

NRAEF Summer Institutes Level 1 Sample Agenda

Before Your Course

Time	Topic / Activity
March 7 – May 18	Register for your selected courses
Two weeks prior to your start date	Receive access instructions and course materials

Sunday

Time	Topic / Activity
4:00-5:00pm EST	Welcome Reception and Orientation (Zoom Invitation)

Monday Through Thursday

Time	Topic / Activity
Self-Paced (Estimated 20 hours of content and study)	Review of video lectures and demonstrations <ul style="list-style-type: none"> • Dry Heat & Cooking Methods • Food Safety • Kitchen Essentials: Knife Skills & Mise en Place • Kitchen Essentials: Professionalism & Standardized Recipes • Moist Heat Cooking Methods • Sauces • Soups • Stocks • Workplace Safety Review of curriculum PowerPoints and supplemental materials <ul style="list-style-type: none"> • Communication • Introduction to the Industry • Pedagogy
Monday - Tuesday	Attend Live Demonstration via Zoom <i>Required materials/ingredients and recipes will be distributed with course materials</i>
Wednesday - Thursday	Attend Live Office Hours via Zoom <i>Sign up for group office hours sessions to ask questions and prepare for exam</i>

Friday

Time	Topic / Activity
7:00am EST	Level 1 Examination – exams remain open for two weeks
	Certificate of Continuing Education Credits Certificate of Completion