



# Food Innovation

Pro Food Innovation, delivered by a suitably qualified and experienced instructor, includes 6 hours per week of professional tuition that enables students to improve many aspects of their cookery knowledge, food preparation, presentation and technical abilities.

## COURSE DETAILS 2024

**Centre:** Moulton

**Ages:** 15-19yrs

**Dates:**

30 June - 10 August

**Days:** Mon/Tues/Thurs/Fri

**Levels:**

Beginner  
Elementary  
Intermediate  
Advanced

**Coaching Ratio:**

1 coach per 12 students

**Coaching Time:**

6 hours p/w

**Price:** £275 p/w

Instruction focuses on developing a range of culinary skills including, knife skills, food preparation and presentation and how to work safely and hygienically in a working kitchen environment.

### OBJECTIVES

- Gain an understanding of basic culinary concepts
- Improve the ability to make quick (and correct) decisions
- Create new dishes by understanding how different flavours combine and complement each other
- Learn both local and international recipes
- Develop a sense of satisfaction and accomplishment in cooking original meals

### OTHER BENEFITS

- Expand culinary-related vocabulary
- Practise basic mathematical concepts
- Gaining a better understanding of food preparation can also promote self-confidence and lay the foundation for healthy eating habits
- Develop 21C skills: creativity, communication, collaboration and critical-thinking
- Improve problem-solving skills



### TECHNICAL TRAINING:

Technical training forms the core part of food Innovation sessions and is specifically designed to inspire and engage young chefs of the future into the world of cookery. Students learn the fundamentals of preparation of hot and cold food and presentation skills of both local and international recipes.



### FOOD TECHNOLOGY:

Students gain a better understanding of where their food comes from and learn skills such as balancing flavours to improve recipes, time management and basic kitchen hygiene.



### INJURY PREVENTION:

Sessions include useful tips on handling and operating kitchen hardware and appliances, promoting a safe working environment.

### WHAT TO BRING

N/A - All equipment provided by British Summer School



There is limited availability for this Pro Option; book early to avoid disappointment.

A minimum number of students is required for the Pro Option to run. If a Pro Option is cancelled a refund will be given.



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