



PLANTING EARLY SEEDS FOR SUCCESS

Job Readiness

Who Is CAS?

Culinary Arts & Science Institute, is Philadelphia's premier youth recreational institution where the art and science of cooking is our passion. Our core programming is culinary arts and science is aimed to educate our communities on the infinite possibilities of food science and food art. Participants are provided with powerful tools and ingredients to live a balanced and healthy lifestyle. Our mission is to support families, organizations and food lovers alike in their journey towards discovering the perfect pairing between cooking, science, health and education.

We at CAS Institute are committed to providing innovative programming to children and families. Our curriculum provides children & adults from 5-27 years of age with theoretical, scientific, and life skills through the World of Culinary Arts and Sciences. Participants engage in a variety of academic, creative, and contextual activities allowing students to balance a variety of interests. For example jr chefs will not only learn the proper way to slice & dice but also tap into their entrepreneurial skill sets. Our professional chefs combine math and measurements along with recipe development to support reading and math skills.

Mission:

Our curriculums offer exciting courses designed to challenge, engage, and distinguish individuals in the culinary job market. The experience of CAS Curriculums are not only educational centered but also develops characteristics such as work ethic, creativity, critical thinking, overcoming adversity and promotes academic improvement. Through the completion of our program, students will build confidence, self esteem, and provided the tools to successfully obtain a ServeSafe Certification while exploring various career possibilities in the Culinary professions. We even introduce entrepreneurship development for those that are interested in a becoming their own boss. We are devoted to excellence in teaching 21st century education and research while also developing leaders in many disciplines in the culinary arts and sciences that will make a difference globally. Our programming is pork and nut free and customized for your school or program.

Industry & Needs Assessment:

In Pennsylvania, the culinary arts industry is an \$21 billion dollar per year business sector, one that employs more than 561,300 people across the state, according to the National Restaurant Association's 2016 data.



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Measurable Outcomes

- Job Readiness
- Hands'on Industry Hours/Internship Opportunities
- Serve Safe Certification

Curriculum Highlights:

- Hands-on innovative contextualized curriculum
- Designed to promote science, math, and human nutrition concepts
- Scientist and Professional Chef lead lesson plans and labs
- Culinary theories and techniques introduced and practice during classroom and interactive activities
- Engineering, Culinary & Science terminology introduced
- 21 Century Professional & Personal Skills developed
- Workforce Development
- Team Building
- Social Entrepreneurship
- Math and Measurements
- Leverage our industry relationships for field trips, potential externships, scholarships, mentorship, career exposure and planning

Culinary Skills Explored:

- Emulsing, Whisking, Measuring, Food Processing, Frying, Searing, Sauteing, Boiling, Weighing, Measuring, Dicing, Chopping, Mother Sauces, working with foreign cutlery, Baking, Front of the house SOP's (Standard Operating Procedures), Table setting, Food Handling, Food Preparation, Food Safety
- Literacy:Recipe Reading-Writing- &Building
- Critical Thinking
- Vocabulary
- Kitchen Safety

Syllabus

Week	Main Activities	
1	<p>The Art and Science to the World of Culinary</p> <p>Assessment</p> <p>Culinary 101</p>	<p>What to expect over the upcoming weeks.</p> <p>Contextual assessment to identify participants culinary, math and reading skill level</p> <p>Standard Operating Procedures in a commercial kitchen, food handling, preparation and kitchen safety.</p>
2	<p>Career Exploration</p> <p>ServeSafe Coursework</p>	<p>Culinary Careers Paths</p> <p>Certification Prep</p>
3	<p>All About Cutting</p> <p>ServeSafe Coursework</p>	<p>Knife anatomy, Knife skills, techniques, and the basics of butchering</p> <p>Certification Prep</p>
4	<p>Cooking Techniques</p> <p>ServeSafe Coursework</p>	<p>Exploration of various cooking techniques and their origin</p> <p>Certification Prep</p>
5	<p>Cooking Techniques</p>	<p>Exploration of various cooking techniques and their origin</p>
6	<p>Cooking Techniques (Mastered)</p> <p>Finding Your Cuisine</p>	<p>Mastering various cooking techniques and the Mother Sauces</p> <p>Cuisine Exploration</p>

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	ServeSafe Coursework	Certification prep
7	Intro to Marketing, Branding & Budgeting In the Field vs. Entrepreneurship ServeSafe Coursework	Exploration of career possibilities Expectations and Preparation for culinary career options Certification Prep
8	ServeSafe Review & Practice Test	Certification Prep
9	ServeSafe Testing	Certification Testing

Contextual Learning- Culinary contextual enrichment to prepare for culinary lab

Culinary Labs- are hands on activities that include and are not limited to cooking techniques, knife skills, math & measurements, recipe & menu development, recipe execution, ingredient testing, gardening, gastronomy, food surveys, kitchen safety, experiments, research and more

Snack & Contextual Reinforcement- Food prepared by students to be eaten roundtable style as curriculum highlights are discussed and reinforced

Sample Day-

Morning Block

- Shopping for Menu with local ingredients (cultivated or market finds)
- Cleaning
- ServSafe Instruction Training
- Preparation of Lunch
- Individual Skill Reflection
- Culinary Exploration
- Debriefing Meeting

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INSTITUTE

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Staff & Student Agreement

CAS (Culinary Art & Science Institute) is committed to providing innovative programming; our intensive curriculum deems it necessary for enforce a **No Lateness Policy**.

If a student shall be more than **5** mins late, that student will be responsible for Externship hours (w/ opportunity for a service tip) determined by the instructor.

If scheduled externship hours are missed, you will owe double the amount of externship hours deemed by the instructor.

I, _____, agrees to the following tardiness policy and swears to adhere to the rules and regulations. Not adhering to this policy could possibly lead to expulsion of program.

Signature

Date