

# CULINARY TRAINING FOR CHILDREN

## LEVEL 1

- **Day 1** – dedicated to basic knife skills, kitchen safety, proper food handling & equipment, basic cutting techniques explanation and soup making.
- **Day 2** – dedicated to spices, herbs recognition, making of sweet dough, savory dough, basic cookies making and pizza preparation 101.
- **Day 3** – dedicated to vegetables, basic nutrition 101 and label acknowledgement followed by a detailed overview on healthy dining designed to generate awareness on **junk food**.
- **Day 4** – dedicated to olive oil and balsamic vinegar presentation and tasting, followed by techniques on preparing infused oils and vinegars with a variety of ingredients.
- **Day 5** – dedicated to pasta-making 101, dining etiquette, table setting, and posture. Complete overview on glassware and silverware utilization in various dining ceremonies.

**Certificate of completion for level 1** awarded to every participants. Students are expected in turning in a 1000 word essay on the learning experience at the end of this level.

## LEVEL 2 / Pre-requisite level 1

- **DAY 1** - dedicated to knife **skills level 2**, kitchen safety, standardized recipes, with introduction to metric measurements and applied conversions, and the prevention of accidents and injuries in kitchens.
- **DAY 2** - dedicated to fruits and vegetables with identification procedures, agrarian and agricultural terminology with cooking techniques and various applications in everyday diets.
- **DAY 3** - dedicated to salads, home-made dips and condiments, and the art of garnishing.
- **Day 4** - dedicated to dairy products, the versatile egg, breakfast food and fancy sandwiches.
- **DAY 5** – dedicated to **level 2** baking from scratch from basic fruit pies to cake decorations.

**Certificate of completion for level 2** awarded to every participants. Students are expected in turning in a 1000 word essay on the learning experience at the end of this level.

### LEVEL 3 / Pre-requisite level 1 and 2

- **DAY 1** - dedicated to protein structures and composition and their use in various cooking techniques, sauté, braising, poaching, frying and stewing.
- **DAY 2** – dedicated to **seriously get ready to cook**, by applying classic cooking methods of day one. Each student will have the opportunity to learn the science of flavor transformation.
- **DAY 3** – dedicated to the ABC of Nutrition, the role of proteins, vitamins, minerals and water, followed by nutritional guidelines and making menus more nutritious with label knowledge.
- **DAY 4** – dedicated to **academic** with the history of food and the role played in various heritages. Overview on the Mediterranean diet and the birth of tomato, potato, corn, beans.
- **DAY 5** – dedicated to rice, grains, legumes and pulses with usage and various applications.

**Certificate of completion for level 3** awarded to every participants.

Students are expected in turning in a 1000 word essay on the learning experience at the end of this level.

### LEVEL 4 / Pre-requisite level 1 – 2 – 3

- **DAY 1** – dedicated to the art of making fresh **pasta 102**, creative fillings and appropriate condiments, pasta regional specialties of Italy and the structure of different flours.
- **DAY 2** - dedicated to seafood, how to select, debone, filet, storage, pairing condiments, and proper usage. This unit is particularly important because of seafood nutritional benefits.
- **DAY 3** - dedicated to butchering selected meat proteins, storage, condiments and proper usage. This unit will teach students how to **read the flesh** and proper cutting against the grain.
- **DAY 4** - dedicated in the making of classic “**5 mother sauces**”, and appropriate applications.
- **DAY 5** - dedicated to poultry versatility, butchering, storage, pairing condiments and proper applications. This unit will teach the various dishes that can be obtained from poultry.

**Certificate of completion for level 4** awarded to every participants.

Students are expected in turning in a 1000 word essay on the learning experience at the end of this level.

## **LEVEL 5 / Pre-requisite level 1 – 2 – 3 – 4**

- **DAY 1** – dedicated in the making of **Creative sauces** to pair with proteins and starches.
- **DAY 2** - dedicated to making stews and long-simmered sauces and usage in various dishes.
- **DAY 3** - dedicated to making fresh cheeses and ricotta and proper applications in cooking.
- **DAY 4** – dedicated to making jams and jellies from scratch and proper pairing applications.
- **DAY 5** - dedicated in writing and executing a menu with a **mystery basket** filled with ingredients. The instructor will assist each group with suggestions and quick tips for best results

**Certificate of completion for level 5** awarded to every participants.

Students are expected in turning in a 1000 word essay on the learning experience at the end of this level.

## **WORLD CUISINES**

After the completion of the five (5) levels of culinary training children may continue and enroll in additional programs by choosing their cuisine of choice. In these classes we teach geography and history of taste along with traditional dishes and their correct pronunciation.

BOOT CAMP ON **MEDITERRANEAN** CUISINE

BOOT CAMP ON **ITALIAN** CUISINE

BOOT CAMP ON **SPANISH** CUISINE

BOOT CAMP ON **FRENCH** CUISINE

BOOT CAMP ON **MEXICAN** CUISINE

BOOT CAMP ON **LATIN** CUISINE

BOOT CAMP ON **ASIAN** CUISINE

**FULL IMMERSION CULINARY CAMP DESIGNED TO FURTHER EXPAND THE KNOWLEDGE ON VARIOUS CUISINES AND CULTURAL ASPECTS OF FEATURED TERRITORIES.**