

PROFESSIONAL COOK 1

Occupation 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.

For detailed information on the scope of knowledge and skills taught and assessed in this program refer to the Program Outline, available on the ITA website.

Pathways to Certification

In BC, an individual can become certified as a Professional Cook 1 by completing the Professional Cook 1 program or by challenging the certification. Apprenticeship programs are for individuals who have an employer to sponsor them and challenge programs are for individuals who have extensive experience working in the occupation and wish to challenge the certification.

Youth can begin an apprenticeship in high school through the Youth Train in Trades or Youth Work in Trades programs. The Youth Work in Trades program is available for any trade if an employer is willing to sponsor the student. Trades offered through the Youth Train in Trades vary by region; contact your local school district to find out which technical training programs are being offered through the Youth Train in Trades program in your region.

Recommended and Required Education

The following education is **recommended** for apprentices entering this occupation. These are not prerequisites, but rather a desired level of skill or knowledge that will contribute to success in the industry.

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

The following education is **required** prior to enrolment in the technical training for this occupation. It will be verified by the training provider upon enrolment.

- FOODSAFE Level 1 certificate OR equivalent

ITA Registration

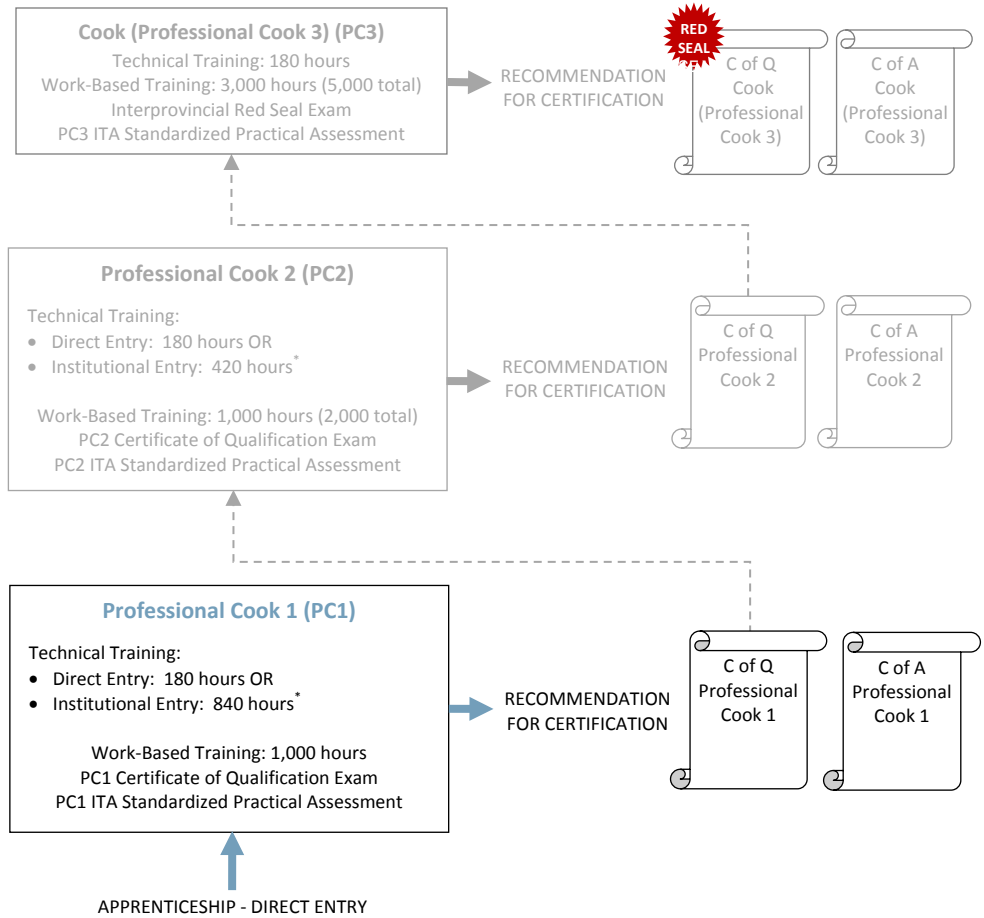
Individuals who wish to begin an apprenticeship in this program must register with ITA along with their sponsors. Application forms for all programs are available from the ITA website. Online registration is also available for most programs through the ITA website.

Those who wish to challenge the Professional Cook 1 certification must complete the Professional Cook 1 Challenge Application and submit it to ITA. Challenge applications are assessed for proof of workplace hours and scope of experience prior to acceptance of the individual into the Challenge pathway.

Apprenticeship Pathway

This graphic provides an overview of the Professional Cook 1 apprenticeship pathway.

*C of Q = Certificate of Qualification
C of A = Certificate of Apprenticeship*

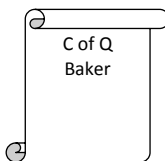


* Individuals who complete technical training through institutional entry receive credit toward the WBT hours of the program:

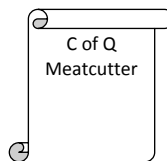
- PC1: 600 hours
- PC2: 240 hours

CROSS-PROGRAM CREDITS

Individuals who hold the credentials listed below are entitled to receive credit toward the completion requirements of this program



Technical Training: None
Work-Based Training: 250 hours



Technical Training: None
Work-Based Training: 250 hours



INDUSTRY TRAINING PROGRAM PROFILE RECOGNIZED PROGRAM

Apprenticeship Pathway Program Standards

Credentials Awarded

- Professional Cook 1 – Certificate of Qualification
- Professional Cook 1 – Certificate of Apprenticeship

ITA Registration Prerequisites

- Agreement signed by the employer to sponsor the apprentice

Completion Requirements

Certification as a Professional Cook 1 is awarded upon successful completion of:

Requirement

Level of Achievement Required

Technical Training

Minimum 70% in technical training:

- Direct Entry: 180 hours
OR
- Institutional Entry: 840 hours

Work-Based Training

- 1,000 hours
- Note: Individuals who take technical training through the institutional entry pathway receive 600 hours credit toward the PC1 work-based training requirement

PC1 Certificate of Qualification Exam

- Minimum 70%

PC1 ITA Standardized Practical Assessment

Declared competent in all three sections of the assessment:

- Safety and Sanitation: 5/5 critical factors demonstrated
- Organization and Technical Skills: 5/8 critical factors demonstrated
- Finished Products: 25/35 critical factors demonstrated

Recommendation for Certification

- Recommendation for certification signed by the Sponsor and an individual holding credentials eligible for sign-off authority

Refer to the **Cook Assessment Information** document for an overview of the assessment tasks and assessment methodology. The Assessment Information package is available from the Professional Cook program page on the ITA website.

Program Duration

Duration varies depending on how training is delivered, but the program generally takes 1 year to complete.

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

Sign-off Authority

Credentials eligible to sign-off on the Recommendation for Certification:

- Cook (Professional Cook 3) – Interprovincial Red Seal endorsement
- Cook (Professional Cook 3) – Certificate of Qualification
- Cook – Interprovincial Red Seal Endorsement
- Cook – Certificate of Qualification
- Certified Chef de Cuisine
- ITA-issued letter authorizing supervision and sign-off of apprentices as a Professional Cook 1, Professional Cook 2, or a Cook (Professional Cook 3)



**INDUSTRY TRAINING PROGRAM PROFILE
RECOGNIZED PROGRAM**

Apprenticeship Pathway Program Standards

Challenging a Level

The following levels of technical training can be challenged for advanced placement in this program:

- None

Cross-Program Credits

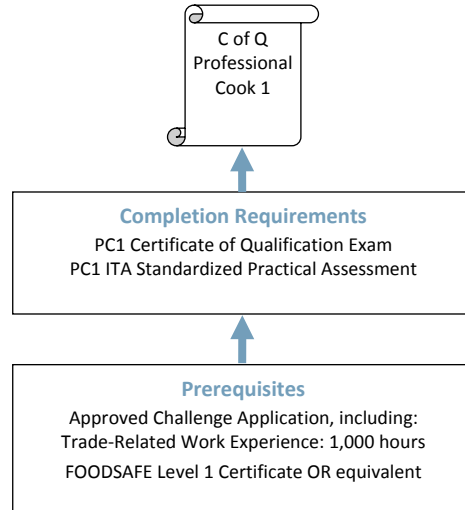
Individuals who hold the credentials listed below are entitled to receive partial credit towards the WBT hours requirement for application to this program

Credential	Credit(s) Granted
Baker – Certificate of Qualification	<ul style="list-style-type: none">▪ Technical training: None▪ 250 workplace hours
Meatcutter – Certificate of Qualification	<ul style="list-style-type: none">▪ Technical training: None▪ 250 workplace hours

Challenge Pathway

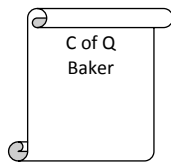
This graphic provides an overview of the Professional Cook 1 challenge pathway.

C of Q = Certificate of Qualification

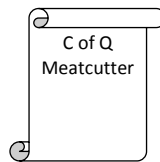


CREDIT FOR PRIOR LEARNING

Individuals who hold the credentials listed below are entitled to receive partial credit toward the completion requirements of this program



Technical Training: None
Work-Based Training: 250 hours



Technical Training: None
Work-Based Training: 250 hours

Challenge Program Standards

Credentials Awarded	Professional Cook 1 – Certificate of Qualification						
ITA Registration Prerequisites	<p>An approved Challenge Application, which includes:</p> <ul style="list-style-type: none"> ▪ 1,000 documented hours of directly related experience working in the occupation ▪ FOODSAFE Level 1 certificate OR equivalent 						
Credit for Prior Learning	<p>Individuals who hold the credentials listed below are considered to have met, or partially met, the prerequisites for challenging this program:</p> <table border="0" style="width: 100%;"> <thead> <tr> <th style="text-align: left;">Credential</th> <th style="text-align: left;">Credit(s) Granted</th> </tr> </thead> <tbody> <tr> <td>Baker – Certificate of Qualification</td> <td> <ul style="list-style-type: none"> ▪ Work Experience: 250 hours </td> </tr> <tr> <td>Meatcutter – Certificate of Qualification</td> <td> <ul style="list-style-type: none"> ▪ Work Experience: 250 hours </td> </tr> </tbody> </table>	Credential	Credit(s) Granted	Baker – Certificate of Qualification	<ul style="list-style-type: none"> ▪ Work Experience: 250 hours 	Meatcutter – Certificate of Qualification	<ul style="list-style-type: none"> ▪ Work Experience: 250 hours
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INDUSTRY TRAINING PROGRAM PROFILE RECOGNIZED PROGRAM

Supporting Documents

Professional Cook 1 Program Outline (2008) – Defines the full scope of knowledge and skills required to competently perform the occupation in BC. Available from the ITA website.

Cook Assessment Information (2012) – Overview of the assessment tasks and assessment methodology for the ITA Standardized Practical Assessment. Available from the ITA website.

Contacts

The **Industry Training Authority** (ITA) manages B.C.'s industry training and apprenticeship programs. Contact ITA Customer service if you have any questions regarding registration, examinations or certification for this program.

Telephone: 778-328-8700
Toll Free (within BC): 1-866-660-6011
Website: www.itabc.ca

Fax: 778-328-8701
email: customerservice@itabc.ca

Revision History

The standards for this program were reviewed and/or updated on the dates below.

Program Standards Approved: June 2008
Updated: July 2009
Updated: October 2009
Updated: July 2010
Updated: September 2011
Updated: September 2012
Updated: July 2017

Program Profiles are updated regularly. Visit www.itabc.ca for the most current version.