

PROFESSIONAL COOK 3

Credential Issued:

ITA Certificate of Qualification (Professional Cook 3)

Inter-Provincial Red Seal Endorsement (Cook)

(Persons completing a formal apprenticeship will 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 3*” will have met all of the requirements of the national Red Seal standard for “Cook”. They usually work under limited supervision and will be competent at the major techniques and principles used in cooking, baking, and other aspects of food preparation. In addition to a sound set of cooking skills, a professional cook at this level should be able to plan and cost menus and recipes, and have an understanding of the communication skills that will be necessary to begin to take a leadership role in the kitchen.

Program Duration & Structure:

The program is designed to meet the competency standards and profile defined by the industry, and will generally take up to 2 years to complete.

The program includes:

- In-school: Technical and practical training in all Professional Cook 3 competencies (average program length is 180 hours (6 weeks))
- Work-based training: 3000 hours following Professional Cook 2 certification (5000 hours total)

The in-school / technical training requirement is met through participation in training delivered by an ITA approved training provider. The in-school training 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 work-based training:

- 3000 hours following Professional Cook 2 certification (5000 hours total)
- Recommendation for certification signed by the Sponsor and a certified Cook or ITA Equivalent, certified Professional Cook 3, or Certified Chef de Cuisine (CCC)
- Sponsor attestation

Completion of an accredited Professional Cook 3 in-school / technical training program

Inter Provincial (Red Seal) Examination

Professional Cook 3 ITA standardized practical assessment

THE RIGHT SKILLS ► A PROVEN ADVANTAGE

Program Challenge Requirements:

- A minimum of 5000 documented hours of directly related work experience in the scope of PC3 skills
- or
- Professional Cook 1 Certificate of Qualification plus 4000 documented hours of directly related work experience in the scope of PC3 skills
- or
- Professional Cook 2 Certificate of Qualification plus 3000 documented hours of directly related work experience in the scope of PC3 skills
- Inter Provincial (Red Seal) Examination
- Professional Cook 3 ITA standardized practical assessment

Program Pre-requisites:

- Professional Cook 2 Certificate of Qualification
- 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)
- Inter Provincial (Red Seal) Examination
- Professional Cook 3 ITA standardized practical assessment

Linkages to Other Credentials:

n/a

Cross Program Credit**Cross Program Credit**

- Holders of a BC Certificate of Qualification in Baker or Meatcutter will receive 500 hours practical experience credit towards Professional Cook 3, or 1000 hours towards certification challenge.
- Holders of a military certificate in **Cook, MT#861**, and who are QL 5 or higher are eligible to challenge the **Cook Inter-Provincial Red Seal examination**.

Prior Learning Assessment:

- Conducted on an individual basis

Program Standards Documentation:

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

THE RIGHT SKILLS ► A PROVEN ADVANTAGE

Industry Program Standards Mechanism:

go2 info@go2hr.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	Sanitary Standards, Production Procedures, Menu Planning, Human Resource and Leadership Skills, Cost Management
Stocks, Soups and Sauces	Sauces
Meats	Cut and Process Meats, Prepare Meats
Poultry	Cut and Process Poultry, Prepare Poultry
Seafood	Cut and Process Seafood, Prepare Fish, Prepare Shellfish
Garde-Manger	Dressings, Condiments and Accompaniments, Presentation Platters, Patés, Terrines, and Charcuterie
Baked Goods and Desserts	Desserts, Cakes and Tortes, Frozen Desserts, Chocolate, Sugar, and Garnishes
Beverages	Beverages

IP Examination Competencies (2003 NOA):

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

Approved: June 2008 (ITA)

Updated: July 2009

October 2009

July 2010