

COOK

Credential Issued:

ITA Certificate of Qualification (Cook)

Inter-Provincial Red Seal Endorsement (Cook)

(Persons completing a formal apprenticeship also receive a Certificate of Apprenticeship)

Occupational Description:

“Cook” means a person who performs all phases of kitchen activities including the preparation and presentation of vegetables, soups, sauces, meat, fish and poultry, cold kitchen items; desserts, baking, pastry; basic menu planning/costing as well as knowledge of safety, sanitation and food storage, and who has a knowledge of human and customer relations.

Program Duration & Structure:

The program will be delivered in a variety of formats combining in-school and work-based training, all designed to meet the competency standards and profile defined by the industry, and will generally take 3 years to complete. The program includes:

- In-school: 12 weeks (approximately 4 weeks per level)
- Work-based: 5400

The in-school / technical training requirement is typically met through block release training delivered by an ITA approved training provider. It can also be met through approved alternative training models (e.g. distance education, part-time) and / or level challenge exam where these options are available.

Program Completion Requirements:

Completion of 5400 workplace hours:

- Sponsor attestation

Completion of technical training: (Requirement can be met through challenging a level exam where available.)

- Level 1 - practical assessments and written level examination
- Level 2 - practical assessments and written level examination
- Level 3 - practical assessments and written level examination

Inter-Provincial Red Seal Examination

Program Challenge Requirements:

- 8100 documented hours of directly related work experience required to challenge Inter-Provincial Red Seal examination.

Program Pre-requisites:

- Recommended Education: Grade 10 or equivalent including English 10, Mathematics 10 and Science 10. Preferred: Grade 12

Assessment Methods:

- In-school assessments (practical and written exams)
- Work-based assessments (practical)
- Final Assessment (Inter-Provincial Red Seal written examination)

Linkages to Other Credentials:***Cross Program Credit***

- Holders of a BC Certificate of Qualification in Baker may be eligible to receive practical experience credit and technical training credit.
- Holders of a Canadian military trade qualification as a Cook (861 – Pay Level 5) are eligible to receive practical experience credit (for IP challenge) for all documented work experience (1,600 hours equals 1 year)

Prior Learning Assessment:

n/a

Program Standards Documentation:

- National Occupational Analysis (2003) www.red-seal.ca
- Program Outline

Industry Program Standards Mechanism:

PROPEL – division of go2 Tourism HR Society info@go2propel.ca

Program Providers:

Institution-based component of the program is delivered by public post-secondary institutions (see www.educationplanner.bc.ca/apprenticeship.cfm for a list of schools), private training institutions, and secondary schools that have been approved by ITA .

Technical Training Content:**Level 1**

Vegetable and Starch Cookery
Meat and Poultry Cooking
Seafood Cooking
Stocks, Sauces and Soups
Cutting Meat, Poultry and Seafood
Cold Kitchen
Baking Pastry and Desserts
Basic Food Service and Kitchen Management
Egg and Breakfast Cooking
Safety, Sanitation and Equipment
Health Care/Cook/Chill

Level 2

Vegetable and Starch Cookery
Meat, Poultry and Game
Seafood Cooking
Stocks, Sauces and Soups
Cutting Meat, Poultry and Seafood
Cold Kitchen
Baking Pastry and Desserts
Basic Food Service and Kitchen Management
Egg and Breakfast Cooking
Safety, Sanitation and Equipment
Health Care/Cooking/Chilling
Human Resource Development
Evaluation (Pre-Test)

Level 3

Vegetable and Starch Cookery
Meat, Poultry and Game
Seafood Cooking
Stocks, Sauces and Soups
Cutting Meat, Poultry and Seafood
Cold Kitchen
Baking Pastry and Desserts
Basic Food Service and Kitchen Management
Safety, Sanitation and Equipment
Health Care/Cooking/Chilling
Egg and Breakfast Cookery
Human Resources Development
Evaluation (Pre-test)

IP Examination Competencies:

1. Occupational Skills 12%
2. Stocks, Soups and Sauces 12%
3. Vegetables and Fruit 9%
4. Pastas and Farinaceous Products (Starches) 7%
5. Game, Meats and Poultry 13%
6. Fish and Seafood 10%
7. Garde-Manger 9%
8. Dairy and Egg Products 7%
9. Convenience Foods and Beverages 5%
10. Baked Goods 7%
11. Desserts 9%

Approved: March 2002 (ITAC)

Updated: January 2006 (ITA)