



American Culinary Federation
Education Foundation

ACF 300-Hour Training Program

Overview

The ACF 300-hour training program is designed to allow a qualified instructor to deliver the knowledge and skills necessary to achieve ACF certification up to Certified Chef de Cuisine® (CCC®). The program outline contains nine courses to meet the minimum, mandatory course requirements of ACF Certification and the knowledge and skills for certification testing.

Program Outline

The program includes lesson plans and course outlines that align with the skills and competencies necessary to prepare a student for ACF certification. It is up to the instructor as to how they deliver the material. The courses are presented in an order that is recommended for maximum knowledge retention but it is up to the instructor to deliver in a manner that is best fit for the institution or operation that is delivering the material.

- Introduction to the Professional Kitchen
- The Fundamentals of Sanitation
- Protein Fabrication
- Production Kitchen Skills
- Culinary Nutrition
- Vegetable Preparation
- Sauces, Soups and Dressings
- Supervision in the Kitchen
- Plate Designing and Finishing Touches

Price

ACF members/partners: \$475

Non-members: \$675

Instructor Qualifications

Instructors delivering the ACF 300-hour training program are highly recommended to be active ACF members and hold a valid ACF certification. View policies for minimum requirements.

Achievement


Upon successful completion of the program, the program administrator will provide the student with a Certificate of Completion. The certificate serves as validation of meeting the educational requirements for the following ACF certification levels: CFC/CFPC, CC/CPC, CSC/CWPC, CCC, and is valid for five years.

Next Steps

As part of the 300-hour training program, the program administrator can receive up to ten vouchers to take the exam for the ACFEF Certificate of Culinary Essentials. The certificate demonstrates a student's proficiency in industry-standard competencies and will help prepare for the entry-level ACF certification exams.

Based on practical work experience, students may be eligible to take the test for the following ACF certification levels: CFC/CFPC, CC/CPC, CSC/CWPC, CCC. Visit www.acfchefs.org/certify for more information on certification.

Sample from Instructor Handbook:



The Fundamentals of Sanitation

Course code: CUL 200 – Sanitation

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Hours: 30 hours **Prerequisite:** none
Lecture/Lab: 16 hours classroom and 14 hours practical

Course Information
Practical Instructor: _____ Contact: _____
Classroom Instructor: _____ Contact: _____
Meeting Days and Times: _____

Course Description
This course is designed to introduce the student to the occupational and educational requirements of food service safety and sanitation. The student will explore personal hygiene and general kitchen safety.

Course Competencies
This course will provide the student an opportunity to complete the following:

1. Identify the causes and prevention of foodborne illnesses.
2. Demonstrate an understanding of food safety management systems designed to keep food safe for the consumer.
3. Demonstrate an understanding of safe facilities, cleaning, sanitizing and pest management food safety regulations.
4. Empower the student to take appropriate actions to maintain and ensure a safe and sanitary working environment.

Course Outline: UNITS 1-5
Unit 1 Biological, Chemical and Physical Toxins
Unit 2 Food Allergies, Intolerances and Personal Hygiene for Food Handling
Unit 3 Food Safety Management Principles for Purchasing, Receiving and Storing
Unit 4 HACCP Systems and Food Safety Management Principles for Food Preparation and Cooking
Unit 5 Proper Maintenance of Sanitary Facilities and Equipment

Unit 1: Biological, Chemical and Physical Toxins

Instructional Objective

Students will demonstrate an understanding of microorganisms and their relation to food borne illness.

Lesson Development

The instructor will lecture and show video on microorganisms and foodborne illness covering:

- Dangers of foodborne illness
- Prevention of foodborne illness
- How food becomes unsafe
- Responsibilities of a manager
- Classification of (pathogens) microorganisms and foodborne illnesses: bacteria, viruses, parasites, fungi, biological toxins
- Physical and chemical contamination of food

Lesson Progress

FAT TOM is a mnemonic device that is used in the food service industry to describe the six favorable conditions required for the growth of foodborne pathogens.

FAT TOM acronym

- Food
- Acidity
- Time
- Temperature
- Oxygen
- Moisture

There are more than 40 unique types of pathogens (bacteria, viruses, parasites and molds) that can cause a foodborne illness in a person. The Food and Drug Administration has identified six types that are highly contagious, found in great numbers, can cause serious foodborne illness and are transferred easily to food.

Shigella spp. - is found in the intestinal tract of infected people and is spread by eating or drinking food or water contaminated with the bacteria. It can also be spread by direct contact with feces (even with microscopic amounts) from an infected person.

Salmonella Typhi - is mostly found in chicken eggs, unclean chicken, unpasteurized milk, tomatoes, peanut butter, ground meat and fish. Any food can be contaminated with salmonella, which causes food poisoning, the symptoms of which include diarrhea, vomiting, chills, painful headaches and most commonly, a fever.

Nontyphoidal Salmonella (NTS) - Non-typhoidal salmonella represents an important human and animal pathogen world-wide. Most human salmonellosis cases are foodborne, but each year, infections are also acquired through direct or indirect animal contact in homes, veterinary clinics, zoological gardens, farm environments or other public.

Shiga toxin - producing *Escherichia coli*, also known as *E. coli* – is a bacteria that normally lives in the intestines of healthy people and animals. Most varieties of *E. coli* are harmless or cause relatively brief diarrhea, but a few particularly nasty strains, such as *E. coli* O157:H7, can cause severe abdominal cramps, bloody diarrhea and vomiting.

Unit 1: Biological, Chemical and Physical Toxins

Hepatitis A - is a highly contagious liver infection caused by the hepatitis A virus. The virus is one of several types of hepatitis viruses that cause inflammation and affect the liver's ability to function. A person is most likely to get hepatitis A from contaminated food or water, or from close contact with a person or object that is infected. Mild cases of hepatitis A do not require treatment. Most people who are infected recover completely with no permanent liver damage.

Norovirus - is the most common cause of viral gastroenteritis in humans and affects people of all ages. The virus is transmitted by fecally contaminated food or water, person-to-person contact and via aerosolization of vomited virus and subsequent contamination of surfaces.

Vocabulary Terms

Biological toxins are toxic substances that can be produced by bacteria, fungi, protozoa, insects, animals, or plants and are classified separately from chemical toxins.

Botulism is a type of food intoxication caused by the clostridium botulinum bacterium. It will develop only without air and occurs in inadequately processed foods such as vacuum-packed meats or improperly canned (often, home-canned) foods.

CODEX Alimentarius is a commission under the direction of the World Health Organization and the United Nations Food and Agricultural Organization. It compiles and publishes internationally accepted food safety standards and regulations in a food hygiene basic text called the CODEX Alimentarius.

CODEX defines a safe food as "the assurance that food will not cause harm to the consumer when it is prepared and/or eaten according to its intended use."

Contamination is the presence of a harmful substance (or substances) in foods that can cause injury or illness to a person eating or tasting them.

Cross-contamination is the transfer of harmful substances from one food to another food, either through employee handling or by improperly cleaned and sanitized equipment. Common examples are the contamination of cooked foods by raw foods.

Foodborne illness is any illness caused by eating food containing microbiological, chemical or physical contaminants.

Internet Assignment

In the science community, visual aids are used to reinforce topics and the learning process. Working with a partner, students will pick a food-related pathogen and make a poster. Using the Internet and other resources, have them pick a pathogen, research and find out some facts about it. Collect the facts and create a poster. Teams will present their posters to the class in a 5-7-minute report.

- What does the pathogen look like?
- What are the common carriers of the pathogen?
- What are some effects of the pathogen on humans?
- Describe some ways to prevent the spread of this pathogen?

Sample from Student Handbook



300-Hour Culinary Training Program – Student Workbook CUL 200 – The Fundamentals of Sanitation

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Unit 1: Biological, Chemical and Physical Toxins

Student Workbook

Use the space below to add your responses as they relate to the knowledge you have learned in this unit. Once complete, be sure to review with your instructor.

Student Name: _____

Date of Assignment: _____

Due Date: _____

1. Name the top six (6) highly contagious causes of foodborne illness in a person. Identify ways in which a food service worker can reduce the spread and risk of these six (6).

2. Describe the difference between the terms contamination and cross contamination.

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Supervisor to mark appropriate box once complete and provide feedback to student:

| | Remediation Necessary | Acceptable with Remediation | Pass |
|----------|--------------------------------------------------------------------|----------------------------------------------------------------------------------|-------------------------------------------------------|
| Question | Did not provide a response or response did not satisfy requirement | Provided response but missed the topic or did not completely satisfy requirement | Satisfied requirement and demonstrated understanding. |
| 1 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Feedback: