



# CULINARY ARTS

## Culinary Arts Certification

Perform kitchen and culinary duties in commercial kitchens, hotels and restaurants

This course includes on site experience as part of the curriculum. High School students can earn high school science and math credits upon completion of this course in addition to the college credits earned. The Culinary Arts Program will help students learn a variety of skills used in the industry, including the following:

- Kitchen safety and sanitation
- Cooking, baking, and food preparation techniques
- Convert, practice, and create recipes
- Plan events and menus
- Work with food properties, nutrition, and dietary conditions
- Optional paid apprenticeship through The Colorado Restaurant Foundation

### Suggested educational levels:

- English literacy (reading, writing, speaking, and listening)
- Understanding of basic algebra

### Suggested physical abilities:

- Capable of lifting 30 pounds
- Capable of sustained activity for 5 hours at a time

### Class Hours:

- Morning: 7:50am - 10:40am Mon.- Fri.
- Afternoon: 12:05pm - 2:55pm Mon.- Fri.
- Program is 2 semesters in length, with start dates in Fall.

## Tuition and Credit Hour Calculation

### Semester 1

\$1,820.00 (Tuition)
+ \$190.00 (Credit Hour Fee)
<b>\$2,010.00</b>

### Semester 2

\$2,080.00 (Tuition)
+ \$210.00 (Credit Hour Fee)
<b>\$2,290.00</b>

*Based on Colorado Resident In-State Tuition*

## Estimated Program Costs (to be paid at Picken's payment office)

### Tuition and Credit Hour Fees:

**Semester 1:** \$2,010.00

**Semester 2:** \$2,290.00

### Required On Campus Costs:

**Program Charges:** \$500.00 (each semester)

**Student ID:** \$10.00 (each year)

**Proxy Disc:** \$15.00 (semester 1)

**CTSO Charge:** \$20.00 (each year)

**Books:** \$138.00 (+ tax)

### Estimated Total:

**Culinary Arts Certificate:** \$5,483.00 (+tax)

## Additional Relevant Costs (estimated)

### Required Off Campus Costs:

**Uniform:** \$150.00

**Knives:** \$120.00

**Credits:**  
**30**

**Length:**  
**1 year**

**Cost:**  
**\$5,468**



Cost and information revised **September 2023**  
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# CULINARY ARTS

## Courses required for this certificate: Semester 1

**CUA 1000 Culinary Program Fundamentals** 3  
Trains students in the basic fundamentals of the culinary field. The course will include student overviews, safety & sanitation fundamentals, culinary math skills, culinary vocabulary, lab requirements, using on-line training methods, competitions, basic knife skills, equipment identification and proper usage, professionalism, food service history, kitchen organization, basic principles of cooking, food science, study skills, proper food storage techniques, recipes, cost management, library resources and student learning organizations, scholarships, and culinary career opportunities.

**CUA 1001 Food Safety and Sanitation** 2  
Introduces the student to the basic rules of sanitation, food-borne illnesses, safe food temperatures, safe food handling techniques, the HACCP Program, pest control procedures, and local/state health rules and regulations for food service operations. At the completion of the course students take a nationally recognized test from the Education Foundation of the National Restaurant Association.

**CUA 1021 Introduction to Food Production Principles and Practices** 1  
Provides students with the fundamental principles of commercial kitchen operations including safety and sanitation applications, use and care of equipment, tools, utensils and knives, recipe use and conversion, organization of work, and basic cooking methods.

**CUA 1022 Introduction to Stocks, Soups, and Sauces** 1  
Focuses on the fundamental principles of stocks, soups, sauces, gravies, and thickening agents. Enables students to produce a variety of these products in the commercial kitchen incorporating practice in the use of tools, utensils, equipment and application of safety and sanitation practices. Students apply pre-preparation skills and efficient organization of work techniques.

**CUA 1023 Introduction to Garde Manger** 1  
Provides fundamental principles of cold food and non-alcoholic beverage preparation and production in a commercial kitchen. Enables students to produce a variety of cold food and non-alcoholic beverage products incorporating practice in the use of tools, utensils, equipment and application of safety and sanitation methods. Introduces basic cold food decorative work such as fruit and vegetable garnishes and carvings, terrines, and hors d'oeuvres. Focuses on pre-preparation procedures and efficient organization of work techniques.

**CUA 1024 Vegetable Prep & Breakfast Cookery** 1  
Provides students with the fundamental principles and practices of a commercial kitchen, including safety and sanitation applications, use and care of equipment, tools, utensils and knives, recipe use and conversion, organization of work, and basic cooking methods. Focuses on the fundamental principles and production of stocks, soups, sauces, gravies, and thickening agents. Principles of cold food and non-alcoholic beverage preparation and production in a commercial kitchen. Basic cold food decorative work such as fruit and vegetable garnishes and carvings, terrines, and hors d'oeuvres. Emphasizes the affects of seasonings and cooking methods of vegetable products and basic hot food preparation. Students prepare breakfast orders similar to those ordered in restaurants with egg cookery and dairy products emphasized.

**CUA 1031 Starch/Pasta/Casserole/Grain** 1  
Provides the basics of preparing and/or cooking potatoes, starches, legumes and pastas. Enables students to prepare and cook a variety of casseroles and grain products using a commercial kitchen for their preparation area. Allows students to apply pre-preparation skills and efficient organization of work techniques.

**CUA 1032 Center of the Plate: Meat** 1  
Provides the student with the basics of meat handling, including principles used for selecting meat products, their basic cuts and cooking methods. Focuses on a variety of meat products in a commercial kitchen.

**CUA 1056 Nutrition/Hospitality Professional** 3  
Provides students with the fundamentals of human nutrition. Focuses on the nutritional needs of humans throughout their life cycle as well as those with special dietary needs. Students may take a nationally recognized test from the Educational Foundation of the National Restaurant Association.

## Courses required for this certificate: Semester 2

**CUA 1033 Center of the Plate:Poultry, Fish & Seafood** 1  
Provides the basics of handling poultry, fish and seafood including principles used for selection and the basic forms these products have and the methods of cooking them. Focuses on preparation of poultry, fish and seafood products in a commercial kitchen and incorporates practice in the use of these principles and methods. Covers pre-preparation skills and efficient organization of work techniques.

**CUA 1041 Baking: Principles/Ingredients** 1  
Provides the student with the fundamentals of baking terminology, principles of baking, and the characteristics and functions of the main ingredients used in bakery production. Orients student to commercial equipment, tools, and utensils used in baking.

**CUA 1042 Basic Yeast-Raised Quick Breads** 1  
Provides the student with the fundamentals of basic yeast-raised production and quick breads. Enables the student to produce white bread, rolls, variety grain breads, specialty breads, sweet yeast-raised products, and quick breads in a commercial kitchen.

**CUA 1043 Baking: Cakes, Pies, Pastries and Cookies** 1  
Provides the student with the fundamentals of basic cake, pie, pastry, and cookie production. Enables the student to produce a variety of cakes, pies, pastries, cookies and assorted dessert items in a commercial kitchen.

**CUA 1054 Intro to Business of Catering** 3  
Provides students with an overview of the catering industry. Special attention will be given to catering from a customer's perspective. Students completing this course should be able to plan and implement a variety of catering functions. Included in the course will be some experiential learning opportunities as a result of participation in actual college catered functions on campus.

**CUA 1057 Menu Planning** 3  
Introduces the student to planning menus and integrating them into food-service operations. Equips the student with a working knowledge of the function, mechanics, and results achieved by the menu. Provides an overview of the existing and growing food-service industry as seen through the menu.

**CUA 1059 Buffet Planning and Production** 1  
Enables students to plan and present various styles of buffets set-ups, including self-service, cafeteria and staffed stations. Meeting customers' needs through menu development, and equipment and food lay-out will be emphasized. Platter presentations, carving stations, steam table/ chafing dish and plated service will be included.

**CUA 1191 Front of the House Planning** 1  
Teaches how to organize special meal functions, handle reservations and special requests, evaluate dining room personnel, create menu format for the GPA Dining Room and operate the POS manager's menu.

**CUA 2045 International Cuisine** 2  
Introduces full meal preparation of nontraditional international cuisine. Ethnic ingredients and meals from India, Thailand, Greece, Morocco, Africa, South America and Ecuador will be introduced.

**CUA 2069 Dietary Baking** 2  
Provide the student with the development and production of bakery products that focus on common food allergens, intolerances and health aspects. Students will prepare a variety of gluten free bakery products that address celiac disease, and other products that address common health related issues. There will be an emphasis in the use of product substitutions including: fats, sweeteners, and dairy in baking. Students will also analyze the nutritive value of ingredient refinement.

## CULINARY ARTS CERTIFICATE

**Certificate Total:** Clock Hours: 600 Credit Hours: 30

**Certificate Length:** 2 semesters

Additional costs may apply. All books, kits & supply costs are estimated. Cost, information, and classes are subject to change. Statistics present are based on the US Bureau of Labor Statistics. This certificate is eligible for Financial Aid. You may begin the Financial Aid process by completing your Free Application for Federal Aid (FAFSA) at [www.FAFSA.ed.gov](http://www.FAFSA.ed.gov). If you have further questions, please call (303)344-4910.