



escolas

# Culinary Arts

Technological Specialisation Courses

Access with the 12th Grade

Lectured in EN





## Career Opportunities

The Specialist Technician in Culinary Arts is a professional qualified to plan, direct, and coordinate kitchen production work and to collaborate with the food and beverage management service (F&B) in the structuring of menus and in the process of calculating costs.

## Main Activities

- Plan and organise the kitchen service
- Carry out management control and control the production costs of the kitchen service
- Design and prepare bakery and confectionary products for the food industry
- Design and prepare recipes (Traditional Portuguese, contemporary and modern cuisine, quick service cuisine, classic and international cuisine, new trends in cooking, alternative cuisine)
- Manage and organise special kitchen services
- Develop and design new kitchen products
- Manage work teams

## Requirements

- High-school diploma (or legal equivalent in Portugal) or Vocational qualification level 4 diploma (European Qualifications Framework)
- Minimum B2 English level (Council of Europe standard), to be assessed through a written test

## Further studies

This training offer allows for the continuation of studies towards higher education in a related area, establishing the connection between the training of intermediate-level professionals, the recognition of knowledge and skills, and the completion of a higher education cycle.

The Schools of Tourism in Portugal therefore have agreements with several national and international higher education institutions.

## Structure

2 Semesters + 1 curricular internship

The Culinary Arts Programme is a 1 year (full-time) course, consisting of two semesters, including a 3-month internship. Students have the opportunity to select top restaurants, hotel chains, and resorts in Portugal and abroad to do their training.

## TUITION FEES

Course fee €1.500 Payment of €150x10 monthly instalments



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- Porto
- Lisboa
- Estoril

# CURRICULAR PLAN

## 1st Semester

| Course Category               | Competence Unit                                                            | Hours      |
|-------------------------------|----------------------------------------------------------------------------|------------|
| <b>Generic and Scientific</b> | Communicate and interact in a professional context                         | 50         |
|                               | Use spreadsheets to record, analyse and monitor data                       | 25         |
| <b>Total</b>                  |                                                                            | <b>75</b>  |
| <b>Technological</b>          | Use basic cooking techniques                                               | 50         |
|                               | Prepare and make basic culinary dishes                                     | 50         |
|                               | Prepare and make basic pastries                                            | 50         |
|                               | Design and cook traditional and regional Portuguese cuisine                | 50         |
|                               | Monitor kitchen service management                                         | 50         |
|                               | Implement the marketing plan in food and beverage establishments           | 25         |
|                               | Take action in emergency situations in hotels and restaurants              | 25         |
|                               | Implement sustainable practices in hotels and restaurants                  | 25         |
|                               | Interact in English in the kitchen management and production service       | 25         |
|                               | Prepare and make bakery products for restaurants                           | 25         |
|                               | Implement and monitor the application of food hygiene and safety standards | 25         |
|                               | Optional Credit Unit 1                                                     | 25         |
| <b>Total</b>                  |                                                                            | <b>425</b> |
| <b>1st Semester Total</b>     |                                                                            | <b>500</b> |

2nd Semester

| Course Category                | Competence Unit                                                           | Hours |
|--------------------------------|---------------------------------------------------------------------------|-------|
| Generic and Scientific         | Develop personal and creative skills                                      | 25    |
|                                | Create and develop business ideas                                         | 50    |
|                                | Total                                                                     | 75    |
| Technological                  | Design and cook international cuisine                                     | 50    |
|                                | Use new cooking techniques                                                | 50    |
|                                | Plan and organise the kitchen service                                     | 50    |
|                                | Manage kitchen service operations                                         | 50    |
|                                | Manage and organise special kitchen services                              | 50    |
|                                | Coordinate teams in hotels and restaurants                                | 25    |
|                                | Implement the marketing plan in food and beverage establishments          | 25    |
|                                | Implement an ESG (Environmental, Social and Governance) management system | 50    |
|                                | Interact in English in the kitchen management and production service      | 25    |
|                                | Design and make plant-based cuisine                                       | 25    |
|                                | Create and develop gastronomic products                                   | 25    |
|                                | Total                                                                     | 425   |
| 2 <sup>nd</sup> Semester Total |                                                                           | 500   |
| Company Training               | Curricular Internship                                                     | 500   |

| Optional Credit Unit 1                              |  |
|-----------------------------------------------------|--|
| Implement the principles of nutrition and dietetics |  |
| Promote and develop the Mediterranean diet          |  |



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