CULINARY MANAGEMENT – NUTRITION PROGRAM (H119)

You have a passion for food, cooking, and health and realize that people are becoming more concerned about nutrition and lifestyle. You can incorporate culinary skills and nutrition as you train for a rewarding career in the Culinary Management – Nutrition program.

In this two-year diploma program, you will learn how to work in a variety of environments including the food service industry to meet the demands of increasingly health-conscious consumers. This program combines instruction in culinary techniques, food service management, ingredient knowledge, healthy recipe, menu, and food product development with the latest advances in the field of nutrition. You'll learn in a dynamic setting that includes demonstrations, lectures, and hands-on culinary practice.

You will also complete a seven-week industry externship placement in your final semester, which will give you a great head start as you begin your career.

Program Schedule

The schedule for the Culinary Management – Nutrition program currently operates from Monday to Friday. Note: some classes may begin at 7 a.m. and others may run until 10 p.m.

PART TIME STUDY OPTIONS

George Brown Continuing Education offers a variety of Hospitality and Tourism courses and certificates. See the Continuing Education Course Guide at coned.georgebrown.ca or contact cehospitality@georgebrown.ca or 416-415-5000, ext. 2517.

EXPERIENTIAL LEARNING

We believe in learning by doing and that is why we have incorporated work integrated learning opportunities into all CHCA programs.

YOUR FIELD STUDY OPTIONS

You will complete a seven-week industry externship placement in your final semester. George Brown works with employers and industry partners to identify potential work experience opportunities. Students are also strongly encouraged to pursue self-directed industry work experience opportunities they believe would provide the learning experiences they value and meet the learning outcomes of the program.

This valuable work experience can in turn be added to your resume. In addition to more formal on-the-job work experience, George Brown College endeavours to provide learning opportunities with real-world challenges and clients. Find out more about field education at the Centre for Hospitality and Culinary Arts.

CHCA students can also participate in several short study abroad opportunities. Our options change often, but in recent years have included Peru, Europe, Spain, Costa Rica, India, Thailand and trips across Canada. Some trips are purely experiential learning, while others provide you with the opportunity to receive credit for a course in your program.

PROGRAM STANDARDS AND LEARNING OUTCOMES

The graduate has reliably demonstrated the ability to:
1. Provide advanced culinary planning, preparation, and presentation for a variety of food service environments using a range of classical and contemporary techniques.
2. Apply basic and advanced food and bake science to food preparation to create the desired end product.
3. Contribute to and monitor adherence of others to the provision of a well-maintained kitchen environment and to the service of food and beverage products that are free from harmful bacteria or other contaminants, adhering to health, safety, sanitation and food handling regulations.
4. Ensure the safe operation of the kitchen and all aspects of food preparation to promote healthy workspaces, responsible kitchen management and efficient use of resources.
5. Create menus that reflect knowledge of nutrition and food ingredients, promote general health and well-being, respond to a range of nutritional needs and preferences, and address modifications for special diets, food allergies, and intolerances, as required.
6. Apply business principles and recognized industry costing and control practices to food service operations to manage and promote a fiscally responsible operation.
7. Apply knowledge of sustainability, ethical and local food sourcing, and food security to food preparation and kitchen management, recognizing the potential impacts on food production, consumer choice, and operations within the foodservice industry.
8. Select and use technology, including contemporary kitchen equipment, for food production and promotion.
9. Perform effectively as a member of a food and beverage preparation and service team and contribute to the success of a food-service operation by applying self-management and interpersonal skills.
10. Develop strategies for continuous personal and professional learning to ensure currency with and responsiveness to emerging culinary techniques, regulations, and practices in the foodservice industry.
11. Contribute to the development of marketing strategies that promote the successful operation of a food service business.
12. Contribute to the business management of a variety of food and beverage operations to foster an engaging work environment that reflects service excellence.

**REQUIRED COURSES**

### SEMESTER 1

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<tr>
<th>Code</th>
<th>Course name</th>
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<tbody>
<tr>
<td>HOSF1029</td>
<td>Theory of Food 1 (Sanitation Certificate included)</td>
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<tr>
<td>HOSF1294</td>
<td>Nutrition And Wellness</td>
</tr>
<tr>
<td>HOSF1229</td>
<td>Nutrition Analysis and Food Labelling</td>
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<tr>
<td>HOSF1247</td>
<td>Culinary Nutrition Skills – Foundations*</td>
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<tr>
<td>HOSF1248</td>
<td>Culinary Nutrition Skills – Essentials*</td>
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<tr>
<td>HOSF1146</td>
<td>Emergency First Aid/Heartsaver CPR (weekend course)</td>
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<tr>
<td>MATH1102</td>
<td>Mathematics for Hospitality**</td>
</tr>
<tr>
<td>COMM1007</td>
<td>College English**</td>
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<tr>
<td>GNED</td>
<td>General Education Elective</td>
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### SEMESTER 2

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<th>Code</th>
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<tr>
<td>HOSF1005</td>
<td>Food, Beverage and Labour Cost Control (Hybrid)</td>
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<tr>
<td>HOSF2040</td>
<td>Advanced Sanitation (WHMIS Certificate included)</td>
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<tr>
<td>HOST 1126</td>
<td>Career Preparation*</td>
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<td>GNED</td>
<td>General Education Elective</td>
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### SEMESTER 3

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<tr>
<td>HOSF1156</td>
<td>Nutrition for Life</td>
</tr>
<tr>
<td>HOSF2036</td>
<td>Menu Applications</td>
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<tr>
<td>HOSF2037</td>
<td>Introduction to Quality Assurance</td>
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<tr>
<td>HOSF2069</td>
<td>Culinary Nutrition for Life I*</td>
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<tr>
<td>HOSF2056</td>
<td>Introduction to Industry Research Project</td>
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<tr>
<td>HOSF2081</td>
<td>Hospitality Leadership and Communication</td>
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<tr>
<td>HOSF2070</td>
<td>Culinary Nutrition for Life II*</td>
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### SEMESTER 4

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<tr>
<td>HOSF1159</td>
<td>Chef's Kitchen*</td>
</tr>
<tr>
<td>HOSF2041</td>
<td>Fundamentals of Wine and Service* (Smart Serve Certificate included)</td>
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<tr>
<td>HOSF2042</td>
<td>Quantity Cooking for Nutrition Issues*</td>
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<tr>
<td>HOSF2043</td>
<td>Nutrition Issues*</td>
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<tr>
<td>HOSF2057</td>
<td>Culinary Industry Research and Development* (Interactive Lab)</td>
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<tr>
<td>HOSF2075</td>
<td>Industry Externship*</td>
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<td>GNED</td>
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General Education Electives

**YOUR CAREER**

You will be on your way to a fulfilling career in a variety of organizations focused on food and nutrition. This includes:

- Restaurants
- Hotels
- Spas
- Resorts
- Schools
- Manufacturers
- Health and fitness facilities
- Seniors’ residences and long-term care facilities.
- Private Chef

Your training will also provide you with the skills necessary to start your own business as an entrepreneur, perhaps as a personal chef. You will have the freedom to go in multiple directions with positions related to food preparation, menu design, quality assurance, and recipe/food concept development.
Some of our graduates enjoy rewarding positions as a chef, cook, food service manager, recipe/product developer, entrepreneur or culinary trainer.

**FUTURE STUDY OPTIONS**

**Postgraduate Study Opportunities**

**Food and Nutrition Management Program (Postgraduate) (H402)**

If you're a Culinary Management – Nutrition graduate with a passion for health care and nutrition and a desire to help others while taking your career to the next level, our one-year Food and Nutrition Management\(^{6}\) graduate certificate program is what you're looking for.

The H402 Food and Nutrition Management program is accredited by the Canadian Society of Nutrition Management, which is necessary for employment as a Food and Nutrition Manager in Ontario.

**ADMISSION REQUIREMENTS**

Applicants are selected on the basis of their academic achievement, including the required courses, and any other selection criteria outlined below.

- Ontario Secondary School Diploma or equivalent\(^{**}\)
- Grade 12 English (C or U)
- Grade 11 Math (C, M or U) or Grade 12 (C or U)

Applicants may also qualify for admission through completion of the Hospitality Services (Pre-Hospitality) program (H101) with an overall grade point average of 3.0. There are a limited number of seats available and admission is not guaranteed.

**\(^{**}\) MATURE STUDENT STATUS (19 YEARS OF AGE OR OLDER AND NO OSSD)**

Mature Students may take the Admissions Assessment\(^{5}\) for English and Math, OR may consider upgrading to achieve the credit(s) needed in English\(^{6}\) and Math\(^{7}\).

Please note that George Brown is committed to ensuring that applicants will succeed in their program of choice and meeting the minimum requirements does not guarantee admission to the program. Applicants may be required to have grades higher than the minimum requirements stated.

**COURSE EXEMPTIONS**

College or university credits may qualify you for course exemptions. Please visit georgebrown.ca/transferguide for more information.

**INTERNATIONAL (VISA) STUDENTS**

Visit the International Admissions\(^{8}\) page for more information.

"The H119 program provided me with an opportunity to acquire the essential culinary skills and nutritional education I needed to enter a professional field. The state-of-the-art facilities and knowledgeable and experienced chefs and teachers further enhanced my learning experience."

Khadija Atcha (Graduate 2013, Culinary Management – Nutrition)

"The Culinary Management – Nutrition program equipped me with the culinary and scientific knowledge and insight to successfully enter a professional food testing facility. The skills I learned in the program directly applied to testing and developing food products."

Betty Lau (Graduate 2012, Culinary Management – Nutrition)

"Food and nutrition have always been passions of mine. The Culinary Management – Nutrition program at George Brown College provided a learning experience that helped fuse these two passions into a set of skills that would be useful in the emerging industry of food and health."

Geremy Capone (Graduate 2011, Culinary Management – Nutrition)

**HEALTH POLICY**

Students should be aware that various allergens including nuts, dairy and shellfish are routinely used in practical labs. Students should also note that George Brown College is sensitive to religious observances; however, while products purchased for production and consumption meet all provincial and federal regulations, they may not meet specific dietary laws related to Halal and Kosher foods.

**CONTACT US**

**DOMESTIC STUDENT ADMISSIONS**

For inquiries about domestic admission requirements, admission deadlines or the admissions process, please contact the Admissions Office at admissions@georgebrown.ca or visit the Admissions web page\(^{9}\).

**INTERNATIONAL STUDENT ADMISSIONS**

For inquiries about international admission requirements, permits, visas, accommodations or anything specific to international students, please contact the International Centre at international@georgebrown.ca or visit the International Application Process web page\(^{10}\).

**FINANCIAL/FEES**

For inquiries about OSAP, bursaries, scholarships and other financial inquiries, please contact the Financial Aid Office at FinAid@georgebrown.ca or visit the Financial Aid web page\(^{11}\).

**CULINARY MANAGEMENT-NUTRITION (H119)**

For general Chef School inquiries, please contact chefschool@georgebrown.ca.

For program curriculum inquiries, please contact the Coordinator:

Moira Cockburn, Program Coordinator
Email: mcockburn@georgebrown.ca
For more information about George Brown College, you may also call the Contact Centre at 416-415-2000 (TTY 1-877-515-5559) or long distance 1-800-265-2002.

VISIT OUR CAMPUS

Join us for an upcoming Discovery Day, where you will learn more about your area of interest, get a first-hand look at our facilities and meet with representatives from George Brown College.
Sign up for our Open House Discovery Day. ¹²

LINKS REFERENCE

²http://www.georgebrown.ca/international/futurestudents/tuitionfees/
³http://www.georgebrown.ca/rex/
⁵http://www.georgebrown.ca/assessment/admi-pre/
⁶http://www.georgebrown.ca/upgrading-credits/english-diploma/
⁷http://www.georgebrown.ca/upgrading-credits/math-diploma/
⁸http://www.georgebrown.ca/international/futurestudents/howtoapply/
⁹http://georgebrown.ca/admissions/
¹⁰https://www.georgebrown.ca/international/futurestudents/howtoapply/
¹¹https://www.georgebrown.ca/financialaid/
¹²http://www.georgebrown.ca/dd_chca_info/

George Brown College is continually striving to improve its programs and their delivery. The information contained in this calendar is subject to change without notice. It should not be viewed as a representation, offer or warranty. Students are responsible for verifying George Brown College admission, graduation, and fee requirements as well as any requirements of outside institutions, industry associations, or other bodies that may award additional designations concurrently with, or after completion of, a George Brown College program.