

NRAEF Summer Institutes

Level 1 Sample Agenda

Sunday

Time	Topic / Activity
6:00–7:00 p.m.	Registration and Welcome Reception

Monday

Time	Topic / Activity
7:30–8:00 a.m.	Continental Breakfast
8:00–8:30 a.m.	Introduction to the Summer Institutes
8:30–9:15 a.m.	Introduction to the Restaurant and Foodservice Industry
9:15–10:30 a.m.	Food Safety
10:30–10:45 a.m.	Break
10:45–12:00 p.m.	Food Safety <i>continued</i> Workplace Safety
12:00–1:00 p.m.	Lunch
1:00–2:30 p.m.	Communication
2:30–4:30 p.m.	Kitchen Essentials 1: Professionalism and Standardized Recipes
	Field Trip or Free Evening

Tuesday

Time	Topic / Activity
7:30–8:00 a.m.	Continental Breakfast
8:00–10:00 a.m.	Kitchen Essentials 2: Knife Skills and <i>Mise en Place</i>
10:00–10:15 a.m.	Break
10:15–12:00 p.m.	Stocks: Demonstration and Hands-on lab
12:00–1:00 p.m.	Lunch
1:00–2:00 p.m.	Dry Heat Cooking Methods: Discussion and Demonstration
2:00–4:30 p.m.	Dry Heat Cooking Methods: Hands-on Lab Stocks: Finishing and Cooling
4:30–5:00 p.m.	Tasting Dinner: Prepared Items
	Field Trip or Free Evening

Wednesday

Time	Topic / Activity
7:30–8:00 a.m.	Continental Breakfast
8:00–10:00 a.m.	Soups: Discussion and Demonstration
10:00–12:00 p.m.	Soups: Hands-on Lab
12:00–1:00 p.m.	Tasting Lunch: Prepared Soups
1:00–2:00 p.m.	Sauces: Demonstration
2:00–4:30 p.m.	Sauces and Dry Heat Cooking Methods: Hands-on Lab
4:30–5:00 p.m.	Tasting Dinner: Prepared Items
	Field Trip or Free Evening

Thursday

Time	Topic / Activity
7:30–8:00 a.m.	Continental Breakfast
8:00–10:00 a.m.	Management Essentials
10:00–10:15 a.m.	Break
10:15–11:30 p.m.	Moist Heat Cooking Methods: Discussion and Demonstration
11:30–12:30 p.m.	Lunch
12:30–4:30 p.m.	Moist Heat Cooking Methods: Hands-on Lab
4:30–5:00 p.m.	Tasting Dinner: Prepared Items
5:00–5:30 p.m.	Announcement of Market Basket Items
5:30–7:30 p.m.	Open Evening / Test Preparation

Friday

Time	Topic / Activity
7:30–8:00 a.m.	Continental Breakfast
8:00–9:00 a.m.	Best Practices: Discussion
9:00–11:00 a.m.	Pedagogy
11:00–12:30 p.m.	Capstone Market Basket
12:30–1:30 p.m.	Tasting Lunch and Critique
1:30–2:30 p.m.	Level 1 Examination
2:30–3:00 p.m.	Celebration of Success