



FAST TRACK TO A **NEW CAREER**

FOOD SERVICE WORKER
for health care facilities.

Be job ready in just 6 weeks!

Is this for you?

This Fast Track training certifies you to work in food service for health care facilities, as outlined by the Ministries of Health and of Community and Social Services. The certificate is an ideal career choice for high school graduates, adults looking for a career change or food service workers who want to upgrade and enhance their skills.

JOB OPPORTUNITIES:

The average salary for a food service worker is generally higher in the health care sector than in the fast food or restaurant sector. Job prospects are good across Canada, but especially in Ontario. With this certificate, which has been developed in cooperation with dietitians, you will be well-positioned for a job in the food service area of hospitals, nursing homes and cafeterias.



Fleming College

Program of Study

Program code: FSC

INTRODUCTION TO NUTRITION

Learn the basic principles of nutrition and its role in the health care environment. Current nutrition recommendations for fat, fiber, vitamins and minerals, and weight control are discussed, as are the social and cultural aspects of food.

COMMUNICATION & THE FOOD SERVICE WORKER

Communication skills are important for the food service worker in health care institutions. General principles of human communication will be explored including verbal interaction, inter-cultural communication and listening skills. Learn effective techniques for communicating with patients, residents, co-workers and supervisors.

NUTRITION IN HEALTH CARE

Discover the basic principles of diet therapy, diets for heart disease, diabetes, kidney disease, digestive diseases, cancer and HIV. Special diet recipes and commercial products are also presented.

INSTITUTIONAL FOOD SERVICE

Explore the role of a food service worker in the health care institution environment. Departmental organization, policies, procedures, and job descriptions will be discussed. The stages of various food service systems and menu processing will be examined. Special emphasis will be placed on quality assurance and industry work standards.

SANITATION & SAFETY

Prevent food-borne illness within the health care institution by learning about the special regulations and acts governing food service as well as the strategies involved in proper food handling and controlling contamination, with a focus on safe working environments for the food service worker. NOTE: course includes Certification for Food Handlers.

QUANTITY FOOD PREPARATION

Acquire the cooking principles and methods for preparing food in large quantities. NOTE: For safety and conformity reasons for all cooking courses, students must wear non-slip, non-absorptive closed-toed shoes, full length pants, an apron (available at the bookstore), a white shirt, hair tied back.

NEXT SESSION:

February 22 – April 3, 2012
Mon – Fri, 9:00 am – 3:30 pm

FEE: \$1,150.80 + text

LOCATION: Fleming College – Cobourg Campus

Register Now!

Online: www.flemingcollege.ca/cobourg
by phone: 905-372-6865 ext. 5000
or in person: 1005 Elgin St. West, Cobourg



www.flemingcollege.ca