



KITCHEN BRIGADES

A MET SCHOOL INTERNSHIP INITIATIVE

Kitchen Brigades is a Canadian culinary education program that connects students with professional kitchens to learn through hands-on experience. Run by Kitchen Brigades Canada, the program was founded by chef Michael Smith to give young people meaningful access to food education and culinary careers. It is a great opportunity for students to learn essential culinary skills and how to work confidently with food. Students practice **knife skills, food safety, cooking techniques, and teamwork in real kitchen settings**. A major strength of the program is its mentors—real-life professional chefs who guide, teach, and share industry knowledge. The learning is practical, engaging, and high quality, helping students build strong skills, responsibility, confidence, and a deeper appreciation for food, nutrition, and collaborative kitchen environments.

- *Culinary Practises*
- *Nutrition*
- *Co-oporative Learning*
- *Project Design and Development*
- *Real-World Opportunities*
- *Participants in Grades 9 – 12*

DISCOVERING CULINARY



Kitchen Brigades offers a final cook-off challenge where students compete by school, applying their culinary skills, creativity, and teamwork for the opportunity to advance to exciting national competitions and showcase their abilities on a larger stage across Canada.

Year Long Internship Experience