

# ACE IT

A Post Secondary Program for  
Secondary School Students



*The food service industry is one of the nation's biggest employers with numerous and diverse opportunities as a cook.*

Vancouver  
School Board  
CAREER PROGRAMS  
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## Cook Training

Do you love to cook and dream of becoming a Chef one day? If so, we have the perfect program for you!

### What's cooking?

The ACE IT Cook Training Program is here to help you follow your passion, and change it into your career.

The new skills and experiences you will acquire in this program along with your natural talent will give you a boost into the field of professional cooking.

This 10 month program is being offered on a day 2 at three Vancouver high schools: Windermere, David Thompson and Sir Charles Tupper

Upon successful completion, you will receive credit for Level 1 of the Cook Training apprenticeship program. Cook is a nationally designated trade under the Interprovincial Red Seal program.

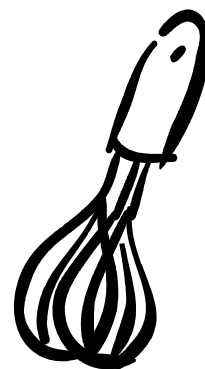
### Here's what we've got for you!

Our program is designed especially for young minds like yours. With our culinary arts program we feature modern day equipment and industry techniques. You'll get the best to be the best, with courses such as:


- Baking Pastry and Desserts
- Basic Food Service and Kitchen Management
- Breakfast Cookery
- Cold Kitchen

### The task at hand

- learn basic food preparation skills required by industry
- arrange presentable food items to meet the expectations of the restaurant and its customers
- prepare costs and menu plans
- handle, prepare, and store food safely
- put your innovative mind and creativity to work



- Diet and Nutrition
- Meat and Poultry Cookery
- Meat, Poultry and Seafood Cutting and Processing
- Safety, Sanitation, and Equipment
- Seafood Cookery
- Stock, Sauces, and Soup
- Vegetable and Starch

In Partnership  Vancouver School Board and BC Chef's Association





## WHO TO CONTACT

**Carole MacFarlane**  
**Career Programs Coordinator**  
 (604) 713-5051

**Wendy Gilmour**  
**Apprenticeship Facilitator**  
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## Do you have the right ingredients? Here's what you can accomplish

If you have the following as part of your personality, then you're already half way there!

- fluent in English (oral and written)
- dedication, commitment and maturity to further your desired career goals
- strong interest in the field of cooking
- good dexterity and hand-eye coordination
- artistic ability
- high physical fitness level
- ability to withstand stressful situations and environments
- social and friendly, able to work with a team
- knowledge about safe and efficient use of tools, utensils and other equipment

- complete Level 1 of the Cook Training Program which saves you \$2800
- receive 16-24 credits towards graduation
- enrol in an apprenticeship with a trades qualified cook
- receive an additional 16 credits if enrolled in Secondary School Apprenticeship either during or at the completion of the ACE IT program



## How to make it happen!

You must intend to complete all secondary school graduation requirements. As well you should have:

- as many Foods & Nutrition/Cook Training courses as possible
- Food Safe Level 1

The next steps for you are to:

- Meet with your counsellor and parent(s) to help plan your courses and the program.
- Complete the ACE IT application package

Once that's done, hand in your ACE IT application package to your counsellor or the Career Centre. Application deadlines are listed on the VSB website.

After that, the District Career Programs staff at the VSB will review your application and get back to you for an interview. If you are accepted get ready to embark on your first career!

## Check out these websites!

[www.itabc.ca](http://www.itabc.ca)

[www.vsb.bc.ca](http://www.vsb.bc.ca)

go to: → Programs  
 → Secondary Students  
 → ACE IT Programs