



HOSPITALITY AND TOURISM INDUSTRY TRAINING

COMMENCING ONLINE TUESDAY 2ND JUNE

	FOOD SUSTAINABILITY MAURICE J O'BRIEN (LIVE LINK)	INTRODUCTION TO NUTRITION DAN BROWNE (LIVE LINK)	FOOD & BEVERAGE COSTING BRYAN O'SULLIVAN (PRE RECORDED)	CULINARY OPERATIONS MANAGEMENT MAURICE J O'BRIEN (LIVE LINK)	CAREER DEVELOPMENT TJ O'CONNOR/ MARYROSE STAFFORD (LIVE LINK)
WEEK 1	WEDNESDAY 3RD 12PM - 1PM Sustainable Food Production	TUESDAY 2ND 11AM - 12PM Food Nutrients & their Relationship with Energy	TUESDAY 2ND 2PM - 3PM Fundamentals – Terminology & Concepts	WEDNESDAY 3RD 11AM - 12PM Culinary Operations Planning	TOURISM INSIGHT Careers Module Unit 2. Online Listen to 12 people talk about their careers www.tourisminsight.ie
WEEK 2	MONDAY 8TH 11PM - 12PM Provenance, Local Produce & Seasonality	TUESDAY 9TH 11AM - 12PM Food Allergens & Food Related Diseases	TUESDAY 9TH 2PM - 3PM Factors Contributing to Success, Food & Beverage Cost Calculations	WEDNESDAY 10TH 11AM - 12PM Communication & Human Capital	THURSDAY 11TH 11AM - 12PM Your Next Career Step
WEEK 3	MONDAY 15TH 11AM - 1PM Food Waste & Savings, Future Food Developments	TUESDAY 16TH 11AM - 1PM Stress and its Impact on Health & Wellbeing, Nutritional 'Food Trends'	TUESDAY 16TH 2PM - 4PM Factors Contributing to Success, Food & Beverage Operations Ratios, Waste Management, Menu Evaluation	WEDNESDAY 17TH 11AM - 1PM Culinary Leadership, Training for Sustainability	THURSDAY 18TH 11AM - 1PM One on One Career Advice

For more information or to register go to www.ittralee.ie/hctworkshops