

# CULINARY ACADEMY @ OLYMPIC HEIGHTS

## Culinary 1

- Cooking Basics
- Working in teams & following a kitchen plan
- Reading & following recipes
- Safety & Sanitation
- Beginner knife skills
- Baking, Sautéing, Boiling, & Frying

## Culinary 2

- Safety & Sanitation
- History of the Culinary Industry
- Culinary Careers
- Stock, Sauces, & Soup Production
- American Regional Cuisine
- Advanced Knife Skills
- Basic Baking Skills
- Basic Cooking skills (Roasting, Grilling, Broiling, Boiling, Frying, Sautéing, Poaching, etc.

## Culinary 3

- International Cuisine (Caribbean, South American, African, Middle East, European, & Asian Cuisines)
- Holiday & Festive Cooking
- Safety & Sanitation

## Industry Certifications

- Safe-Staff
- Serve Safe Industry Certification
- Food Safety Manager Certificate

## Real World Experience

- Catering
- Special Events
- Running a Cafe
- Food Delivery

## Culinary 4

- Cooking Competitions
- Farm to Table: Students plant food in our organic garden, harvest, & create meals
- Culinary Olympics
- Food Service Management
- Nutrition
- Advanced Baking & Pastry
- Artisanal Foods
- Appetizers & Hors D'oeuvres

## Professional Organizations

- We work closely with ACF, FRLA, and Prostart
- Community Service Projects

**FOR MORE INFORMATION,  
PLEASE CONTACT:**

**Chef Berna Delacruz**  
[bernazir.delacruz@palmbeachschools.org](mailto:bernazir.delacruz@palmbeachschools.org)  
**Chef Tracy Marhefka**  
[tracy.marhefka@palmbeachschools.org](mailto:tracy.marhefka@palmbeachschools.org)