

Program Roadmap: Is this program right for you?

About You

- You're passionate about providing nutritious meals.
- You're interested in food science as well as physical/mental well-being.
- You're curious and willing to get involved and ask questions.
- You have basic math skills that you can apply to quantities, conversions and developing your own recipes.



Are you ready?

- To reduce the number of hours you work part-time outside the program in order to meet the demands of the class workload/schedule. Keep in mind that some labs may start as early as 7 a.m. and other classes can end as late as 10 p.m., and lateness/absence is not permitted.
- To do research – beyond Google – and communicate your findings effectively in English.
- To stand for long periods of time without breaks in a hot kitchen where you will occasionally have to manoeuvre heavy objects.
- To regularly work in groups with your peers.

Did you know?

- We are a culinary management program with emphasis on nutrition, which means you will complete a hands-on component working in our state-of-the-art labs.
- After completing this program you will not be a dietitian, but we provide you with pathway options to further education. Speak to your Program Co-ordinator for details.

Chart Your Path Success

	1 st Year (or Semester 1 + 2)	2 nd Year (or Semester 3 + 4)
Academic Experience	<ul style="list-style-type: none"> • 16 required courses • 2 electives • Plus any additional courses required based on placement test results* 	<ul style="list-style-type: none"> • 13 required courses • 2 electives • Includes: Mandatory Placement Externship & Capstone (major) project
Industry Connections	<ul style="list-style-type: none"> • Chance to participate/volunteer in Top Chef Dysphagia¹ – an interprofessional extracurricular activity in partnership with Baycrest Hospital, in which H119 students work with Personal Support Workers and Food Nutrition Management students. In this project, students work in interprofessional teams with speech pathologists and dieticians at Baycrest Hospital. • We host the Ambition Nutrition Symposium² (ambition-nutrition.ca) and encourage students to participate and attend. • Connect with employers via the Career Services job board specifically for Chef School students and attend the semi-annual Chef School Career Fair at George Brown. • We encourage participation in in-house competition opportunities to showcase your work. • Take advantage of on-campus events, including guest speakers, clubs and demonstrations by celebrity chefs (e.g. <i>Taste of Tomorrow, Trending Now</i>). • Note: International study and/or externship opportunities including a 10-day international study tour option offered in October every year. Past locations have included Peru, India, France.* <p>External Accreditations: 4 mandatory external courses including: CPR/First Aid, Smart Serve, Sanitation & WHMIS; graduates may choose to work towards their Red Seal (Ontario)³ journeyman's certification.*</p>	
Preparation Tips	<ul style="list-style-type: none"> • Purchase your supplies, including uniforms and books, from the George Brown Bookstore in advance. We recommend you wait to buy your knives until after you have spoken to your instructors during orientation. Don't forget to attend orientation! • Register on STU-VIEW⁴ for a mandatory in-person English placement test and for your courses. • Set up your georgebrown.ca email. This is how the college will keep in touch with you. • Get your student ID card. It gives you access to many college services and activities, including the Library Learning Commons. • Apply for financial aid and scholarships. 	

Other Services

The [Current Student](#)⁴ page has information about available services and activities including: [Athletics](#)⁵ (including clubs & recreation), [Student Life](#)² activities (including the [Student Leadership Academy](#)⁶), [Counselling](#)⁹, [Accessible Learning Services](#)¹⁰, [Library Learning Commons](#)¹¹, [tutoring](#)¹², [peer coaching](#)¹³, [technical support](#)¹⁴ and more.



Program Highlights

- We provide one guaranteed 7-week externship placement opportunity (international and inter-provincial options available). Past partners have included a broad range of organizations including [Canadian Living](#)¹⁵, [Princess Margaret Hospital](#)¹⁶, [Revera Living](#)¹⁷, [Four Seasons Hotel](#)¹⁸, [Joey Restaurant group](#)¹⁹ and [Oliver & Bonacini Restaurants](#)²⁰.
- We provide opportunities including a major group project (capstone) and self-directed study to conduct recipe or product development alongside industry partners.

About Us

- We have an excellent reputation, state-of-the-art facilities including over 20 kitchens and exceptional culinary library materials.
- We work closely with George Brown's Food Innovation & Research Studio (FIRSt georgebrown.ca/industry/hca/what-is-first) to provide students the chance to participate in specialized industry-led product research.
- Nutrition is integral to a broad range of organizations that provide employment and placement opportunities, from retirement homes to food manufacturers to schools.
- Our instructors, many of whom are dietitians, are active in the industry. So take advantage of the opportunities we provide to network.

What's Next

You'll be on your way to a fulfilling career in any food service organization focused on nutrition. This includes:

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

Your training will also provide you with the skills necessary to start your own business as an entrepreneur, perhaps as a personal chef. You'll 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.

Want more training?

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](#)²¹ 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.

Need career support?

Jump-start your job search with [Career Services](#)²² and [Career Coach](#)²³.

The Career Services centre offers support to students before, during and after their studies.

- Identify your strengths and develop your career skills.
- Use our online tools and interactive workshops to build your resume, cover letter and interview skills.
- Work one-on-one with a Career Advisor to start your career development.

Still unsure?

We can help you find the program that's right for you.

Contact an Entry Advisor at 416-415-5000, ext. 2949 or collegeadvisor@georgebrown.ca.

Book an appointment using the [Entry Advising Client Intake Form](#)²⁴.

For inquiries related to H119 contact Program Co-ordinator: Moira Cockburn ext. 3024 or mcockburn@georgebrown.ca.



Links Reference

¹https://www.georgebrown.ca/hs/news/top_chef_dysphagia.aspx

²<http://ambition-nutrition.ca/>

³<http://www.red-seal.ca/trades/c.4.4k-eng.html>

⁴<http://stuvview.georgebrown.ca/>

⁵<https://www.georgebrown.ca/current-students/>

⁶<https://www.georgebrown.ca/athletics/>

⁷<https://www.georgebrown.ca/studentlife/>

⁸<https://www.georgebrown.ca/studentleadershipacademy/>

⁹<https://www.georgebrown.ca/current-students/counselling/>

¹⁰<https://www.georgebrown.ca/accessible-learning-services/>

¹¹<https://www.georgebrown.ca/l/c/>

¹²<https://www.georgebrown.ca/t/c/>

¹³<https://www.georgebrown.ca/peerconnect/>

¹⁴<https://www.georgebrown.ca/l/c/technology/techhelp/>

¹⁵<http://www.canadianliving.com/>

¹⁶<http://www.uhn.ca/PrincessMargaret>

¹⁷<http://www.reveraliving.com/>

¹⁸<http://www.fourseasons.com/toronto/>

¹⁹<http://joeyrestaurants.com/#!/stories/work>

²⁰<https://www.oliverbonacini.com/home.aspx>

²¹<https://www.georgebrown.ca/programs/food-and-nutrition-management-program-postgraduate-h402/>

²²<https://www.georgebrown.ca/careerservices/>

²³<https://georgebrown.emsicc.com/?radius=@ion=Toronto>

²⁴<https://www.georgebrown.ca/advising/contactform/>

²⁵<https://www.facebook.com/georgebrowncollege>

²⁶<http://www.twitter.com/GBCollege>

²⁷<http://www.instagram.com/gbcollege/>

²⁸<http://www.youtube.com/user/georgebrowncollege>

²⁹<https://www.georgebrown.ca/mobileapps/>

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