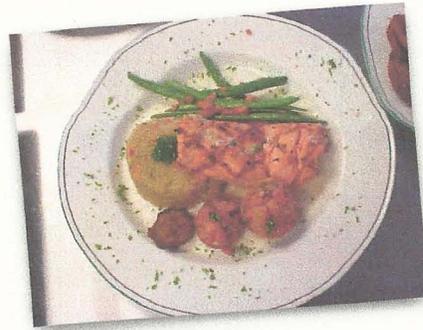
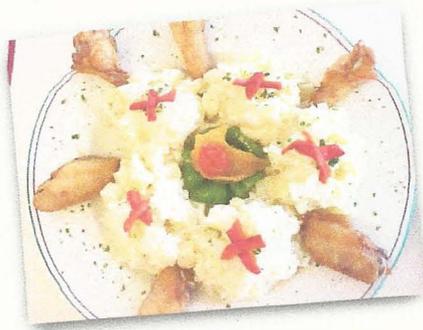


Do you have a passion for food?



Does a career in the Culinary or Baking & Pastry Arts interest you?



Begin your Culinary journey - **today!**



Learn how to create beautiful & delicious foods just like the examples pictured here, made by real students with a real passion for cooking - just like you! Our classes have 10 students or less to ensure that each student receives individual schooling and attention. Come see what's cookin' at National Schools and see for yourself what sets us apart from the rest! Give us a call today to take a free tour of our school, where you can receive more information about our programs and financing options. Don't wait! Get started in this exciting field TODAY!

Call us at (619) 461-2800 or find us on the web at www.NationalSchools.com

 **National Culinary School**

8400 Center Drive
La Mesa, CA 91942

Culinary Arts Certificate Program Schedule for AM & PM Classes

Morning Class 7:00AM to 12:00PM, 400 Hours or 16 weeks

Afternoon Class 12:15PM to 5:15PM, 400 Hours or 16 weeks

04/08/2013 – 07/26/2013

07/29/2013 – 11/15/2013

11/18/2013 – 03/21/2014

03/24/2014 – 07/11/2014

07/14/2014 – 10/31/2014

11/03/2014 – 03/06/2015

03/09/2015 – 06/26/2015

06/29/2015 – 10/16/2015

10/19/2015 – 02/19/2016

02/22/2016 – 06/10/2016

06/13/2016 – 09/30/2016

10/03/2016 – 02/03/2017

02/06/2017 – 05/26/2017

05/29/2017 – 09/15/2017

The culinary professional will master cooking & presentation methods and techniques. Once the knowledge has been acquired in a real kitchen in Culinary School, employers will give you an opportunity to prove yourself. They will expect you to consistently prep and plate according to their concept of the owner's recipes. Methods and techniques will apply to any recipe. The culinarian's code pledge their knowledge and skill to the advancement of their profession and to pass it on to those that follow. Culinary credential will open many doors of opportunity in the hospitality industry. To be enrolled in this school, you will have the benefit of the owner's and instructor's personal attention as we focus on the individual as well as the class. We are a real restaurant without the front of the house, and our experience is based on this knowledge. You must have the passion to be a great chef, to strive to be as best as you can be.



Bakery & Advanced Pastry Class

Morning Class 7:00am to 12:00pm / Afternoon Class 12:15pm to 5:15pm
Upon completion of the program, they will on graduation Receive their Bakery/Pastry credentials that will comprise Six(6) independent modules:

Module Number

- 1. Bread**
- 2. Pastry**
- 3. Cake & Cake Decorating**
- 4. Wedding Cake**
- 5. Hot & Cold Complex Plated Individual Desserts**
- 6. Sugar & Chocolate Confectionery Art**

Those who graduate with a certificate in all 6 modules will be able to work in any commercial environment, earn the Servsafe (sanitation) certificate awarded by the National Restaurant Association, and the school's certificate for nutrition & Kitchen management. The School is an official exam site for the American Culinary Federation (ACF).

Other students who only wish to apply to any specific module(s) will not achieve employment credentials. The following pages identify the start dates of such modules. Each independent module is 100 kitchen hours of training making a total of 600 hours.

Credential students can begin their start of their 6 independent modules on the start dates in the following pages which will roll over until six modules have been completed and then receive graduation.

Bakery and Pastry Certificate Schedule for AM & PM Classes

Morning Class 7:00AM to 12:00PM, 600 Hours or 24 weeks

Afternoon Class 12:15PM to 5:15PM, 600 Hours or 24 weeks

| | |
|---------------------|-------------------------------------------------|
| 04/29/13 - 05/24/13 | Bread |
| 05/27/13 - 06/21/13 | Pastries & Quick Bread |
| 06/24/13 - 07/19/13 | Cakes & Cake Decorating |
| 07/22/13 - 08/16/13 | Wedding Cakes |
| 08/19/13 - 09/13/13 | Hot & Cold Individually Plated Desserts |
| 09/16/13 - 10/11/13 | Sugar & Chocolate, Confectionery Arts |
| | |
| 10/14/13 - 11/08/13 | Bread |
| 11/11/13 - 12/06/13 | Pastries & Quick Bread |
| 12/09/13 - 01/17/14 | Cakes & Cake Decorating |
| 01/20/14 - 02/14/14 | Wedding Cakes |
| 02/17/14 - 03/14/14 | Hot & Cold Individually Plated Complex Desserts |
| 03/17/14 - 04/11/14 | Sugar & Chocolate, Confectionery Arts |
| | |
| 04/14/14 - 05/09/14 | Bread |
| 05/12/14 - 06/06/14 | Pastries & Quick Bread |
| 06/09/14 - 07/04/14 | Cakes & Cake Decorating |
| 07/07/14 - 08/01/14 | Wedding Cakes |
| 08/04/14 - 08/29/14 | Hot & Cold Individually Plated Complex Desserts |
| 09/01/14 - 09/26/14 | Sugar & Chocolate, Confectionery Arts |
| | |
| 09/29/14 - 10/24/14 | Bread |
| 10/27/14 - 11/21/14 | Pastries & Quick Bread |
| 11/24/14 - 12/19/14 | Cakes & Cake Decorating |
| 01/05/15 - 01/30/15 | Wedding Cakes |
| 02/02/15 - 02/27/15 | Hot & Cold Individually Plated Complex Desserts |
| 03/02/15 - 03/27/15 | Sugar & Chocolate, Confectionery Arts |
| | |
| 03/30/15 - 04/24/15 | Bread |
| 04/27/15 - 05/22/15 | Pastries & Quick Bread |
| 05/25/15 - 06/19/15 | Cakes & Cake Decorating |
| 06/22/15 - 07/17/15 | Wedding Cakes |
| 07/20/15 - 08/14/15 | Hot & Cold Individually Plated Complex Desserts |
| 08/17/15 - 09/11/15 | Sugar & Chocolate, Confectionery Arts |



**NATIONAL SCHOOL
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www.nationalschools.com

PROFESSIONAL SCHOOL PROGRAMS

COST

Culinary Arts Program:

| | | |
|----------------------------------------------------------|---------------|-----------|
| Tuition Cost | \$11,000.00 | |
| Registration | <u>150.00</u> | 11,150.00 |
| | | |
| Tuition includes all foods and supplies | | N/C |
| Student's personal Knife set and case | | 250.00 |
| Text book (The professional chef) | | 110.00 |
| Text book for Servsafe (National Restaurant association) | <u>95.00</u> | 11,605.00 |

Bakery and Advanced Pastry Arts Program:

| | | |
|-----------------------------------------|---------------|-----------|
| Tuition Cost | \$13,000.00 | |
| Registration | <u>150.00</u> | 13,150.00 |
| | | |
| Tuition includes all foods and supplies | | N/C |
| Text book (Baking and Pastry) | | 95.00 |
| Text book for Servsafe | <u>95.00</u> | 13,340.00 |

100% Financed thru (Sallie Mae Financial) with credit approval to equal a credit score of 620 or better. National Average is 750 (as of February 2013). Requires proof in identity (driver's License, Social Security Card, etc). Also proof in income or with co-signor (2 current pay slips). Small monthly payments due only after graduation.

Also in house financing on the prerogative of National School.

OUR SPECIAL PRICING IS THE LOWEST COST IN SAN DIEGO.

Culinary Arts

16 weeks

400 hours

Morning Class 7am to 12pm / Afternoon Class 12:15-5:15pm

- 1. Introduction to the Profession**
- 2. Sanitation**
- 3. Food and Kitchen Safety**
- 4. Equipment Identification**

- 5. Basic to Advanced Cooking Principles**
You will learn the different methods of cooking with heat using natural gas stoves. Sautéing, Pan Frying, Deep Frying, Broiling, Grilling, Roasting, Simmering, Poaching, Braising, and Stewing.

- 6. Stocks, Sauces, and Soups**
You will learn to prepare beef, chicken, fish, and vegetable stocks from scratch and use them to make sauces and soups. You will also learn five mother sauces and learn to make small sauces from them.

- 8. Mise en Place and Cooking of Meats, Poultry, and Fish**
This is the module where you start combining your knowledge of sauces with an entrée. There will be no batch cooking at National Culinary School. (batch cooking is done with only one burner for the one item being prepared.) You will learn how to cook simultaneously. A meat dish with related sauce will be served with Starch and Vegetable of the day. You will learn cook, plate, and garnish within the time limit set by National's Executive Chef.

- 9. Mise en Place and Cooking of Vegetables and Starches**

- 10. Salads and Salad Dressings**

- 11. Hors d'Oeuvre and Appetizers**

- 12. Sandwiches**

- 13. Baking Basics, Breakfast Preparation and Cooking Eggs**

- 14. Food Presentation and Garnishing**

- 15. International Cuisines**

Baking and Pastry

24 weeks

600 Hours

Morning Class 7am to 12pm / Afternoon Class 12:15-5:15pm

- 1. Introduction to the Profession**
- 2. Sanitation**
- 3. Food and Kitchen Safety**
- 4. Equipment Identification**
- 5. Principal of Baking**
Recipes are the foundation of the bakery art followed by measurement. You will learn different yeast products of lean and rich dough that are either high or low in fat and sugars, and rolled-in yeast dough products. There are different flours and grains used in baking that you will learn and formulas used in bread making.
- 6. Breakfast Pastries**
You will learn the primary fundamentals of making breakfast pastries and other sweet dough products that will be needed in any restaurants where breakfast is served and bakery. Puff Pastries, Croissants, Cinnamon Rolls, Brioche, and Danish Pastries to name a few.
- 8. Individual Pastries**
Individual pastries contain multiple components and include pre-made elements of short dough crust, sponge, or meringue, topped with layers of fillings such as frangipane, ganache, buttercream, jams.
- 9. Quick Breads, Cookies, and Cakes**
- 10. Custards, Creams, mousses, and soufflés**
- 11. Pies, Tarts, and fruit desserts**
- 12. Frozen Desserts**
Besides learning to make Ice Creams and Sorbets, you will learn to make fancy frozen desserts, Such as bombes.
- 13. Sugar Work**
During this module, you will be learning the artistic use of sugar as decorations.
- 14. Chocolate Artistry**
You will learn to achieve the high gloss and hard brittle texture of chocolate by tempering. Advanced chocolate decorations, including chocolate box and molded chocolates.
- 15. Individual/Advanced Plated Desserts**
You will learn a variety of plated desserts which require plate presentation for special desserts served primarily in restaurants. Although their individual unit cost is low, these artistry desserts are high profit to the restaurant.



NATIONAL SCHOOL
Culinary & Bakery
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Attached is the Chef Certification that National School will encourage all culinary or bakery students first to join ACF (American Culinary Federation) This is the premier chef's organization that will help in employment connections, net working with other chefs with the opportunity to reach an additional professional levels. ACF is a national recognized organization in business for 75 years; The first professional level is a CC on your Chef jacket (Certified Culinarian).

Our chef instructor has the ACF credentials as CEC (Certified Executive Chef) and CEPC (Certified Executive Pastry Chef). National School is an official ACF Practical exam test site, this means we will help our graduates to reach these levels at no cost for such help after they are employed.

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Career Center

American Culinary Federation Certification Levels

There are 14 levels of certification, and each requires specific qualifications, in addition to knowledge of culinary nutrition, food safety and sanitation, and culinary supervisory management. It is fundamental to the program that work experience is equivalent to the level of certification.

COOKING PROFESSIONALS

Certified Culinarian (CC): An entry level culinarian professional within a commercial foodservice operation.

Certified Sous Chef (CSC): A chef who supervises a shift or station(s) in a foodservice operation. A CSC must supervise a minimum of two full-time people in the preparation of food. Job titles that qualify for this designation include sous chef, banquet chef, garde manger, first cook, a.m. sous chef and p.m. sous chef.

Certified Chef de Cuisine (CCC): A chef who is the supervisor in charge of food production in a foodservice operation. This could be a single unit of a multi-unit operation or a free-standing operation. A CCC must supervise a minimum of three full-time people in food production.

Certified Executive Chef (CEC): A chef who is the department head usually responsible for all culinary units in a restaurant, hotel, club, hospital or foodservice establishment, or the owner of a foodservice operation. A CEC must supervise a minimum of five full-time employees and pass a practical exam in front of peers.

Certified Master Chef (CMC): The consummate chef. A CMC possesses the highest degree of professional culinary knowledge, skill and mastery of cooking techniques. A separate application is required, in addition to successfully completing an eight-day testing process judged by peers. Certification as a CEC or CEPC is a prerequisite. Either download ACF's **CMC Manual** and **CMC Application** online, or call ACF's Certification Department for a copy or additional information at (800) 624-9458.

ACF CMC Manual
ACF CMC Application

PERSONAL COOKING PROFESSIONALS

Personal Certified Chef (PCC): A chef with a minimum of four years of professional cooking experience. Also required is a minimum of one full year of employment as a personal chef engaged in all aspects of food preparation and serving, menu planning, marketing, financial management and operational decision making.



Study at Home . . .

American Academy of Independent Studies offers distance education courses on a variety of nutrition, food safety, and foodservice subjects to help you maintain your certification



Home Study Courses to fit your Schedule
www.123ce.com



Personal Certified Executive Chef (PCEC): A chef with advanced culinary skills and a minimum of six years of professional cooking experience with a minimum of two years as a personal chef. A PCEC is skilled in all aspects of food preparation and serving, menu planning, marketing, financial management and operational decision making.

BAKING AND PASTRY PROFESSIONALS

Certified Pastry Culinarian (CPC): An entry level culinary professional within a pastry foodservice operation.

Certified Working Pastry Chef (CWPC): A pastry culinarian responsible for a pastry section or a shift within a foodservice operation, with considerable responsibility for preparation and production.

Certified Executive Pastry Chef (CEPC): A pastry chef who is a department head, usually responsible to the executive chef of a food operation or to the management of a pastry specialty firm.

Certified Master Pastry Chef (CMPC): The consummate pastry chef. A CMPC possesses the highest degree of professional culinary knowledge, skill and mastery of cooking techniques as they apply to pastry. A separate application is required, in addition to successfully completing a 10-day testing process judged by peers. Certification as a CEC or CEPC is a prerequisite. The CMPC Manual and Application can be obtained by calling ACF's Certification Department at (800) 624-9458. The **CMPC Application** can also be downloaded.

ACF CMPC Application

CULINARY ADMINISTRATORS

Certified Culinary Administrator (CCA): This is an executive-level chef who is responsible for the administrative functions of running a professional foodservice operation. This culinary professional must demonstrate proficiency in culinary knowledge, human resources, operational management and business planning skills. A CCA must supervise the equivalent of at least 10 full-time employees.

CULINARY EDUCATORS

Certified Secondary Culinary Educator (CSCE): An advanced-degree culinary professional who is working as an educator in an accredited secondary or vocational institution. A CSCE is responsible for the development, implementation, administration, evaluation and maintenance of a culinary arts or foodservice management curriculum.

Certified Culinary Educator (CCE): An advanced-degree culinary professional who is working as an educator in an accredited postsecondary institution or military training facility. A CCE is responsible for the development, implementation, administration, evaluation and maintenance of a culinary arts or foodservice management curriculum. In addition, a CCE must possess superior culinary experience equivalent to a CCC or CWPC.

ACF Certification - Initial Application
ACF Certification - Initial Application Instructions

ACF Certification - Renewal Application
ACF Certification - Renewal Application Instructions

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ED Code 94904 (b) National Schools Policy and procedures to be attached to the School Brochure specific to future enrollment.

The School has been in business for 23 years for Culinary & Baking and Advanced Pastry. It has taken three years to build a reputation with the employers who hire our chefs, therefore the first step to be considered to be included in our limit of ten students per class is PASSION. I have owned 5 restaurants personally by myself in New Orleans and San Diego. We require such persons to sit in our class until they understand how we teach by hands on training and this allows me and my executive chef to personally evaluate the applicant.

Settlement arrangements are identified and agreed upon. This is a judgment call that any banker would make with the exception that I make considerations relative to my opinion to their success as a chef. Some who have great potential have paid as little as \$50.00 per month to get in this class to increase after they become employed. Many put up 20% as a down payment and I finance 80% over time interest free for one year after graduation with monthly payments of \$300.00 usually when employed. A few pay monthly payments during class because they do not have a down payment.

The student has a copy of the schools catalog, our rules of class as to attendance, grading and conduct and our refund policy as identified in our catalog and preliminary application. Since we control our class size to ten (10) students, the preliminary application only give this class slot to someone else. We assist for job placement and we do not have any student complaints.

Dal Smith, owner