

# Cook Basic – Diploma

## 300 Hours – 15 weeks Full-time

In addition to full-time day classes, Liaison College Brampton offers part-time evening and weekend classes with frequent start dates. Prior to graduation students receive job search information and assistance in finding fulfilling employment through Liaison College's exclusive Career Action Plan Services (CAPS).

### Program Highlights

#### **Sanitation, Safety and Equipment**

- Interpretation of Terms
- Personal Hygiene
- Food Contamination
- Safe Food Handling
- Construction Standards
- Maintenance Standards
- Sanitation Codes
- The Health Protection and Promotion Act
- Food Poison Prevention
- Dishwashing

#### **Bake Theory**

- Flour Production & Applications
- Types of Shortening
- Sugar Commodities
- Eggs in Baking
- Dairy Products
- Use of Salts
- Leavening Agents
- Chocolate and Flavorings

#### **Basic Nutrition**

- Major nutrient identification
- Energy sources
- Lipids
- Proteins and Vegetarian Diets
- Carbohydrate and Dietary Fibre
- Vitamins, Processing & Additives
- Mineral Elements
- Water – Sources, value & quality
- Developing Food Patterns

#### **Culinary Techniques – Basic**

- Kitchen Tools – Identification, Storage & Handling
- Uniform Standards
- Proper Food Storage and Packaging
- Fire Procedures
- Stock Cookery
- Thickening Agents
- Soup Cookery

- Sauce Cookery
- Egg & Breakfast Cookery
- Short Order Cookery
- Vegetable, Pasta & Rice Cookery
- Fish & Shellfish Cookery
- Meat Entrees
- Salads

#### **Communications – Basic**

- Basic Business Communications
- Accident Reports
- Resume preparation
- Cover Letters
- Application Forms

#### **Calculations - Basic**

- Addition, subtraction, multiplication & division
- Common Fractions
- Decimal Fractions
- Percentages
- Standards of Measurement
- Fahrenheit to Celsius conversions

#### **Techniques of Baking**

- Pie Dough
- Piping Batters
- Quick Breads and Muffins
- Cream Desserts
- Icings
- Yeast Dough
- Choux Paste Products
- Pastries
- Cake Preparation

#### **Kitchen Management**

- Hospitality /Tourism Perspectives and Organizations
- Orientation, Training and Career Planning
- Menu Planning and Basic Marketing
- Table Service
- Basic Kitchen Calculations
- Basic Purchasing
- Kitchen Organization, Maintenance and Security

#### **Food Theory – Basic**

- Major cooking methods
- Vegetable cuts and Flavoring Agents
- Stock and Soup Cookery
- Sauce Cookery
- Breakfast and Short Order Cookery
- Vegetable and Pasta & Rice Cookery

#### **Quantity Food Preparation**

- Rules of Personal Hygiene and Sanitation

- Safety Regulations
- Large Kitchen Equipment Identification
- Stock, Soup and Sauce Cookery
- Poultry, Lamb, Pork, Beef, Fish Cookery
- Potato and Vegetable Cookery
- Salad Preparation
- Dessert Preparation