

## SAMPLE STUDENT TIMETABLE

Full School Year Program  
Grade 12

### September to May/June

- Students learn the Culinary Arts Trade in a professional environment taught by a VCC Chef Instructor
- Students prepare a dinner available to the Walnut Grove community on Tuesday, Wednesday and Thursday
- Students accepted into the program attend school outside the normal school day schedule
- Any student requiring Eng 12 or Comm 12 and Grad Transition 12 will have the flexibility to complete the course outside the Professional Cook 1 schedule (see school counsellor for options)
- At the successful completion of the program, students receive 32 credits (8 high school courses)

CKT 11A, 11B, 11C  
CKT 12A, 12B, 12C  
WEX 12A and WEX 12B

## In partnership with Vancouver Community College Instructor

at

## Walnut Grove Secondary School

### For Program Information Contact:

See your ACE IT school contact in the Counselling office or Career Centre, for program information

Langley School District  
Career Education Department  
604-534-7891

[www.sd35.bc.ca](http://www.sd35.bc.ca)

Then visit the following:

- Programs & Initiatives
- Career Education
- Post-Secondary Dual Credit Programs (located on the right-hand sidebar)

This is an industry certified ACE IT "Accelerated Credit Enrollment in Industry Training" program for high school students. This program is affiliated with B.C.'s Industry Training Authority.

**NEW**

## PROFESSIONAL COOK 1



### Walnut Grove Secondary School

8919 Walnut Grove Drive,  
Langley, BC

### In partnership with Vancouver Community College

September to June

For students in grade 12

(Some highly skilled and motivated grade 11 students may also be considered)



Earn Post-Secondary Credits While Still In High School

Rev. Jan 2016

## **DO YOU WANT TO BECOME A PROFESSIONAL COOK?**

- Are you interested in learning the skills needed to work in the culinary arts industry, in restaurants, commercial kitchens or hotels? Do you want to become a professional chef?
- Are you motivated to want to learn these skills while you are still in high school?

### **Here's How It Works:**

1. Students from across the Langley School District can apply during their Grade 11 year for a seat in this Grade 12 year-long program.
2. Students complete an intense training program that includes:
  - Practical and theoretical training based on the VCC Professional Cook 1 program
  - The opportunity to gain required skills and knowledge right in the WGSS professional kitchen.
  - Program schedule: Monday - Thursday from 2:30 – 7:30 PM with work experience on Fridays (200 hours )

### **BENEFITS:**

- Advanced training, while still in high school, leading to industry-ready qualifications.
- Secondary School credit for 8 (or more) high school elective courses (32 credits).
- Vancouver Community College certificate
- ITA Professional Cook 1 certification.
- Substantial industry exposure and hands-on experience.

## **RECOMMENDED CHARACTERISTICS TO SUCCEED IN THIS PROGRAM:**

- Regular attendance and a solid commitment to the program
- Sincere interest in working in the culinary arts industry in a professional manner and a willingness to learn
- Interest in working with people and food
- Maturity and communication skills, and the ability to co-operate with co-workers (work as a team member)
- Physical ability to safely use knives and other related kitchen tools
- Ability to stand for prolonged time periods
- Ability to function in a hot, fast-paced, and possibly stressful environment
- Intention to graduate with a Dogwood Certificate

### **ENTRANCE REQUIREMENTS:**

- Fully proficient in the English language
- Completion of Grade 11
- Food Safe certification
- Some professional cook experience or high school course work, such as:
  - Cafeteria or Cook Training or;
  - Foods and Nutrition 11/12 or;
  - Paid or volunteer food preparation work in a restaurant, catering business or professional kitchen

### **PROGRAM CONTENT:**

- Professionalism and kitchen organization
- Workplace and Food Safety
- Use of knives, tools, and equipment
- Vegetables, starches, and eggs cooking
- Preparation of various proteins
- Stocks, sauces, and soups
- Baking and desserts

## **APPLICATION PROCEDURE:**

- Applications are available from the Career or Counselling Centre at each secondary school in the Langley School District
- Applications will be due mid-April
- Interviews will be held in May
- Students will be advised of their acceptance by late May, in time for registering at WGSS for the following school year

### **PROGRAM COST SAVINGS!**

Tuition is paid by the Langley School District for Langley students registered in this program.

This represents a considerable cost savings as the cost of this training program at VCC is approximately \$2,900.

### **PROGRAM COSTS:**

Students are required to cover the cost of books, supplies, uniform and knives, (approximately \$750.00). These are tools of the trade, and students keep these items for future use.