Apprenticeship Manitoba

Cook RSOS (2020) Subtask to Unit Comparison

RSOS Subtask		Manitoba Unit(s)
Task 1 – Performs safety and hygiene-related functions.		
1.01	Maintains safe work environment.	A2 Trade Safety Awareness A3 Food Safety Procedures I B1 Food Safety Procedures II C2 Food Safety Procedures III
1.02	Uses personal protective equipment (PPE) and safety equipment.	A2 Trade Safety Awareness A3 Food Safety Procedures I B1 Food Safety Procedures II C2 Food Safety Procedures III
1.03	Maintains personal hygiene.	A2 Trade Safety Awareness A3 Food Safety Procedures I B1 Food Safety Procedures II C2 Food Safety Procedures III
Task 2 – Practices food safety procedures.		
2.01	Maintains safe condition and temperature of raw and finished product.	A3 Food Safety Procedures I B1 Food Safety Procedures II C2 Food Safety Procedures III
2.02	Cools food rapidly.	A3 Food Safety Procedures I B1 Food Safety Procedures II C2 Food Safety Procedures III
2.03	Re-thermalizes foods.	A3 Food Safety Procedures I B1 Food Safety Procedures II C2 Food Safety Procedures III
2.04	Prevents cross-contamination.	A3 Food Safety Procedures I B1 Food Safety Procedures II C2 Food Safety Procedures III
2.05	Cleans tools and equipment.	A1 Learning About Work A2 Trade Safety Awareness A3 Food Safety Procedures I B1 Food Safety Procedures II C1 Journeyperson Trainer C2 Food Safety Procedures III
2.06	Sanitizes tools and equipment.	A1 Learning About Work A2 Trade Safety Awareness A3 Food Safety Procedures I B1 Food Safety Procedures II C1 Journeyperson Trainer C2 Food Safety Procedures III
Task 3 – Uses tools and equipment.		
3.01	Uses knives.	A5 Tools and Equipment All Units from Level 1 to 3
3.02	Uses pots, pans and utensils.	A5 Tools and Equipment All Units from Level 1 to 3
3.03	Uses equipment and appliances.	A5 Tools and Equipment All Units from Level 1 to 3

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Task 4 – Organizes work.		
4.01	Organizes kitchen workplace.	A4 Communication and Trade Related Documents A7 Manages Products I: Receiving and Storage C3 Manages Products II: Menu Planning and Costing All Units from Level 1 to 3
4.02	Schedules production.	A4 Communication and Trade Related Documents C1 Journeyperson Trainer
Task 5 – Manages information.		
5.01	Plans menu and mise en place.	C3 Manages Products II: Menu Planning and Costing
5.02	Uses documentation.	A4 Communication and Trade Related Documents A7 Manages Products I: Receiving and Storage C3 Manages Products II: Menu Planning and Costing
Task 6 – Manages products.		
6.01	Orders products.	A7 Manages Products I: Receiving and Storage C3 Manages Products II: Menu Planning and Costing
6.02	Receives products.	A7 Manages Products I: Receiving and Storage C3 Manages Products II: Menu Planning and Costing
6.03	Stores products.	A7 Manages Products I: Receiving and Storage C3 Manages Products II: Menu Planning and Costing
6.04	Maintains inventory.	A7 Manages Products I: Receiving and Storage C3 Manages Products II: Menu Planning and Costing
Task 7 – Performs trade activities.		
7.01	Uses recipes.	A4 Communication and Trade Related Documents All Units from Level 1 to 3
7.02	Performs portion control.	All Units from Level 1 to 3
7.03	Presents finished product.	All Units from Level 1 to 3
7.04	Uses convenience foods.	All Units from Level 1 to 3
Task 8 – Adapts cooking practices to meet dietary requirements.		
8.01	Adapts kitchen practices to meet dietary requirements.	A18 Grains, Pulses, Seeds and Nuts B8 Alternative Proteins I C3 Manages Products II: Menu Planning and Costing
8.02	Selects ingredients to meet dietary requirements.	A18 Grains, Pulses, Seeds and Nuts B8 Alternative Proteins I C3 Manages Products II: Menu Planning and Costing
8.03	Prepares food to meet dietary requirements.	A18 Grains, Pulses, Seeds and Nuts B8 Alternative Proteins I C3 Manages Products II: Menu Planning and Costing
Task 9 – Uses communication and mentoring techniques.		
9.01	Uses communication techniques.	A1 Learning About Work A4 Communication and Trade Related Documents C1 Journeyperson Trainer
9.02	Uses mentoring techniques.	A1 Learning About Work A4 Communication and Trade Related Documents C1 Journeyperson Trainer
Task 10 – Prepares herbs and spices.		
10.01	Selects herbs and spices.	A8 Cooking Principles I B2 Cooking Principles II C16 Cooking Principles III
10.02	Cleans herbs.	A8 Cooking Principles I B2 Cooking Principles II C16 Cooking Principles III
10.03	Processes herbs and spices.	A8 Cooking Principles I B2 Cooking Principles II

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		C16 Cooking Principles III
Task 11 – Prepares vegetables.		
11.01	Selects vegetables.	A8 Cooking Principles I A16 Fruits and Vegetables I B2 Cooking Principles II B6 Fruits and Vegetables II C16 Cooking Principles III
11.02	Cleans vegetables.	A8 Cooking Principles I A16 Fruits and Vegetables I B2 Cooking Principles II B6 Fruits and Vegetables II C16 Cooking Principles III
11.03	Processes vegetables.	A8 Cooking Principles I A16 Fruits and Vegetables I B2 Cooking Principles II B6 Fruits and Vegetables II C16 Cooking Principles III
11.04	Cooks vegetables.	A8 Cooking Principles I A16 Fruits and Vegetables I B2 Cooking Principles II B6 Fruits and Vegetables II C16 Cooking Principles III
11.05	Finishes vegetables.	A8 Cooking Principles I A16 Fruits and Vegetables I B2 Cooking Principles II B6 Fruits and Vegetables II C16 Cooking Principles III
Task 12 – Prepares fruit.		
12.01	Selects fruit.	A8 Cooking Principles I A16 Fruits and Vegetables I B2 Cooking Principles II B6 Fruits and Vegetables II C4 Fruits, Condiments and Preserves C16 Cooking Principles III
12.02	Cleans fruit.	A8 Cooking Principles I A16 Fruits and Vegetables I B2 Cooking Principles II B6 Fruits and Vegetables II C4 Fruits, Condiments and Preserves C16 Cooking Principles III
12.03	Processes fruit.	A8 Cooking Principles I A16 Fruits and Vegetables I B2 Cooking Principles II B6 Fruits and Vegetables II C4 Fruits, Condiments and Preserves C16 Cooking Principles III
12.04	Cooks fruit.	A8 Cooking Principles I A16 Fruits and Vegetables I B2 Cooking Principles II B6 Fruits and Vegetables II C4 Fruits, Condiments and Preserves C16 Cooking Principles III
12.05	Finishes fruit.	A8 Cooking Principles I A16 Fruits and Vegetables I B2 Cooking Principles II B6 Fruits and Vegetables II C16 Cooking Principles III

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Task 13 – Prepares stocks and broths.		
13.01	Selects stock and broth ingredients.	A14 Stocks, Broths and Soups I B3 Stocks, Broths and Soups II
13.02	Processes stock and broth ingredients.	A14 Stocks, Broths and Soups I B3 Stocks, Broths and Soups II
13.03	Cooks stocks and broths.	A14 Stocks, Broths and Soups I B3 Stocks, Broths and Soups II
Task 14 – Prepares soups.		
14.01	Selects soup ingredients.	A14 Stocks, Broths and Soups I B3 Stocks, Broths and Soups II C7 Sauces, Soups and Thickening Agents
14.02	Processes soup ingredients.	A14 Stocks, Broths and Soups I B3 Stocks, Broths and Soups II C7 Sauces, Soups and Thickening Agents
14.03	Cooks soups.	A14 Stocks, Broths and Soups I B3 Stocks, Broths and Soups II C7 Sauces, Soups and Thickening Agents
14.04	Finishes soups.	A14 Stocks, Broths and Soups I B3 Stocks, Broths and Soups II C7 Sauces, Soups and Thickening Agents
Task 15 – Prepares thickening and binding agents.		
15.01	Selects thickening and binding ingredients.	A15 Thickening and Binding Agents I B4 Thickening and Binding Agents II C7 Sauces, Soups and Thickening Agents
15.02	Processes thickening and binding ingredients.	A15 Thickening and Binding Agents I B4 Thickening and Binding Agents II C7 Sauces, Soups and Thickening Agents
Task 16 – Prepares sauces.		
16.01	Selects sauce ingredients.	B5 Sauces I C7 Sauces, Soups and Thickening Agents
16.02	Processes sauce ingredients.	B5 Sauces I C7 Sauces, Soups and Thickening Agents
16.03	Cooks sauces.	B5 Sauces I C7 Sauces, Soups and Thickening Agents
16.04	Finishes sauces.	B5 Sauces I C7 Sauces, Soups and Thickening Agents
Task 17 – Uses cheese, dairy products and plant-based dairy alternative products.		
17.01	Selects cheese, dairy and plant-based dairy alternative ingredients.	A9 Eggs and Dairy Products A18 Grains, Pulses, Seeds and Nuts B8 Alternative Proteins I C5 Alternative Proteins II C6 Cheese and Dairy Products
17.02	Processes cheese, dairy and plant-based dairy alternative ingredients.	A9 Eggs and Dairy Products A18 Grains, Pulses, Seeds and Nuts B8 Alternative Proteins I C5 Alternative Proteins II C6 Cheese and Dairy Products
17.03	Finishes cheese, dairy and plant-based dairy alternative ingredients.	A9 Eggs and Dairy Products A18 Grains, Pulses, Seeds and Nuts B8 Alternative Proteins I C5 Alternative Proteins II C6 Cheese and Dairy Products
Task 18 – Prepares eggs and egg-based dishes.		
18.01	Selects ingredients for eggs and egg-based dishes.	A9 Eggs and Dairy Products B15 Creams, Fillings and Icings

RSOS Subtask		Manitoba Unit(s)
18.02	Processes ingredients for eggs and egg-based dishes.	A9 Eggs and Dairy Products B15 Creams, Fillings and Icings
18.03	Cooks eggs and egg-based dishes.	A9 Eggs and Dairy Products B15 Creams, Fillings and Icings
18.04	Finishes eggs and egg-based dishes.	A9 Eggs and Dairy Products B15 Creams, Fillings and Icings
Task 19 – Prepares pastas and noodles.		
19.01	Selects pasta and noodle ingredients.	A11 Pastas and Noodles B7 Pastas and Dumplings
19.02	Processes pasta and noodle ingredients.	A11 Pastas and Noodles B7 Pastas and Dumplings
19.03	Cooks pasta and noodle ingredients.	A11 Pastas and Noodles B7 Pastas and Dumplings
19.04	Finishes pasta and noodle ingredients.	A11 Pastas and Noodles B7 Pastas and Dumplings
Task 20 – Prepares stuffed pastas and dumplings.		
20.01	Selects stuffed pasta and dumpling ingredients.	B7 Pastas and Dumplings
20.02	Processes stuffed pasta and dumpling ingredients.	B7 Pastas and Dumplings
20.03	Cooks stuffed pasta and dumpling ingredients.	B7 Pastas and Dumplings
20.04	Finishes stuffed pasta and dumpling ingredients.	B7 Pastas and Dumplings
Task 21 – Prepares grains and pulses.		
21.01	Selects grains and pulses.	A18 Grains, Pulses, Seeds and Nuts B8 Alternative Proteins I C5 Alternative Proteins II
21.02	Cooks grains and pulses.	A18 Grains, Pulses, Seeds and Nuts B8 Alternative Proteins I C5 Alternative Proteins II
21.03	Finishes grains and pulses.	A18 Grains, Pulses, Seeds and Nuts B8 Alternative Proteins I C5 Alternative Proteins II
Task 22 – Prepares seeds and nuts.		
22.01	Selects seeds and nuts.	A18 Grains, Pulses, Seeds and Nuts B8 Alternative Proteins I C5 Alternative Proteins II
22.02	Processes seeds and nuts.	A18 Grains, Pulses, Seeds and Nuts B8 Alternative Proteins I C5 Alternative Proteins II
22.03	Cooks seeds and nuts.	A18 Grains, Pulses, Seeds and Nuts B8 Alternative Proteins I C5 Alternative Proteins II
Task 23 – Prepares alternative proteins.		
23.01	Selects alternative proteins.	A18 Grains, Pulses, Seeds and Nuts B8 Alternative Proteins I C5 Alternative Proteins II
23.02	Processes alternative proteins.	A18 Grains, Pulses, Seeds and Nuts B8 Alternative Proteins I C5 Alternative Proteins II
23.03	Cooks alternative proteins.	A18 Grains, Pulses, Seeds and Nuts B8 Alternative Proteins I C5 Alternative Proteins II

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Task 24 – Prepares meats and game meats.		
24.01	Selects meats and game meats.	C8 Meats, Poultry and Game
24.02	Processes meats and game meats.	C8 Meats, Poultry and Game
24.03	Cooks meats and game meats.	C8 Meats, Poultry and Game C16 Cooking Principles III
24.04	Finishes meats and game meats.	C8 Meats, Poultry and Game C16 Cooking Principles III
Task 25 – Prepares poultry and game birds.		
25.01	Selects poultry and game birds.	C8 Meats, Poultry and Game
25.02	Processes poultry and game birds.	C8 Meats, Poultry and Game C16 Cooking Principles III
25.03	Cooks poultry and game birds.	C8 Meats, Poultry and Game C16 Cooking Principles III
25.04	Finishes poultry and game birds.	C8 Meats, Poultry and Game C16 Cooking Principles III
Task 26 – Prepares variety meats.		
26.01	Selects variety meats.	B9 Meats C8 Meats, Poultry and Game
26.02	Processes variety meats.	B9 Meats
26.03	Cooks variety meats.	B9 Meats
26.04	Finishes variety meats.	B9 Meats C8 Meats, Poultry and Game
Task 27 – Prepares fin fish.		
27.01	Selects fin fish.	B11 Fin Fish
27.02	Processes fin fish.	B2 Cooking Principles II B11 Fin Fish
27.03	Cooks fin fish.	B2 Cooking Principles II B11 Fin Fish
27.04	Finishes fin fish.	B2 Cooking Principles II B11 Fin Fish
Task 28 – Prepares seafood.		
28.01	Selects seafood.	B12 Seafood I
28.02	Processes seafood.	B2 Cooking Principles II B12 Seafood I
28.03	Cooks seafood.	B2 Cooking Principles II B12 Seafood I
28.04	Finishes seafood.	B2 Cooking Principles II B12 Seafood I
Task 29 – Prepares sandwiches.		
29.01	Selects sandwich ingredients.	A13 Sandwiches
29.02	Processes sandwich ingredients.	A13 Sandwiches
29.03	Assembles sandwiches.	A13 Sandwiches
29.04	Cooks sandwiches.	A13 Sandwiches
Task 30 – Prepares salads.		
30.01	Selects salad ingredients.	A12 Salads and Dressings
30.02	Processes salad ingredients.	A12 Salads and Dressings
30.03	Finishes salad.	A12 Salads and Dressings
Task 31 – Prepares condiments, preserves and dressings.		
31.01	Selects ingredients for condiments, preserves and dressings.	C4 Fruits, Condiments and Preserves
31.02	Processes ingredients for condiments, preserves and dressings.	C4 Fruits, Condiments and Preserves

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Task 32 – Prepares hors d'oeuvres and other finger foods.		
32.01	Selects ingredients for hors d'oeuvres and other finger foods.	C10 Hors D'oeuvres
32.02	Processes ingredients for hors d'oeuvres and other finger foods.	C10 Hors D'oeuvres
32.03	Assembles hors d'oeuvres and other finger foods.	C10 Hors D'oeuvres
32.04	Cooks hors d'oeuvres and other finger foods.	C10 Hors D'oeuvres
32.05	Finishes hors d'oeuvres and other finger foods.	C10 Hors D'oeuvres
Task 33 – Prepares charcuterie and cured products.		
33.01	Selects ingredients for charcuterie and cured products.	C11 Charcuterie and Cured Products
33.02	Processes ingredients for charcuterie and cured products.	C11 Charcuterie and Cured Products
33.03	Cooks charcuterie and cured products.	C11 Charcuterie and Cured Products
33.04	Finishes charcuterie and cured products.	C11 Charcuterie and Cured Products
Task 34 – Prepares gels and glazes.		
34.01	Selects ingredients for gels and glazes.	C12 Gels and Glazes
34.02	Processes ingredients for gels and glazes.	C12 Gels and Glazes
34.03	Finishes gels and glazes.	C12 Gels and Glazes
Task 35 – Prepares marinades, rubs and brines.		
35.01	Selects marinade, rub and brine ingredients.	B13 Marinades, Rubs and Brines
35.02	Processes marinade, rub and brine ingredients.	B13 Marinades, Rubs and Brines
Task 36 – Prepares dough-based products.		
36.01	Selects ingredients for dough.	B16 Pies and Pastries I
36.02	Processes ingredients for dough.	B16 Pies and Pastries I
36.03	Cooks dough-based products.	B16 Pies and Pastries I
36.04	Finishes dough-based products.	B16 Pies and Pastries I
Task 37 – Prepares batter-based products.		
37.01	Selects ingredients for batters.	A10 Breakfast Cookery
37.02	Processes ingredients for batters.	A10 Breakfast Cookery
37.03	Cooks batter-based products.	A10 Breakfast Cookery A20 Baking I: Cookies and Quick Breads
37.04	Finishes batter-based products.	A10 Breakfast Cookery A20 Baking I: Cookies and Quick Breads
Task 38 – Prepares creams, mousses, frozen desserts, fillings, icings, toppings and sugar works.		
38.01	Selects ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works.	B15 Creams, Fillings and Icings
38.02	Processes ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works.	B15 Creams, Fillings and Icings
38.03	Finishes creams, mousses, frozen desserts, fillings, icings, toppings and sugar works.	B15 Creams, Fillings and Icings

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Task 39 – Assembles cakes.		
39.01	Selects cake components for assembly.	B14 Cakes and Tortes I
39.02	Finishes cakes.	B14 Cakes and Tortes I
Task 40 – Prepares savoury and sweet pastries and pies.		
40.01	Selects ingredients for savoury and sweet pastries and pies.	B16 Pies and Pastries I C14 Pies and Pastries II
40.02	Assembles savoury and sweet pastries and pies.	B16 Pies and Pastries I C14 Pies and Pastries II
40.03	Cooks savoury and sweet pastries and pies.	B16 Pies and Pastries I C14 Pies and Pastries II
40.04	Finishes savoury and sweet pastries and pies.	B16 Pies and Pastries I C14 Pies and Pastries II
Task 41 – Prepares chocolate.		
41.01	Selects chocolate and ingredients.	C15 Frozen Desserts, Chocolate and Sugar Work
41.02	Processes chocolate.	C15 Frozen Desserts, Chocolate and Sugar Work
41.03	Finishes chocolate.	C15 Frozen Desserts, Chocolate and Sugar Work

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03-2021