



Free Career Training Classes

Introduction to Culinary Arts

Mt. San Jacinto College Adult Education is offering an **Introduction to Culinary Arts Program**

What will students learn in this Non-Credit Adult Education Culinary Arts program?

Classes combine basic elements like health and sanitation, food storage, or classic cooking and flavor skills with diverse and unique explorations of naturopathic approaches to food, sustainable methods like regenerative farming, alternative ingredients in dietary trends, and menu and recipe curation. Special topics include gut-brain connection and good bacteria discussed with an activity like fermentation.

How do these classes support career preparation?

Although accessible to beginners, this program is also a tool for expanding from one section of industry to another, as a preface to other programs like culinary school or an associate's degree in culinary arts, or to gain insight on what it means to work before investing extensive time and effort.

These classes prepare students to begin a career in food science, nutritional health, industrial food supply, or in their own small business. Students will gain insight ranging from what owning your own business means to how to build sustainable relationships with other participants in the food system from farm to table.

Classes include an embedded counseling support for career and credit coursework transitions at the culmination of program.

Classes are taught by an award-winning industry professional, Chef Leah Di Bernardo.

Intro to Culinary 101 is an unprecedented crash-course on all things food—meant to introduce students to a broad variety of skills and experiences in culinary, nutrition, and the food system as a whole.

Intro to Culinary 102 is an advanced course with an emphasis on the art of butchery, sauce making, and plating. Students will experience extended learning and develop skill sets from top regenerative food producers and industry chefs in Southern California.



Introduction to Culinary 1

Wednesday
Sept 7 - Dec 7
4:00p.m. - 6:00p.m.



Introduction to Culinary 2

Thursday
Sept 8 - Dec 8
4:00p.m. - 6:00p.m.



Temecula Valley High School

31555 Rancho Vista Rd, Temecula, CA 92592

Enrollment Information

Register Online

- Go to msjc.edu/adulted
- Click on "Enroll Now"
- Follow Online Registration Steps

For further information
email:

AdultEducationandNon-Credit@msjc.edu

Phone: 951-487-3707

MSJC Adult Education

For more information or if you have any questions, call
(951) 487-3707 or visit our website at www.msjc.edu/AdultEd

