

WSQ-Diploma in CULINARY ARTS

(WSQ-DCA)



Welcome to the Best Culinary Arts Institution*

Here at the academy, we say "If you want to cook, buy a cook book. If you want to master cooking, come to At-Sunrice!"

Our 18-month diploma consists of the science, craft and arts of Asian and Western curriculum with 3,100 hours of study and paid apprenticeship. After 12 months of study, you can choose to spend the remaining 6-month industrial attachment overseas, back in your own country or in Singapore.

Many of our graduates start their own businesses, excel in the food profession or complete the global degree pathway.

Join our students and faculty from 32 countries whose mission is to "Feed the Future".

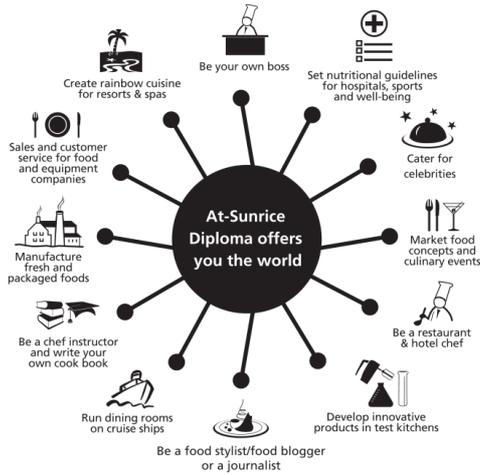
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*Best Private Education
Institution in Culinary Arts
JobsCentral Learning TED Awards 2017



BE A NAVIGATOR, NOT JUST A CHEF



Study & Paid Apprenticeship

Our unique study & work rotation follows the timeless European model of skills training which promotes employment. 90% of our graduates find their job within 3 months of graduation.

Overseas / Singapore Industrial Attachment (OIA / SIA)

Your OIA or SIA can be in food service or food related work such as food media, manufacturing, product development, product supply chain, wellness institutions, vineyards or agriculture.

Work Allowances

All students receive S\$800 a month for apprenticeship and SIA allowances. In addition, Singaporean and Singapore PR students will receive 6 months training allowance for apprenticeship from SkillsFuture Singapore.

For OIA, the monthly allowance depends on respective employers.

Some of our study & work, OIA & SIA partners:



For more information, visit www.at-sunrice.com/about-us/our-partners.

18-MONTH DIPLOMA STRUCTURE



DEGREE PATHWAY



Bachelor of Science in Culinary Arts & Food Service Management*
2-year programme
(Online Programme available)

Bachelor of Science in Food & Beverage Entrepreneurship*
2-year programme
(Online Programme available)



Bachelor of Science (Honours) in Culinary Arts Management*
1.5-year programme



Bachelor of Arts (Hons) in Culinary Arts & Management*
2-year programme

*Terms and Conditions Apply.

DURATION Up to 18 months

PROGRAMME DATES*

22 Jan 2018 26 Mar 2018 30 Apr 2018 28 May 2018
23 Jul 2018 24 Sep 2018 29 Oct 2018 3 Dec 2018

*Dates are subject to change.

PROGRAMME FEE*

Particulars	International Students	Singaporeans/SPRs with SkillsFuture Singapore (SSG) funding
Programme Fee	\$ 29,150.00	\$ 29,150.00
(Less: SSG Funding)	(\$ -)	(\$ 20,405.00)
Net Programme Fee	\$ 29,150.00	\$ 8,745.00
Application Fee (Non-Refundable)	\$ 100.00	\$ 100.00
Starter Kit	\$ 1,445.00	\$ 1,445.00
Admin Fee	\$ 500.00	\$ 500.00
Medical Insurance	\$ 90.00	\$ 90.00
Fee Protection Scheme	\$ 218.30	\$ -
Total Fees Payable	\$ 31,503.30	\$ 10,880.00
GST 7%	\$ 2,205.23	\$ 761.60
Net Fees Payable	\$ 33,708.53	\$ 11,641.60

*Prices are subject to change. All Singaporeans and Singapore PRs enjoy up to 70% WSQ Programme Fee Funding. Singaporeans who are 40 years old and above receive SkillsFuture Mid-Career Enhanced Subsidy of up to 90% programme fee. Singaporeans who are 35 years old and above with monthly income of not more than S\$2,000 are eligible for Workfare Training Support (WTS) Scheme of up to 95% programme fee funding. For more information, visit www.ssg-wsq.gov.sg

At-Sunrice GlobalChef Academy 28 Tai Seng Street, Level 5 Singapore 534106
Tel: (65) 6416 6638 Fax: (65) 6416 6609 www.at-sunrice.edu.sg



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PAYMENT SCHEDULE

- Application fee is due upon submission of application form.
- Fee payment for diploma programme is scheduled over 2 installments:
 - 50% of the net programme fee and other fees will be collected by the academy upon signing of student contract.
 - Balance 50% of the net programme fee is payable 9 months after programme commencement.

ADMISSIONS CRITERIA

- Passion for culinary arts
- At least 17 years old with at least 1 week industry experience in any F&B establishments
- Possess leadership qualities, artistic and disciplined
- Be of good moral character
- Required to undergo an interview and online profile test
- For graduates of At-Sunrice WSQ Certificate Programmes, a minimum average grade of B and above is required

Singaporean / Singapore PR Applicants:

- At least 3 GCE 'N' Level credits (including English) or WPLN Level 5
- Completed / Exempted from National Service (for Singaporean Males only)

International Applicants:

- High school diploma or equivalent
- IELTS 5.5 / TOEFL (internet based total) 46-59 / WPLN Level 5



CPE registration number: 198200913C Cert No.: EDU-2-2001
Period of registration: 2005/2014 - 13/05/2018 Validity: 29/08/2016 - 28/08/2020

Module Synopsis - Diploma in Culinary Arts (DCA)

Follow Food & Beverage Safety and Hygiene Policies and Procedures

This unit trains and assesses students on the mandatory requirements to be a certified food handler in Singapore. The topics include personal hygiene, equipment hygiene, work area hygiene and safety while preparing, serving & storing food items. Students learn the subject through lecture, videos, role plays and hands-on practice.

Maintain Safe and Secure Working Environment

This unit enables students to have the knowledge and application skills in maintaining safe and secure working environment in a F&B operational set up and be able to apply them to the workplace. The students are trained on proper lifting, pulling & pushing techniques, handling hazardous materials, using tools and equipment in a safe manner and thereby maintaining a safe work environment.

Prepare Mise En Place 1

The focus of this unit is in training on the essential skills for doing the Mise En Place for food production. Classic vegetable cuts are taught and practiced to acquire precision. Other skills include assembling tools & equipment, weighing & measuring of ingredients, preparing pans for cooking and re-generating dried, frozen & concentrated products for use.

Maintain Quality Control Procedures

This unit concentrates on maintaining quality in all phases of food preparation and service. Key topics include standards in purchasing, receiving & storing, recipes, portioning & plating guidelines etc. Standard recipe driven production and plating of dishes is practiced during the hands-on component of the unit.

Maintain Food & Beverage Production Environment

This introductory unit trains the students on maintaining the work environment after production of food & beverage. Apart from ensuring the cleanliness of equipment and premises, students learn the importance of replenishing stock, maintaining par stock and following the FIFO methods. Usage of checklists to audit cleanliness and formula based calculation of par stock is taught in this unit.

Prepare Meat, Poultry, Fish and Seafood

This essential unit on food preparation introduces the basic skills of meat and seafood fabrication and the underpinning knowledge behind them. Emphasis of this unit is on the techniques in fabrication that will enable standard yields and thereby earn higher profit margins. The hands-on lessons consist of fabrication of beef, pork, lamb, poultry, fish and shell fish.

Prepare Vegetables, Fruits, Nuts and Mushrooms

This unit covers a range of topics from classification, preparation and uses of vegetables, fruits, nuts and mushrooms. The hands-on learning includes pre-preparation and cooking of these ingredients by maintaining standards in colour, texture, taste and nutrition. Basic skills and knowledge in the usage of herbs, spices, oils and seasonings is also imparted through these lessons.

Receive and Store Products

Up on completion of this unit, the student will have the fundamental knowledge and application skills in receiving and maintaining Food & Beverage inventory as per industry accepted standards. The topics covered in this unit includes receiving and storing of meat, poultry, fish, shellfish, fresh produce, dairy products, dry goods and cooked/prepared foods to reduce spoilage and ensure food safety.

Demonstrate Basic Moist Heat Cooking Methods

This is a key unit that introduces the skills of basic moist heat cooking methods and the underpinning knowledge behind it. Emphasis of this unit is on the fundamentals of cooking and the physical and chemical changes that happen to food ingredients by the application of moist heat. The hands-on lessons consist of basic recipes from various cuisines.

Demonstrate Basic Dry Heat Cooking Methods

This recipe based unit covers the essential skills and knowledge of basic dry heat cooking methods. Techniques of roasting, broiling, baking, deep frying, sautéing, stir-frying are taught in this unit through demonstrations and hands-on using recipes from various cuisines.

Prepare Basic Western Stocks and Soups

This unit focusses on cementing the essential skills in the production of basic western stocks and soups. Lectures, demonstrations and hands-on training are used to explain the ingredients, techniques, time application and quality standards for the various stocks and soups. White, brown and vegetable stocks are covered along with production of various soups categories such as clear soups, consommé, cream soups, bisque, chowders, puree soups, cold soups and national soups.

Prepare Western Foundation Sauces

This unit covers the production techniques associated in making classical mother sauces of western cuisine and its derivatives. Pan sauces, gravies, coulis, liaisons, butter sauces etc. are also covered under this lesson. Recipes include Béchamel, Velouté, Espagnole, Demi-glaze, Hollandaise, Mayonnaise and small sauces.

Provide Essentials of Dining Room Service

This unit aims to equip students with fundamentals of dining room knowledge and their application from casual to formal dining settings. The topics covered include dining room lay outs, equipment, styles of service, table settings, menu knowledge, food allergies, billing and customer management. The students gain skills in customer service to ensure guest satisfaction by practising in simulated situations and serving for specially organised dining events.

Provide Advanced Dining Room Service

The unit aims at imparting the advanced skills in dining room service such as table side service, team service and sales improvement. The topic covered includes improving guest relations in a dining environment, setting dining environment for service and applying food and wine knowledge to increase sales. Table side service specialties such as carving of roasts, Crepe Suzette, Steak Dianne, Caesar Salad etc form part of this lesson.

Prepare Pre-mix, Frozen and Bake-off Products

The unit is adopted to enhance the student's basic knowledge in finishing pre-mixes, bake-off and ready to use products. Students are taught on the importance of following the manufacturer's guidelines to create finished products such as cakes, cookies, muffins, scones, puddings, sauces etc.

Prepare Basic Breads

The fundamentals of boulangerie is covered in this unit. Emphasis is on the role of ingredients and skills such as kneading, resting, proving and temperature control. Bread varieties produced in the class include soft dinner rolls, whole wheat bread, rye breads, country breads, sandwich bread, English muffins, focaccia, Pullman loaves, pizza and bagels.

Prepare Muffins and Scones

The unit aims to equip the student with the skills and knowledge in preparing muffins and scones. The unit also covers insights into various ingredients, its purpose, impact of different flours, different leavening agents used, importance of controlling oven temperature etc. while preparing muffins and scones and the quality yardsticks for checking the doneness of the muffins and scones.

Prepare Sweet and Savoury Fillings, Sauces and Creams

Students will be trained in the preparation of various fillings, sauces and creams that may be used in pastry and bakery production. These include items such as vanilla sauce, pastry cream, syrups, coulis and sweet & savoury fillings. The application of these sauces and fillings in products such as Floating Island, Toffee Caramel Flan, Flan Parisienne, Cherry Clafouti, Chicken Pie and Spanakopita in demonstrated.

Prepare Hot and Cold Desserts

The student will be trained to have knowledge and application skills in preparing hot and cold desserts which includes preparing creams, mousses, soufflés, gelatin-based cream desserts, ice creams etc.

Prepare Mise En Place 2

In this unit, students will be trained in the modern and traditional techniques in preparing cold entrées and forcemeats. Techniques such as breading, battering, marinating, seasoning, stuffing etc. are emphasized. Students will learn to prepare patés, terrines, mousse, quenelles, galantines and appetizers.

Prepare Pasta

The fundamentals of preparing pasta dishes are covered in this unit. The lessons contain knowledge on various shapes of dry and fresh pasta, the preparation techniques, cooking them to 'al dente', pairing pastas with most suitable sauces and quality standards for pasta dishes. Skills in preparing pasta from the scratch, rolling and stuffing the pasta sheets are some key skills gained by the students at the end of the lessons.

Prepare Cold Plates and Garnishes

This unit is designed to train students on the preparation of basic salads, cold plates and garnishes. Characteristics of salad ingredients, their sensory qualities, components of salads, their functions etc. are emphasized in the lesson. Production recipes include salads and hors-d'œuvres from Asian and Western cuisines.

Prepare Sandwiches

Students will be trained in the preparation of various breads, fillings and presentation techniques that may be used in the production of sandwiches, burgers canapés and wraps. Preparation of classic and modern accompaniments and garnishes also are covered in the lesson. The recipe based training is conducted on Monte Cristo, burgers, club sandwich and open-faced sandwiches to name a few.

Demonstrate Advanced Moist Heat Cooking Techniques

This unit will enable the students to get the skills and knowledge in applying poaching, simmering, boiling, blanching techniques, steaming techniques, braising and stewing techniques, creating attractive plate presentations and managing food preparation in an allocated time frame. The lesson contains hands-on training in Sous vide cooking methods and pressure cooking as well.

Prepare Basic Malay Desserts

An intermediate unit on sweets from Malay cuisine, this covers the production methods and standards for few popular desserts from Malaysia, Singapore and Indonesia. The dishes in production are Onde Onde, Kuih Bingka Ubi, Kuih Koci, Pulut Inti, Pulut Hitam and Goreng Pisang. Customary as well as industrial methods of presentation are emphasized.

Prepare Advanced Chinese Desserts

This unit trains the students at advanced level in the preparation of Chinese desserts. Student learn items such as Walnut/Sesame/Almond Cream, Mango Pudding, Yum Paste And Gingko Nuts and Crispy Pancake. Knowledge on traditions and etiquettes associated with Asian dining is covered in this lesson.

Supervise Food Production

The goal of this unit is to train students in the supervisory functions of food production. This includes implementing standards, monitoring production, controlling waste and supervising closing & opening duties. The students get to practice the supervisory skills as part of their student appointment during classroom lessons.

Maintain Inventories

This academic unit is designed to train the students on how to maintain adequate stock of materials to ensure the smooth operation of a Food & Beverage establishment. The curriculum covers functions such as forecasting the requirements, ordering the right quantity of ingredients, storing the ingredients in the right conditions and internal distribution processes. The candidates get familiar with the calculation of par stock, re order level etc. and use of bin card etc.

Prepare Advanced Chinese Rice Dishes

This unit covers advanced skills and knowledge in the preparation of Chinese rice dishes. The recipe based lesson trains students to prepare dishes such as Clay Pot Rice, Congee, Fried Glutinous Rice and Chicken Rice.

Prepare Advanced Chinese Noodle Dishes

In this unit, students get trained in the advanced competencies in preparing Chinese noodle dishes and can apply them in the production of dishes. Different kinds of noodles such as Me Sua, Crispy Noodles, Fried Vermicelli, Kway Teow, Hokkien Fried Noodles etc. are learned by the students. Attention is paid to ensure that the students understand the quality standards for production.

Prepare Advanced Dim Sum Dishes

The fine art of creating Dim Sum dishes is covered in this unit. Knowledge training includes the history, evolution, ingredient standards and regional variations of Dim Sum in China. Skill training includes production of classical dishes such as Xiao Long Bao, Pot Stickers, Peanut Rice Balls, Shrimp Dumpling, Char Siew Bao and Char Siew Puff. The fine tradition of enjoying the Dim Sum with tea is also covered in the syllabus.

Prepare Advanced Chinese Stir-Fried Dishes

Techniques of Chinese stir-frying is the key training objective of this unit. Selection & characteristics of ingredient and heat transfer principles are emphasized in the knowledge component. Production recipes include Cereal Squids, Double Cooked Pork, Black Pepper Crab and Butter Prawns.

Prepare Advanced Chinese Soup/Broth Dishes

The goal of this unit is to prepare students with the working knowledge and application skills in preparing various Chinese Soups and Broth Dishes. Skills in making different soups such as Milky Stock, Fish Head Soup, Herbal Soups, Fortune Chicken Soup etc. is imparted which leads to the production of derivative soups.

Prepare Alcoholic Drinks for Service

The unit equips the student with knowledge and application skills in preparing alcoholic drinks and tools and equipment for preparing alcoholic drinks. The study includes selecting a matching garnish to the prepared drinks, safe alcohol use in a bar and restaurant setting, sequencing beverage service to accommodate a busy environment, maintaining the bar area and applying different methods of preparing drinks. The fundamentals of sensory analysis of alcoholic drinks is covered in the lesson.

Study Wine and Spirits

The goal of this unit is to prepare students with the working knowledge and application skills in wine and spirits that are essential to dining room service. The knowledge includes the conditions that affect grape growing, steps of wine production, main growing countries of Old World wines and New World wines, key factors of sparkling wines, fortified wines, spirits and liqueurs and applying wine & spirit knowledge in a professional work environment. Introduction to the sensory analysis of major wines from various parts of the world is done through tasting and note taking.

Supervise Staff

This unit is aims to impart the skills of supervising the staff in a food and beverage environment. The learning methods include lecture, role play, discussion and case studies. Topics such as creating rosters, conducting briefings, directing work, doing on the job supervision, addressing concerns, resolving conflicts are covered in this unit. Each student gets a chance to practice the learned skills during their student appointment in a supervisory position at the Academy.

Develop and Implement Budget

This unit is aims to familiarise the functions of a manager in Food & Beverage industry, this unit introduces students to the fundamentals of developing a budget and managing the operation according to it. The specific competencies trained include understanding the company's financial goals, budget formats, income & expenses, record keeping, cash control systems etc. The learning happens by gaining fundamental skills in conducting financial audits, preparing financial reports and reporting budget performances.

Administer Purchasing and Receiving Procedures

The topics covered in this unit include the purpose and importance of establishing, implementing and evaluating purchasing procedures. The students also learn to establish receiving procedures and importance of complying with relevant legislation and regulations. A competent student from this unit will be able to evaluate receiving procedures, inventory control systems, security procedures and design inventory storage facilities.

Carve Fruits and Vegetables for Food Presentation

In this unit, the students will be trained on the fundamental techniques of carving fruits and vegetables for food preparation and presentation. They are further guided in assembling the carved vegetables and fruits to create center pieces for table and buffet decoration.

Produce La Mien and Prepare the Dishes

Making La Mien (Hand pulled noodles) is a superior skill in the preparation of traditional Chinese noodles. By using a combination of demonstration and guided practice lessons, this unit enables students to acquire the skills of making La Mien. At the end of the lesson, the students will be competent in preparing La Mien and cooking them with the appropriate soups and sauces.

Apply Sensory Analysis to Food & Beverage Preparation and Presentation

Students are guided to the sensory analysis of ingredients and will be taught on how to effectively balance the sensory properties in the preparation and presentation of food and beverage. Topics such as pairing of food items with beverages are covered in this unit.

Use Herbs and Spices in Various Cuisine Preparation and Presentation

This unit gives an in-depth understanding to students on the herbs and spices used in Asian and Western regional cuisines. Various aspects such as identification, sensory characteristics, culinary applications and varied uses are taught in the lesson. Students learn to prepare dishes by using spices and herbs in marinades, flavourings and garnishes.

Prepare Herb and Spice Blends of Various Cuisines

Cuisines across the globe use different kinds of spice and herb blends to impart unique and innovative flavours to their dishes. Such spice blends of Indian, South East Asian and Western cuisines are chosen to train the students in spice blending skills. Students learn classic blends such as Fine Herbs, Herbs de Provence, Garam Masala, Vindaloo Masala, Rendang paste, Thai Curry Paste, Five Spice Powder and use them in the preparation of various dishes.

Hire Staff

Aimed at familiarising the functions of a manager, this unit introduces students to the practices and processes of selection and hiring of best fit staff for the job. The specific competencies trained include sourcing suitable candidates, interviewing applicants, selecting job candidates and making job offer. The learning happens through lectures, role plays and case studies.

Appraise/Evaluate Staff

This unit deals with periodic performance evaluations and how they can contribute to increased production, employee satisfaction, staff development & success. Topics covered under this unit are planning performance appraisal, conducting performance appraisal interview, encouraging staff development and using reward or recognition systems.

Develop Menu

In this unit, students will be engaged in the development of new menu and revamping an existing menu based on data provided. Factors to consider while deciding on menu structure and design are discussed and applied in the planning exercises. Analysis of data like volume of sales, cost percentage and popularity of menu items are done in menu revamping.

Understand Nutritional Knowledge and Dietary Requirements

This unit introduces the basic nutritional concepts and dietary pyramid and their applications for lifetime wellness. Topics of study include food alternatives, daily servings, nutritional value of menu items, and food sensitivities. Students apply evidence based science to plan and create nutritionally balanced menus.

Master Recipes from Various Cuisines

Mastering Recipes from Various Cuisines is a unit aimed at reinforcing the cooking skills of students through advanced recipes from a selection of cuisines. Students practice recipes from regional cuisines such as Chinese, Indian, Thai, Malay, French and Italian. A competent student in this unit should be able to cook complete meals in the said cuisines.

Spice Odyssey Project

This is the end of programme project for Diploma in Culinary Arts and not included under WSQ framework. This is the culmination of the 18-month program that allows students to use all their learned skills and knowledge to create dishes with herbs and spices. It is a group project that emphasizes on teamwork, professionalism, skills, knowledge, and creativity. Students are given 10 kingdoms and are required to create dishes with herbs and spices as the main emphasis of their project presentation.