

## PROFESSIONAL COOK 1

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### Credential Issued:

ITA Certificate of Qualification (Professional Cook 1)  
(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.

A “*Professional Cook 1*” usually works in a supervised environment and performs basic cooking and food preparation tasks utilizing knife skills, correct terminology, and a variety of cooking methods. They must be able to follow recipes, weigh and measure food accurately, and have an understanding of the major techniques and principles used in cooking, baking, and other aspects of food preparation. At this level, a professional cook should have a solid foundation of culinary skill.

### Program Duration & Structure:

The program is delivered in two formats designed to meet the competency standards and profile defined by the industry, and will generally take up to 1 year to complete. There are two options for training and certification, depending on whether a person enters the training program through the workplace with an employer as sponsor, or through an approved training institution that serves as the initial sponsor:

The program includes:

- In-school: Technical and practical training in all Professional Cook 1 competencies\*
- Work-based training: 1000 hours

\*The in-school / technical training requirement is met through two differing training options:

- Workplace Entry Professional Cook 1 Training Program (average program length is 180 hours (6 weeks), and provides technical training only)
- or
- Institution Entry Professional Cook 1 Training Program (average program length is 840 hours (28 weeks); and provides technical training plus 600 work based training hours)

\*In both formats the in-school / technical training requirement is met through participation in training delivered by an ITA approved training provider. The in-school training for both formats can also be met through alternative / flexible training delivery such as part-time and distance education where those options are available.

### Program Completion Requirements:

Completion of 1000 workplace hours:

- Recommendation for certification signed by the Sponsor and a certified Cook or holder of an ITA-issued letter authorizing supervision and sign-off of apprentices in the trade, certified Professional Cook 3, or Certified Chef de Cuisine (CCC)

Completion of a recognized Professional Cook 1 in-school / technical training program

Professional Cook 1 Certificate of Qualification written examination

Professional Cook 1 ITA standardized practical assessment

**Program Challenge Requirements:**

- A minimum of 1000 documented hours of directly related work experience in the scope of PC1 skills
- Professional Cook 1 Certificate of Qualification written examination
- Professional Cook 1 ITA standardized practical assessment

**Program Pre-requisites:**

- FOODSAFE Level 1 certificate
- 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 assessments)
- Work-based assessments (sponsor attestation)
- Professional Cook 1 Certificate of Qualification written examination
- Professional Cook 1 ITA standardized practical assessment

**Linkages to Other Credentials:**

Professional Cook 1 is a prerequisite for Professional Cook 2 and Professional Cook 3, which holds a Red Seal endorsement (Cook)

**Cross Program Credit:*****Cross Program Credit***

- Holders of a BC Certificate of Qualification in Baker or Meatcutter will receive 250 hours practical experience credit towards Professional Cook 1 certification.

**Prior Learning Assessment:**

- Conducted on an individual basis

**Program Standards Documentation:**

- Program Outline
- National Occupational Analysis (2003) [www.red-seal.ca](http://www.red-seal.ca)

**Industry Program Standards Mechanism:**

Propel (go2) [info@go2propel.ca](mailto:info@go2propel.ca)

**Program Providers:**

The in school / technical training component of the program is delivered by public post-secondary institutions, private training institutions, and secondary schools that have been approved by ITA.

**Technical Training Content:**

Occupational Skills	Trade Knowledge, Safety Standards, Sanitary Standards, Production Procedures, Menu Planning, Ordering and Inventory, Ingredients and Nutritional Properties
Stocks, Soups and Sauces	Stocks, Thickening and Binding Agents, Soups, Sauces
Vegetables and Fruits	Vegetables, Fruit
Starches	Potatoes, Pastas and Farinaceous Products, Rice, Grains, and Legumes
Meats	Cut and Process Meats, Cook Meats
Poultry	Cut and Process Poultry, Cook Poultry
Seafood	Cut and Process Seafood, Cook Fish, Cook Shellfish
Garde-Manger	Dressings, Condiments and Accompaniments, Salads, Sandwiches
Eggs, Breakfast Cookery, and Dairy	Egg Dishes, Breakfast Accompaniments, Dairy Products and Cheeses
Baked Goods and Desserts	Principles of Baking, Pastries, Desserts, Quick Breads, Cookies, Yeast Products
Beverages	Beverages

Approved: June 2008 (ITA)  
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