

# Cook

This program is designed to qualify persons for employment as Junior cooks in the Food Industry.

The Provincial Apprenticeship and Certification Board through legislative authority is responsible for the registration of apprentices and trade qualifiers into the designated occupations.

The registration of an apprentice will take place when an individual is employed in a field of work directly relating to a designated occupation, and has a Memorandum of Understanding (MOU) signed between the Division of Institutional and Industrial Education, an employer and the apprentice.

After successful completion of the entry level courses and the required work experience, the apprentices qualify to return to complete advanced level training in preparation for writing the Journeyperson's Examination.

### OBJECTIVES

1. To develop interest and understanding in the preparation of food.
2. To develop an awareness and concern for good standard safety practices in the work place.
3. To develop a sense of pride in being a member of the Food Industry.
4. To develop basic cooking skills and knowledge required to enter the commercial cooking field.
5. To develop and strengthen related knowledge and skill in subjects that complement and support the trade training.

### ENTRANCE REQUIREMENTS

Comprehensive Arts and Science Certificate (College Transition program)

**OR**

High School Graduation

**OR**

Grade XI Certificate (Public Examinations or equivalent),

**OR**

Adult Basic Education (Level III) Graduation,

**OR**

Adult Basic Education (Level III) Graduation with General College Profile (or Business Related College Profile or Degree and Technical Profile). It is strongly recommended that courses include the following:

1. Mathematics MA3107A, MA3107B, MA3107C

2. Science 3101, 3102, 3103

**OR**

Persons 19 years of age or older who do not meet the educational prerequisite for this program may be considered on an individual basis under the Mature Student Clause.

### CERTIFICATE

- One year
- Start date varies
- Bay St. George, Burin, Seal Cove, and Prince Philip Drive Campuses

### COURSES

CODE	TITLE	Hrs
<b>Block 1</b>	<b>Entry Level</b>	
TS1510	Occupational Health and Safety	6
TS1520	WHMIS	6
TS1530	Standard First Aid	14
CK1100	Kitchen Safety	10
CK1105	Hygiene and Sanitation	10
CK1115	Kitchen Tools and Equipment	10
CK1120	Weights and Measures	10
CK1125	Basic Cooking Methods and Principles	10
CK1130	Receiving and Storage	10
CK1135	Vegetables	15
CK1136	Mushrooms	5
CK1138	Fruits and Nuts	5
CK1140	Potatoes	20
CK1145	Rices and Grains	10
CK1150	Pastas and Dumplings	10
CK1155	Stocks and Glazes	20
CK1160	Thickening Agents	10
CK1165	Soups	30
CK1170	Sauces	30
CK1175	Meat (Cutting and Handling)	59
CK1176	Poultry (Cutting and Handling)	20
CK1180	Poultry (Preparation and Cooking)	40
CK1181	Stuffings	10
CK1182	Beef and Pork (Preparation and Cooking)	45
CK1183	Veal and Lamb (Preparation and Cooking)	45
CK1185	Fish and Seafood	60
CK1190	Garnishing and Presentation	10
CK1195	Salad and Salad Dressings	35
CK1201	Sandwiches	20
CK1210	Dairy Products	30
CK1225	Breakfast Cookery	30
CK1230	Baking Ingredients and Associated Convenience Products	10
CK1235	Yeast Products	10
CK1240	Dessert Pies, Fillings and Toppings	15
CK1245	Quick Breads	10
CK1250	Basic Cakes, Icings and Meringues	10
CK1251	Specialty Icings and Meringues	10
CK1252	Specialty Cakes	20
CK1255	Cookies and Squares	20
CK1260	Pastries	15
CK1270	Desserts	30
OT1190	Workplace Exposure	60
MA1060	Basic Math	60
CM2150	Workplace Communications	45
MR1220	Customer Service	30
SP2330	Quality Assurance/Quality Control	30
MC1050	Introduction to Computers	30
SD1700	Workplace Skills	30
SD1710	Job Search Techniques	15
SD1720	Entrepreneurial Awareness	15
<b>Block 2</b>	<b>Advanced Level</b>	<b>Hrs</b>
CK1137	Vegetable Specialty Dishes	30
CK1139	Fruit Specialty Dishes	30
CK1166	Specialty and National Soups	30
CK1171	Specialty and Derivative Sauces	45
CK1186	Fish and Seafood Specialty Dishes	55
CK1196	Specialty Salad and Salad Dressings	35
CK1215	Styles of Service (American and Cafeteria)	5
CK1220	Styles of Service (English and Buffet)	5
CK1221	Styles of Service (French and Russian)	5
<b>Block 3</b>	<b>Advanced Level</b>	<b>Hrs</b>
CK1141	Potato Specialty Dishes	35
CK1184	Specialty Meat, Game Birds and Venison	45
CK1205	Appetizers	35
CK1211	International and Specialty Cheese	10
CK1222	Terrines, Pates, Galantines and Mousse	40
CK1223	Chaud-Froid	10
CK1280	Menu Planning	45
CK1285	Menu Costing	25

