

Foods 1

1 credit

Channel your inner chef in this beginner level cooking class. Learn basic cooking techniques, and make the food you love! From chocolate chip muffins to tomato bisque-these cooking labs will get you comfortable in the kitchen. Learn about food-related careers, and the advanced cooking classes offered at Fitch. You will also have the opportunity to become a ServSafe Food Handler through the National Restaurant Association.



Culinary Arts 1

(Prerequisite Foods 1)

1 credit

In Culinary arts, you will build on the basic cooking techniques you learned in Foods 1. In this exciting class, we learn about culinary cuisines all over the world, including Europe, Asia, Middle Eastern and South America. Learn different cooking techniques while using new ingredients and flavor combinations.

You will experience these new world cuisines while practicing the dining traditions of each culture. Learn by cooking, eating and experiencing new foods with your classmates.

Falcon Cafe

(Prerequisite Culinary Arts 1)

.5 credit, semester class

Think you have what it takes to run your own restaurant? In this class, you will experience first hand all of the aspects of running a restaurant.

This includes planning a menu, cooking for paying customers, ordering food, managing the dining room and so much more!!! You will also have the opportunity to become a certified food handler through the National Restaurant Association.

Want to see how you stack up against other schools? For the first time this year, Fitch will have the opportunity to compete, "Chopped style", against other schools in Connecticut. You could earn scholarships, other prizes and experience the exciting world of cooking professionally first hand. You will meet other students, restaurant owners, chefs, and other industry professionals.

