrance exam appointment. You will be notified of your entrance exam date by the Trades & Technology Centre and there is no fee for writing this exam.

If you have not been contacted within two weeks of submitting your application, then call us at 604-847-5448. Before classes start, you'll be called and given all the registration procedures. If we can't reach you after three attempts, you'll be removed from the waitlist.

WHEN SHOULD I APPLY?

Apply right away. Applications are accepted on a continuous basis throughout the year. Qualified applicants are considered for the next intake that has space.

To determine when the next intake occurs, call the Trades and Technology centre at 604-847-5448, or 1-888-504-7441, ext. 5448, or email trades@ufv.ca to get more details.

HOW MUCH DOES IT COST?

Expect to pay program fees of about \$111 per week; this covers tuition plus 10 per cent of the tuition for ancillary fees. As a cooking student, you should also budget about \$350 for basic tools, \$600 for required textbooks, and \$200 for your working apparel. We require a deposit (currently \$200) to be paid at the time of registration, which typically takes place one or two months before the start of each semester. The balance of your fees must be paid by the second week of the semester.

In addition, each semester (fall, winter, and summer) you will be required to pay a \$30 Student Union Society membership fee, a \$35 SUS building fee, \$4.50 Cascade student newspaper fee, a \$3 per semester radio station fee, and a \$40 universal bus pass fee.

A Health and Dental fee (\$160 for 20009/10) is charged annually each fall semester to students with nine or more credits to provide extended medical and dental insurance. You can check with the Student Union Society or at www.studentcare.net/works for details. It's also worth a visit to the UFV financial aid and awards office, which facilitates the disbursement each year of approximately \$12 million in federal and provincial student loans, grants, bursaries, scholarships, and awards to UFV students. A helpful budget planning worksheet is available online at www.ufv.ca/fineaid/budget .

WHERE WILL MY CLASSES BE DELIVERED?

The Professional Cook Training program is offered at UFV's Trades and Technology Centre in Chilliwack, B.C. Students will study in the hotel-grade, natural gas kitchen which is equipped with top-notch, modern equipment including the large walk-in freezer and cool room.

With its nine ovens, short-order grill, stainless steel work stations for each student, and \$30,000 computerized convection oven, the kitchen is unlike any other training facility in the region.

UFV's Trades and Technology Centre is the university's first facility to open in Chilliwack's Canada Education Park, a 200-acre education and research park situated along the historic Vedder River on what was once Canadian Forces Base Chilliwack.

CAN I SPEAK WITH SOMEONE ABOUT MY OPTIONS?

Yes! We want to hear from you! If you're unsure of your direction, contact Student Services at 1-888-504-7441 to connect with an educational advisor, or arrange for career counselling. You can also contact the Trades and Technology centre directly at 604-847-5448, or 1-888-504-7441, ext. 5448, or call the instructor Bruce Corbeil at 604-847-5459, or you can email us at trades@ufv.ca to get more details.



About UFV

Nestled in the beautiful Fraser Valley just east of Vancouver, in B.C., UFV is a fully accredited, public university that enrolls more than 11,000 students each year. UFV has campuses in Abbotsford, Chilliwack, and Mission and regional centres in Hope and Agassiz, and a growing presence in Chandigarh, India.

UFV is committed to exceptional post-secondary instruction and a nurturing learning environment. We are large enough to offer variety, yet small enough to offer the personal attention that our students need to thrive. Our small class sizes and focus on teaching allow our students to get to know their instructors and learn in a hands-on setting.

We offer more than 80 programs, including 13 bachelor's degrees, a master's degree, and more than a dozen trades and technology programs. We believe that anyone who wants to go to university should be given the chance, so our admission policies are flexible, and we provide university prep courses and high school completion options. There are many options for learning: full-time, in class, online, as part of a structured program or one tailored specifically to your interests.

Many of our programs "ladder" into one another, allowing students to keep their options open. Our international programming makes for a culturally diverse student body and great opportunities to study abroad, while our continuing studies offerings make learning a lifelong experience.

UFV is recognized nationally for student success, an excellent learning environment, creative integration of programming, and our work with our local communities.

Get to know us better at www.ufv.ca.



The information contained in this document is subject to change. Please refer to www.ufv.ca/trades for up-to-date information. UFV reserves the right to cancel courses and programs.

www.ufv.ca/trades

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