





**COOK  
(PROFESSIONAL COOK 3)  
STATUTORY DECLARATION  
OF WORK EXPERIENCE**

ITA Customer Service  
800 – 8100 Granville Ave  
Richmond, BC V6Y 3T6  
Tel: 778-328-8700  
Fax: 778-328-8701  
Toll Free: 1-866-660-6011  
customerservice@itabc.ca

**C. Reason for Statutory Declaration**

Indicate why a Statutory Declaration is required for this period of employment:

- Applicant was self-employed                       Employer will/can not complete Employer Declaration

Applicants **must** attempt to contact current or previous employers to request an Employer Declaration to be filled out and signed.

If you have been unable to obtain an Employer Declaration for any portion of your non-self-employed work experience, **indicate the steps you have taken to try to obtain it.** If sufficient evidence of steps taken is not provided, the application may not be approved.

---



---



---



---



---



---

**D. Statutory Declaration of Job Task Performance**

By checking “Yes” or “No” in the Declaration Response column, indicate whether you have performed the job tasks listed below during the period indicated in Section B.

Job tasks	Frequently	Occasionally	Never
<b>A. OCCUPATIONAL SKILLS</b>			
<b>Professional Cook 1 Skills</b>			
Follow roles and responsibilities in the kitchen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apply safe work practices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apply food safety standards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use tools and equipment; follow and convert recipes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use common menu terminology	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Receive and store supplies; handle waste appropriately	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apply principles of seasoning and basic ingredient knowledge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Professional Cook 2 Skills (in addition to PC1 skills)</b>			
Follow employment standards and practices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apply basic menu planning procedures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take and extend inventory	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare food for allergies, intolerances, and special diets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Enter the applicant name (repeat on every page of this form)

Legal First Name:	Legal Middle Name(s):	Legal Last Name:
-------------------	-----------------------	------------------



**COOK  
(PROFESSIONAL COOK 3)  
STATUTORY DECLARATION  
OF WORK EXPERIENCE**

ITA Customer Service  
800 – 8100 Granville Ave  
Richmond, BC V6Y 3T6  
Tel: 778-328-8700  
Fax: 778-328-8701  
Toll Free: 1-866-660-6011  
customerservice@itabc.ca

Job tasks	Frequently	Occasionally	Never
Use communication skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apply basic purchasing procedures and cost calculations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe table settings, table service, basic service of wine and spirits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Cook (Professional Cook 3) Skills (in addition to PC1 and 2 skills)</b>			
Prepare food safety plans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use cook chill/cook freeze systems, specialty cooking methods, and presentation techniques	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write a la carte menus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apply basic stress management, teambuilding, conflict resolution, and problem solving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Follow food and labour cost and budgeting procedures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>B. STOCKS, SOUPS AND SAUCES</b>			
<b>Professional Cook 1 Skills</b>			
Prepare stocks from scratch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use thickening agents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare basic soups (clear, cream, purée) from scratch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare basic sauces (white, blonde, brown, purée, emulsion)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Professional Cook 2 Skills (in addition to PC1 skills)</b>			
Prepare specialty soups (consommé, chilled, ethnic)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare secondary and derivative sauces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Cook (Professional Cook 3) Skills (in addition to PC1 and 2 skills)</b>			
Prepare specialty and ethnic sauces, apply principles of sauce selection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>C. VEGETABLES AND FRUITS</b>			
<b>Professional Cook 1 Skills</b>			
Prepare common vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare fruits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Professional Cook 2 Skills (in addition to PC1 skills)</b>			
Specialty and volume vegetable preparation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetarian diets and vegetarian cooking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Enter the applicant name (repeat on every page of this form)

Legal First Name:	Legal Middle Name(s):	Legal Last Name:
-------------------	-----------------------	------------------



**COOK  
(PROFESSIONAL COOK 3)**  
**STATUTORY DECLARATION  
OF WORK EXPERIENCE**

ITA Customer Service  
800 – 8100 Granville Ave  
Richmond, BC V6Y 3T6  
Tel: 778-328-8700  
Fax: 778-328-8701  
Toll Free: 1-866-660-6011  
customerservice@itabc.ca

Job tasks	Frequently	Occasionally	Never
<b>D. STARCHES</b>			
<b>Professional Cook 1 Skills</b>			
Prepare basic potato dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare dry pasta and noodle dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare rice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Professional Cook 2 Skills (in addition to PC1 skills)</b>			
Specialty and volume potato preparation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare fresh pasta and specialty starches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare grains and legumes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>E. MEATS</b>			
<b>Professional Cook 1 Skills</b>			
Trim and portion cut meats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook basic meat dishes using moist and dry heat methods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Professional Cook 2 Skills (in addition to PC1 skills)</b>			
Debone and process meats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volume and banquet service of meats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Cook (Professional Cook 3) Skills (in addition to PC1 and 2 skills)</b>			
Cut game and variety meats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare game and variety meats; specialty/classic meat dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>F. POULTRY</b>			
<b>Professional Cook 1 Skills</b>			
Trim and portion cut chicken and turkey	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook basic poultry dishes using moist and dry heat methods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Professional Cook 2 Skills (in addition to PC1 skills)</b>			
Debone common and specialty poultry (ducks, geese, and quail)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volume and banquet service of poultry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Cook (Professional Cook 3) Skills (in addition to PC1 and 2 skills)</b>			
Cut game birds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare game birds; specialty/classic poultry dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Enter the applicant name (repeat on every page of this form)

Legal First Name:	Legal Middle Name(s):	Legal Last Name:
-------------------	-----------------------	------------------



**COOK  
(PROFESSIONAL COOK 3)  
STATUTORY DECLARATION  
OF WORK EXPERIENCE**

ITA Customer Service  
800 – 8100 Granville Ave  
Richmond, BC V6Y 3T6  
Tel: 778-328-8700  
Fax: 778-328-8701  
Toll Free: 1-866-660-6011  
customerservice@itabc.ca

Job tasks	Frequently	Occasionally	Never
<b>G. SEAFOOD</b>			
<b>Professional Cook 1 Skills</b>			
Fillet flat and round fish; clean bivalves and shrimp	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook basic fish dishes using moist and dry heat methods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook basic shellfish dishes using moist and dry heat methods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Professional Cook 2 Skills (in addition to PC1 skills)</b>			
Fillet specialty fish and clean crustaceans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volume and banquet service of fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volume and banquet service of shellfish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Cook (Professional Cook 3) Skills (in addition to PC1 and 2 skills)</b>			
Clean specialty seafood (squid, octopus, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare specialty/classic fish dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare specialty/classic shellfish dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>H. GARDE-MANGER</b>			
<b>Professional Cook 1 Skills</b>			
Prepare basic salad dressings from scratch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare basic salads	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare hot and cold sandwiches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Professional Cook 2 Skills (in addition to PC1 skills)</b>			
Prepare specialty dressings and cold sauces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare specialty salads	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare hors d'oeuvre and appetizers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Assemble presentation platters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Cook (Professional Cook 3) Skills (in addition to PC1 and 2 skills)</b>			
Pickling, prepare infused oils and vinegars	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Buffet presentation and design	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare pates, terrines, basic sausages, cured, and smoked items	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>I. EGGS, BREAKFAST COOKERY, AND DAIRY</b>			
<b>Professional Cook 1 Skills</b>			
Prepare egg dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare breakfast items other than eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Enter the applicant name (repeat on every page of this form)

Legal First Name:	Legal Middle Name(s):	Legal Last Name:
-------------------	-----------------------	------------------



**COOK  
(PROFESSIONAL COOK 3)  
STATUTORY DECLARATION  
OF WORK EXPERIENCE**

ITA Customer Service  
800 – 8100 Granville Ave  
Richmond, BC V6Y 3T6  
Tel: 778-328-8700  
Fax: 778-328-8701  
Toll Free: 1-866-660-6011  
customerservice@itabc.ca

Job tasks	Frequently	Occasionally	Never
Cook with dairy and cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>J. BAKED GOODS AND DESSERTS</b>			
<b>Professional Cook 1 Skills</b>			
Apply basic methods used in baking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare basic pies and pastry from scratch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare fruit desserts and custards from scratch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare quick breads from scratch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare cookies from scratch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare basic yeast breads from scratch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Professional Cook 2 Skills (in addition to PC1 skills)</b>			
Prepare puff pastry, choux paste, meringues, specialty pastries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare specialty yeast products (sourdoughs and laminated doughs)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare and assemble cakes, cheesecakes, icings and frostings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Cook (Professional Cook 3) Skills (in addition to PC1 and 2 skills)</b>			
Prepare hot and specialty plated desserts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare and decorate specialty cakes and tortes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare frozen desserts, ice creams, and sorbets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare basic chocolate, confectionary, and garnishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>K. BEVERAGES</b>			
<b>Professional Cook 1 Skills</b>			
Prepare coffee and tea products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Cook (Professional Cook 3) Skills (in addition to PC1 and 2 skills)</b>			
Identify types and styles of wine; principles of wine selection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**E. Applicant Signature**

I certify that the information I have provided is accurate. (Note: Collection and protection of personal information on this form is in accordance with the provisions of the Freedom of Information and Protection of Privacy Act.)

Applicant Name (please print):	Applicant Signature:	Date: (MM/DD/YYYY)
--------------------------------	----------------------	--------------------

*Enter the applicant name (repeat on every page of this form)*

Legal First Name:	Legal Middle Name(s):	Legal Last Name:
-------------------	-----------------------	------------------



**COOK  
(PROFESSIONAL COOK 3)  
STATUTORY DECLARATION  
OF WORK EXPERIENCE**

ITA Customer Service  
800 – 8100 Granville Ave  
Richmond, BC V6Y 3T6  
Tel: 778-328-8700  
Fax: 778-328-8701  
Toll Free: 1-866-660-6011  
customerservice@itabc.ca

**F. References**

**Minimum of Three References** must accompany **each Statutory Declaration form**. Include names and contact information of minimum three individuals who can attest to your hours and/or scope of trade. References listed must be related to the organization and period of employment listed in Section B of this form.

Each individual listed will be contacted by ITA to verify the information provided on your application.

**1. Reference**

Relationship to Applicant:		
<input type="checkbox"/> Former Employee	<input type="checkbox"/> Contractor	<input type="checkbox"/> Supplier
<input type="checkbox"/> Co-worker	<input type="checkbox"/> Client	<input type="checkbox"/> Other (i.e. HR; Book keeper; Accountant, Business Partner) please specify:
First and Last Name of Reference:	Language(s) that reference can communicate: (Check all that apply)	
	<input type="checkbox"/> English	<input type="checkbox"/> Other (specify):
Organization/Business Name:	Position/Title:	
Phone Number:	Email Address:	

**2. Reference**

Relationship to Applicant:		
<input type="checkbox"/> Former Employee	<input type="checkbox"/> Contractor	<input type="checkbox"/> Supplier
<input type="checkbox"/> Co-worker	<input type="checkbox"/> Client	<input type="checkbox"/> Other (i.e. HR; Book keeper; Accountant, Business Partner) please specify:
First and Last Name of Reference:	Language(s) that reference can communicate: (Check all that apply)	
	<input type="checkbox"/> English	<input type="checkbox"/> Other (specify):
Organization/Business Name:	Position/Title:	
Phone Number:	Email Address:	

**3. Reference**

Relationship to Applicant:		
<input type="checkbox"/> Former Employee	<input type="checkbox"/> Contractor	<input type="checkbox"/> Supplier
<input type="checkbox"/> Co-worker	<input type="checkbox"/> Client	<input type="checkbox"/> Other (i.e. HR; Book keeper; Accountant, Business Partner) please specify:
First and Last Name of Reference:	Language(s) that reference can communicate: (Check all that apply)	
	<input type="checkbox"/> English	<input type="checkbox"/> Other (specify):
Organization/Business Name:	Position/Title:	
Phone Number:	Email Address:	

Enter the applicant name (repeat on every page of this form)

Legal First Name:	Legal Middle Name(s):	Legal Last Name:
-------------------	-----------------------	------------------