

# Maine Pre-Degree Program in Culinary Arts

Hosted by:

The goal is to help young Maine students see a pathway from their early aspirations to their career of interest. Many student participants will be past Future of Maine Scholarship recipients from rural Maine communities. This opportunity is also open to elementary school students willing to take the initiative and make the effort, and who are recommended by their teacher. Each year students will have the opportunity to learn more about their career of interest and to receive recognition from the host college. In general, they will earn one level recognition each year. Students will have three mentors — one mentor from their school (the school mentor), one local person in the profession (the career mentor), and one mentor from the host college. The program will include study, local interviewing, local research, and papers addressing local issues and national issues. The program will be challenging, but more importantly, it will be engaging and will help the student understand the career to which he or she aspires. And, it is hoped that the student will develop a relationship with and understanding of the educational and career opportunities at the host college.

## Level 1 Recognition

1. **Professional interview.** Interview your career mentor about his or her career. You may ask any questions you wish, but be sure to include the following: The professional's background, education, and experience. A typical day. What does the person like best and least about their work? What qualities and values are needed to be successful and happy in this work? What skills and knowledge should you develop today to be successful in this career? What academic education should you pursue to be successful in this career? What is the best advice they can offer to anyone who wants to pursue this career or any career? Write a 400 - 650 word report summarizing your interview and what you learned.
2. **Presentation.** Produce for at least two of your three mentors a food from an original recipe. List the ingredients in print and present them to your mentors. Also include a calculation of the cost to you of each ingredient and what you would charge for this item at your restaurant in the future.

## Level 2 Recognition

1. **The menu.** Design a menu for your restaurant of the future. The design of this menu should reflect the feel you want your customers to have when they come into your restaurant. The menu should include all the items you hope to make available to your customers. After calculating the cost of each item, list the price you will charge for each item on your menu. Work on this menu with all three of your mentors.
2. **Presentation.** Produce for at least two of your three mentors a food from an original recipe. List the ingredients in print and present them to your mentors. Also include a calculation of the cost to you of each ingredient and what you would charge for this item at your restaurant in the future.

## Level 3 Recognition

1. **Customer interviews.** Interview two customers at a local restaurant to develop an understanding of what they like and don't like about the restaurant, and what they wish would be added to the menu. Write a 400 - 650 word report summarizing your interview and what you learned and share it with your three mentors.
2. **Presentation.** Produce for at least two of your three mentors a food from an original recipe. List the ingredients in print and present them to your mentors. Also include a calculation of

the cost to you of each ingredient and what you would charge for this item at your restaurant in the future.

3. **College class.** Attend a culinary arts, food science, or hospitality management class at a college or technical center. Report, in print or orally, to all your mentors on what you learned from the class.

#### **Level 4 Recognition**

1. **Sourcing.** Research the sourcing of all the ingredients of the foods on your updated menu. How will you obtain these ingredients? How much will you pay for these ingredients? How will these costs vary depending on the volume of food you order. Write a 400 - 650 word report summarizing what you learned and share it with your three mentors.
2. **Professional interviews.** Interview people in three different roles at a restaurant. You may ask any questions you wish, but be sure to include the following: The professional's background, education, and experience. A typical day. What does the person like best and least about their work? What qualities and values are needed to be successful and happy in this work? What skills and knowledge should you develop today to be successful in this career? What academic education should you pursue to be successful in this career? What is the best advice they can offer to anyone who wants to pursue this career or any career? Write a 400 - 650 word report summarizing your interview and what you learned.
3. **Presentation.** Produce for at least two of your three mentors a food from an original recipe. List the ingredients in print and present them to your mentors. Also include a calculation of the cost to you of each ingredient and what you would charge for this item at your restaurant in the future.

#### **Level 5 Recognition**

1. **Location.** Identify a location in your community where you might establish your restaurant. Calculate all start-up costs. This might include construction or rent, furniture, appliances, food. And, estimate your operating costs. This might include rent, taxes, electricity, supplies, wages, and insurance, Report to all three of your mentors on your finding in a 3+ page report.
2. **College class.** Attend a culinary arts, food science, or hospitality management class at a college or technical center. Report, in print or orally, to all your mentors on what you learned from the class.

#### **Level 6 Recognition**

1. **Maine grown.** Develop a menu entirely sourced with ingredients from Maine (whenever possible). Include on this menu nutritional information related to the human health impact of each item on your menu. Share this menu with your three mentors.
2. **College class.** Attend a culinary arts, food science, or hospitality management class at a college or technical center. Report, in print or orally, to all your mentors on what you learned from the class.

#### **Level 7 Recognition**

1. To be determined by the student and the three mentors.

Each of these reports should be signed and submitted to the host college by you, your in-school mentor, your professional mentor, and your college mentor.

More questions? Contact Bob Stuart at Maine College Circle, [bstuart@mainecollegecircle.org](mailto:bstuart@mainecollegecircle.org)