

# Food Service Essentials

## Program

Culinary Arts/Baking and Pastry Arts

## Degree Type

Certificate

White Mountains Community College is proud to offer a one-year certificate in Food Service Essentials. This program trains students in a wide range of traditional culinary and baking techniques. Students learn introductory core culinary foundational skills including the production of soups and sauces, hot food techniques, yeast bread production, and patisserie. Upon successfully mastering core foundational skills, students will have the opportunity to focus further in either culinary arts or baking and pastry arts.

Students will demonstrate professionalism, kitchen safety, table service skills, and food safety. Students will also develop critical thinking and communication skills necessary for long-term career success in the foodservice industry. Graduates of the certificate program have the option to seamlessly transfer into either, or both, of our Culinary Arts and Baking and Pastry Arts degree programs.

Students must purchase three sets of uniforms prior to the start of the semester. Information on the uniforms, as well as a list of any additional items and materials students will need to purchase, will be provided by email. Included in the cost of tuition is a set of professional chef knives, which will be distributed on the first day of class.

## Fall Semester

Course Number	Title	Lecture	Lab	Credits
CULA115W	Food Theory and Meat Fabrication	3	0	3
CULA120W	Food Service Sanitation	2	0	2
CULA128W	Culinary Foundations	1	6	3
CULA129W	Food Preparation Techniques	0	6	2
	Mathematics	4	0	4
<b>Sub-Total Credits</b>		<b>10</b>	<b>12</b>	<b>14</b>

## Spring Semester

Course Number	Title	Lecture	Lab	Credits
CULA121W	Baking Theory	3	0	3
CULA123W	Table Service and Mixology	3	0	3
	Baking and Pastry Arts or Culinary Arts	1	15	6
<b>Sub-Total Credits</b>		<b>7</b>	<b>15</b>	<b>12</b>
<b>Total Credits</b>				<b>26</b>