

CAREER ACADEMIES @ WORK

PREPARING STUDENTS FOR COLLEGE, CAREER AND LIFE

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May 2013

Academy of Culinary Arts

Land O' Lakes High School

Instructors: Chef Michael Rigberg and Chef Jessica Cooper

A Taste of Success for Culinary Student

On Friday, May 17 at 10:30 a.m., Land O' Lakes High School culinary arts student Darryus Lowe will be awarded his prizes for winning the 2013 Let's Do Gourmet High School Recipe Challenge. The competition, sponsored by the Florida Restaurant & Lodging Association Education Foundation and Let's Do Gourmet, LLC, was open to students throughout Florida enrolled in a school program using the ProStart curriculum. Each student had to create a recipe consisting of a protein, vegetable, and starch, incorporating the Let's Do Gourmet Red Adobo spice into the protein portion of the recipe. Darryus' winning recipe is pan seared pork cutlets wrapped in prosciutto and served with braised Swiss chard, baby carrots, mashed yucca, and tangy barbecue sauce (see photo below). He will prepare the meal for the event on Friday. For his winning recipe, Darryus will receive a set of Let's Do Gourmet spices, two cookbooks, and a check presented by Let's Do Gourmet founder, Chef Erik Youngs. Darryus is a freshman in the Land O' Lakes High School Culinary Arts Academy. The Academy is in its second year in its new state-of-the-art facility at the school, located at 20325 Gator Lane, Land O' Lakes.



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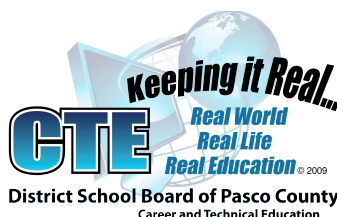
Pictured: Chef Erik Youngs, Darryus Lowe, & Chef Rigberg

CAREER ACADEMIES ARE DESIGNED TO EXPOSE STUDENTS TO CAREER FIELDS, ENTIRE INDUSTRIES, AND TO PROVIDE BROADLY DEFINED WORKPLACE SKILLS RELEVANT ACROSS MANY JOBS.



Pictured: Darryus' winning plate

CAREER ACADEMIES HAVE HAD A POSITIVE IMPACT ON SCHOOL PERFORMANCE, INCLUDING ATTENDANCE, CREDITS, GRADES, GRADUATION RATES AND COLLEGE ENTRY RATES.



THE STRENGTH OF CAREER ACADEMIES IS THEIR ABILITY TO MAKE EDUCATION MORE RELEVANT TO STUDENTS THROUGH PERSONALIZED AND CONTEXTUAL LEARNING.