

CERTIFICATE

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

COURSES

CODE	TITLE	Hrs
Block 1 Entry Level		
TS1510	Occupational Health and Safety	6
TS1520	WHMIS	6
TS1530	Standard First Aid	14
CK1000	The Professional Cook	15
CK1050	Food Presentation	12
CK1100	Kitchen Safety	10
CK1106	Hygiene and Sanitation Awareness	10
CK1115	Kitchen Tools and Equipment	10
CK1120	Weights and Measures	10
CK1126	Basic Cooking Methods and Principles	30
CK1130	Receiving and Storage	10
CK1146	Rices, Grains and Pulses	18
CK1150	Pastas and Dumplings	10
CK1156	Stocks and Glazes	24
CK1165	Soups	30
CK1177	Principles of Meat Cooking and Handling	30
CI1178	Poultry	60
CK1185	Fish and Seafood	60
CK1190	Garnishing and Presentation	10
CK1195	Salad and Salad Dressings	35
CK1204	Sandwiches	20
CK1210	Dairy Products	30
CK1225	Breakfast Cookery	30
CK1231	Introduction to Baking	18
CK1236	Yeast Products	24
CK1241	Pies, Tarts, Flans and Fillings	30
CK1245	Quick Breads	10
CK1253	Basic Cakes	30
CK1255	Cookies and Squares	20
CK1310	Vegetables and Fungi	30
CK1320	Fruits	12
CK1340	Potatoes	30
CK1350	Sauces	30
CK1360	Stuffings	6
CK1450	Beef and Pork	60
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
Block 2 Advanced Level		
CK1183	Veal and Lamb Preparation and Cooking	45
CK1186	Fish and Seafood Specialty Dishes	55
CK1246	Specialty Breads	31
CK1271	Desserts and Sauces	32
CK1261	Pastries	30
CK1460	Marinades, Rubs and Brines	12
CK1281	Menu Planning	36
Block 3 Advanced Level		
CK2500	Specialty Icings and Meringues	24
CK2510	Specialty Cakes	30
CK2520	Chocolate	18
CK2600	Charcuterie	45
CK2610	Aspices, Jellies and Glazes	12
CK2700	Game	45
CK1206	Appetizers, Hors D'oeuvres & Accompaniments	36
CK1286	Menu Costing	30

INDUSTRIAL TRADES

Cook

This program provides training in the preparation and presentation of a variety of food for a variety of groups. You may have a small group in a private home or you may have a large group in a convention center. As a cook, you may work under pressure and the volume of work can be considerable. Working shifts that include weekends and holidays can be expected. Some of the duties include: study menus to estimate food requirements and obtain the necessary food from storage or suppliers, wash, peel and cut vegetables; prepare, season and cook foods such as soups, salads, meat, fish, gravies, vegetables, desserts, sauces and casseroles and consider nutrition value, food costs and sanitation. You should have good basic math skills, the ability to stand for long periods of time, be flexible and be able to work with others.

OUTCOMES

1. Demonstrate safe work practices and personal protection.
2. Participate in menu planning.
3. Maintain sanitary standards.
4. Participate in production procedures.
5. Prepare stocks, soups, sauces, vegetables, fruit, pastas, meats, poultry, fish, salads, and hors-d'oeuvres.
6. Assemble and finish bakery products.

ENTRANCE REQUIREMENTS

Eligibility for admission requires the applicant to meet one of the following academic criteria:

1. High School

High School Graduation

2. Comprehensive Arts and Science (CAS) Transition

Comprehensive Arts and Science (Transition) Certificate

3. Adult Basic Education

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:

- i. Mathematics MA3107A, MA3107B, MA3107C
- ii. Science 3101, 3102, 3103

4. Mature Student Status

Applicants who do not meet the educational prerequisites, are 19 years of age or older and have been out of school for at least one year, may be considered on an individual basis under the Mature Student Clause.

EMPLOYMENT OPPORTUNITIES

You may find employment with hotels, clubs, restaurants, catering firms, cafeterias, institutions, homes, specialty food outlets, and work camps. As you gain experience you can move to more advanced positions such as: banquet manager, food service administrator or even executive chef.

