



**PRIME**  
INTERNATIONAL COLLEGE  
Of Health Care And Technology



### Program Details

The **Food Service Worker** Diploma Program at **Prime International College of Health Care and Technology (PICHCT)** prepares students with the practical knowledge, technical skills, and hands-on experience required to work effectively in institutional food service environments.

The program focuses on food preparation, nutrition, sanitation and safety, communication skills, and food service operations commonly used in healthcare facilities, long-term care homes, hospitals, retirement residences, and community institutions across Canada. Through a combination of theory, practical training, and supervised work placement experience, students develop the confidence, professionalism, and workplace readiness necessary to provide safe, efficient, and compassionate food service support.

### Admission Requirements

- Ontario Secondary School Diploma (OSSD) or equivalent
- Minimum 18 years of age for mature students
- Proficiency in English
- Vulnerable Sector Screening
- Up-to-date immunization records and medical clearance may be required for practicum placement

*\*Meeting minimum requirements does not guarantee admission. Seats are limited and subject to program availability.*

### Employment Profile

Graduates of the Food Service Worker Diploma program are trained to provide professional food preparation, meal service, sanitation, and dietary support within healthcare and institutional food service environments. They are skilled in food handling, nutrition support, infection prevention, communication, workplace safety, and customer service while maintaining professionalism and respect for client dignity and diversity.

## FOOD SERVICE WORKER Program Outline

Strong interpersonal, organizational, and teamwork skills enable graduates to work effectively with healthcare professionals, dietary departments, kitchen staff, residents, patients, and clients in a variety of institutional settings.

Graduates from **PICHCT** are equipped with the adaptability and practical experience necessary to work in long-term care facilities, hospitals, retirement residences, rehabilitation centers, schools, and other institutional food service operations. PICHCT provides 100% job placement assistance to all graduates.

### Career Opportunities

The Food Service Worker Diploma Program prepares students for diverse and rewarding food service support roles, such as:

- Food Service Worker
- Dietary Aide
- Food Service Helper
- Kitchen Assistant
- Nutrition Services Assistant
- Cafeteria Attendant
- Institutional Food Service Assistant
- Dietary Support Worker



|                            |                           |
|----------------------------|---------------------------|
| <b>Annual Salary Range</b> | <b>\$38,000- \$55,000</b> |
| <b>Hourly Rate</b>         | <b>\$18-\$27 per hour</b> |

*Based on Ontario labor market and JobBank.gc.ca data for Food Counter Attendants, Kitchen Helpers, and related food service occupations.*

### Program Delivery

The **Food Service Worker Diploma** Program at **Prime International College of Health Care and Technology** is delivered through hybrid and in-person formats, combining classroom instruction, practical food preparation training, and supervised institutional work placement experience. The curriculum is designed to align with current food service industry standards and employer expectations.



## FOOD SERVICE WORKER Program Outline

The program is regularly reviewed and updated to ensure continued relevance, quality, and alignment with modern institutional food service practices.

### Program Summary

This section offers a clear overview of the program structure for reference by the Ministry and accrediting bodies.

| Type of Learning | Total hours | Delivery Format         | % Weight    |
|------------------|-------------|-------------------------|-------------|
| Theory           | 235         | Online-synchronous      | 58.75%      |
| Practical        | 25          | Online-Synchronous      | 6.25%       |
| Practicum        | 140         | Institutional Placement | 35%         |
| <b>Total</b>     | <b>400</b>  |                         | <b>100%</b> |

### Program Duration

| Total Program Hours | Program Length  |
|---------------------|-----------------|
| <b>400 hours</b>    | <b>16 weeks</b> |

### List of Subjects & Time Allocation

| # | Subject                                                      | Instruction Hours | Delivery Format |
|---|--------------------------------------------------------------|-------------------|-----------------|
| 1 | Institutional Food Service / Role of the Food Service Worker | 30                | Online          |
| 2 | Communication skills for the Food Service Worker             | 40                | Online          |
| 3 | Sanitation and Safety                                        | 40                | Online          |
| 4 | Quality Food Preparation                                     | 50                | Online          |
| 5 | Nutrition and Health                                         | 50                | Online          |
| 6 | Medical Emergencies                                          | 25                | Online          |
| 7 | Job Search and Career Development                            | 25                | Online          |
| 8 | Work Placement                                               | 140               | In-person       |

### Important Notes

1. The order of courses may vary based on scheduling.
2. Required textbooks, learning materials and certifications are included in the fees.

3. The college may update or revise course content, delivery sequence, or instructional materials to maintain compliance with Ministry standards
4. Continuous improvement initiatives ensure program quality through new technologies, and up-to-date healthcare practices.

### Prime International College of Health Care and Technology

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