## Apprenticeship Manitoba

## Cook RSOS (2020) Subtask to Unit Comparison

Task 1 - Performs safety and hygiene-related functions.     Initial constructions.       1.01     Maintains safe work environment.     A2 Trade Safety Procedures I       1.02     Uses personal protective equipment.     A2 Trade Safety Procedures II       1.02     Uses personal protective equipment.     A2 Trade Safety Procedures II       1.02     Uses personal protective equipment.     A2 Trade Safety Procedures II       1.03     Maintains personal hygiene.     A2 Trade Safety Procedures II       1.03     Maintains personal hygiene.     A2 Trade Safety Procedures II       1.03     Maintains sersonal hygiene.     A2 Trade Safety Procedures II       1.03     Maintains seafe condition and     B1 Food Safety Procedures II       1.04     Maintains safe condition and     B1 Food Safety Procedures II       1.05     Cools food rapidly.     A3 Food Safety Procedures II       2.04     Cools food rapidly.     A3 Food Safety Procedures II       2.03     Re-thermalizes foods.     A3 Food Safety Procedures II       2.04     Prevents cross-contamination.     A3 Food Safety Procedures II       2.05     Cleans tools and equipment.     A1 Food Safety Procedures II       2.06     Sanitizes tools and equipment.     A1 Learning About Work		RSOS Subtask	Manitoba Unit(s)
1.01     Maintains safe work environment.     A2 Trade Safety Procedures I       B1 Food Safety Procedures II     C2 Food Safety Procedures II       1.02     Uses personal protective equipment     A3 Food Safety Procedures II       1.02     Uses personal protective equipment.     A3 Food Safety Procedures II       1.03     Maintains personal hygiene.     A2 Trade Safety Awareness       A3 Food Safety Procedures II     E2 Food Safety Procedures II       1.03     Maintains personal hygiene.     A2 Trade Safety Awareness       A3 Food Safety Procedures II     E2 Food Safety Procedures II       1.03     Maintains safe condition and temperature of raw and finished product.     B1 Food Safety Procedures II       2.01     Maintains safe condition and temperature of raw and finished product.     B1 Food Safety Procedures II       2.02     Cools food rapidly.     A3 Food Safety Procedures II       2.03     Re-thermalizes foods.     A3 Food Safety Procedures I       2.04     Prevents cross-contamination.     A3 Food Safety Procedures II       2.05     Cleans tools and equipment.     A1 Learning About Work       A2 Food Safety Procedures II     C2 Food Safety Procedures II       2.04     Prevents cross-contamination.     A1 Learning About Work	Tack		
A3 Food Safety Procedures II       1.02     Uses personal protective equipment (PPE) and safety equipment.     A2 Trade Safety Procedures II       1.03     Maintains personal hygiene.     A2 Trade Safety Procedures I       1.03     Maintains personal hygiene.     A2 Trade Safety Procedures II       1.03     Maintains personal hygiene.     A2 Trade Safety Procedures I       1.03     Maintains personal hygiene.     A3 Food Safety Procedures I       1.03     Maintains personal hygiene.     A3 Food Safety Procedures I       1.04     Maintains safe condition and temperature of raw and finished product.     A3 Food Safety Procedures II       2.01     Maintains safe condition and temperature of raw and finished product.     B1 Food Safety Procedures II       2.02     Cools food rapidly.     B1 Food Safety Procedures II       2.03     Re-thermalizes foods.     B1 Food Safety Procedures II       2.04     Prevents cross-contamination.     A3 Food Safety Procedures II       2.05     Cleans tools and equipment.     A1 Learning About Work A2 Trade Safety Procedures II       2.06     Sanitizes tools and equipment.     A1 Learning About Work A2 Trade Safety Procedures II       2.06     Sanitizes tools and equipment.     A1 Learning About Work A2 Trade Safety Procedures II       2.0			
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2.01     Maintains safe condition and temperature of raw and finished product.     A3 Food Safety Procedures I       2.02     Cools food rapidly.     A3 Food Safety Procedures I       2.03     Re-thermalizes foods.     A3 Food Safety Procedures II       2.04     Prevents cross-contamination.     A3 Food Safety Procedures II       2.05     Cleans tools and equipment.     A3 Food Safety Procedures II       2.05     Cleans tools and equipment.     A1 Learning About Work A2 Trade Safety Procedures II       2.06     Sanitizes tools and equipment.     A1 Learning About Work A2 Trade Safety Procedures II       2.06     Sanitizes tools and equipment.     A1 Learning About Work A2 Trade Safety Procedures II       2.06     Sanitizes tools and equipment.     A1 Learning About Work A2 Trade Safety Procedures II       2.06     Sanitizes tools and equipment.     A1 Learning About Work A2 Trade Safety Procedures II       2.06     Sanitizes tools and equipment.     A1 Learning About Work A2 Trade Safety Procedures II       3.01     Uses knives.     A5 Tools and Equipment A3 Food Safety Procedures II       3.02     Uses pots, pans and utensils.     A5 Tools and Equipment AII Units from Level 1 to 3       3.03     Uses equipment and appliances.     A5 Tools and Equipment 10 S			C2 Food Safety Procedures III
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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     C1 Journeyperson Trainer       2.06     Sanitizes tools and equipment.     A1 Learning About Work       A2 Trade Safety Procedures III     A1 Learning About Work       A2 Trade Safety Procedures III     A1 Learning About Work       A2 Trade Safety Procedures II     B1 Food Safety Procedures I       B1 Food Safety Procedures I     B1 Food Safety Procedures I       B1 Food Safety Procedures II     B1 Food Safety Procedures II       B1 Food Safety Procedures II     B1 Food Safety Procedures II       B1 Food Safety Procedures III     C1 Journeyperson Trainer       C2 Food Safety Procedures III     C1 Journeyperson Trainer       C2 Food Safety Procedures III     C1 Journeyperson Trainer       C2 Food Safety Procedures III     C1 Journeyperson Trainer       Solution     Learning About Work       A2 Trade Safety Procedures II     C1 Journeyperson Trainer       C2 Food Safety Procedures III     C1 Journeyperson Trainer       Solution     Learning About Work       Solution     A5 Tools and Equipment <td></td> <td></td> <td></td>			
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 III       2.06       Sanitizes tools and equipment.       A1 Learning About Work       A2 Trade Safety Awareness       A3 Food Safety Procedures I       B1 Food Safety Procedures I       B1 Food Safety Procedures II       C1 Journeyperson Trainer       C2 Food Safety Procedures III       Sold       Uses knives.     A5 Tools and Equipment       AII Units from Level 1 to 3       3.03     Uses equipment and appliances.	2.05	Cleans tools and equipment	
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 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       C1 Journeyperson Trainer       C2 Food Safety Procedures III       Safety Procedures III       C1 Journeyperson Trainer       C2 Food Safety Procedures III       C1 Journeyperson Trainer       C2 Food Safety Procedures III       Safety Procedures III       C1 Journeyperson Trainer       C2 Food Safety Procedures III       Safety Procedures	2.05	Clearis tools and equipment.	
B1 Food Safety Procedures II C1 Journeyperson Trainer C2 Food Safety Procedures III2.06Sanitizes 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 IIITask 3 - Uses tools and equipment.A5 Tools and equipment.3.01Uses tools and equipment.3.01Uses knives.A5 Tools and Equipment AII Units from Level 1 to 33.02Uses pots, pans and utensils.A5 Tools and Equipment AII Units from Level 1 to 33.03Uses equipment and appliances.A5 Tools and Equipment			
C1 Journeyperson Trainer C2 Food Safety Procedures III2.06Sanitizes 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 IIITask 3 – Uses tools and equipment.A5 Tools and Equipment.3.01Uses knives.A5 Tools and Equipment AII Units from Level 1 to 33.02Uses pots, pans and utensils.A5 Tools and Equipment AII Units from Level 1 to 33.03Uses equipment and appliances.A5 Tools and Equipment			
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 AII Units from Level 1 to 3       3.02     Uses pots, pans and utensils.     A5 Tools and Equipment AII Units from Level 1 to 3       3.03     Uses equipment and appliances.     A5 Tools and Equipment AII Units from Level 1 to 3			
2.06Sanitizes 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 IIITask 3 – Uses tools and equipment.3.01Uses knives.A5 Tools and Equipment AII Units from Level 1 to 33.02Uses pots, pans and utensils.A5 Tools and Equipment AII Units from Level 1 to 33.03Uses equipment and appliances.A5 Tools and Equipment AII Units from Level 1 to 3			
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       AII Units from Level 1 to 3       3.02     Uses pots, pans and utensils.       A5 Tools and Equipment       AII Units from Level 1 to 3       3.03     Uses equipment and appliances.	0.00		
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       AII Units from Level 1 to 3       3.02     Uses pots, pans and utensils.       A5 Tools and Equipment       AII Units from Level 1 to 3       3.03     Uses equipment and appliances.	2.06	Sanitizes tools and equipment.	
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       3.02     Uses pots, pans and utensils.     A5 Tools and Equipment       AII Units from Level 1 to 3     A1I Units from Level 1 to 3       3.03     Uses equipment and appliances.     A5 Tools and Equipment			
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			
C2 Food Safety Procedures III       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     A1 Units from Level 1 to 3       3.02     Uses pots, pans and utensils.     A5 Tools and Equipment       All Units from Level 1 to 3     A1 Units from Level 1 to 3       3.03     Uses equipment and appliances.     A5 Tools and Equipment			
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			
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			C2 Food Safety Procedures III
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       3.02     Uses pots, pans and utensils.       All Units from Level 1 to 3       All Units from Level 1 to 3       3.03     Uses equipment and appliances.			
3.02     Uses pots, pans and utensils.     A5 Tools and Equipment       3.03     Uses equipment and appliances.     A5 Tools and Equipment	3.01	Uses knives.	
All Units from Level 1 to 3     3.03   Uses equipment and appliances.   A5 Tools and Equipment			
3.03 Uses equipment and appliances. A5 Tools and Equipment	3.02	Uses pots, pans and utensils.	
	3.03	Uses equipment and appliances.	A5 Tools and Equipment
			All Units from Level 1 to 3
		•	

	RSOS Subtask	Manitoba Unit(s)
Task 4	1 – 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
Tack F	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 f	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 6.04	Stores products. Maintains inventory.	A7 Manages Products I: Receiving and Storage C3 Manages Products II: Menu Planning and Costing A7 Manages Products I: Receiving and Storage
0.04		C3 Manages Products II: Menu Planning and Costing
Task 7	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
Tack	3 – Adapts cooking practices to meet die	atary requirements
8.01	Adapts kitchen practices to meet dietary	A18 Grains, Pulses, Seeds and Nuts
0.01	requirements.	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
<b>T</b> . 1 4		
	9 – Uses communication and mentoring	
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 1	I0 – 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

	RSOS Subtask	Manitoba Unit(s)
		C16 Cooking Principles III
Test		
1ask 1	1 – Prepares vegetables. Selects vegetables.	A8 Cooking Principles I
11.01	Selects vegetables.	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
11.03	Brocossos vogotablos	C16 Cooking Principles III A8 Cooking Principles I
11.03	Processes vegetables.	All 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
44.05		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 1	2 – 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
12.02	Cloope fruit	C16 Cooking Principles III A8 Cooking Principles I
12.02	Cleans fruit.	All 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
10.04	Cooko fruit	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

RSOS Subtask		Manitoba Unit(s)
Task 1	3 – 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
Took 4		
	4 – Prepares soups. Selects soup ingredients.	A14 Stocks Proths and Source I
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
44.04		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
		C7 Sauces, Soups and Thickening Agents
Tack 1	5 – Prepares thickening and binding ag	onto
15.01	Selects thickening and binding	A15 Thickening and Binding Agents I
13.01	ingredients.	B4 Thickening and Binding Agents I
		C7 Sauces, Soups and Thickening Agents
15.02	Processes thickening and binding	A15 Thickening and Binding Agents I
	ingredients.	B4 Thickening and Binding Agents II
	<b>3 • • • • • • • • • •</b>	C7 Sauces, Soups and Thickening Agents
Task 1	6 – Prepares sauces.	
16.01	Selects sauce ingredients.	B5 Sauces I
		C7 Sauces, Soups and Thickening Agents
16.02	Processes sauce ingredients.	B5 Sauces I
40.00	0	C7 Sauces, Soups and Thickening Agents
16.03	Cooks sauces.	B5 Sauces I
16.04	Finishes sauces.	C7 Sauces, Soups and Thickening Agents B5 Sauces I
10.04		C7 Sauces, Soups and Thickening Agents
		or badees, boups and thickening Agents
Task 1	7 – Uses cheese, dairy products and pla	ant-based dairy alternative products.
17.01	Selects cheese, dairy and plant-based	A9 Eggs and Dairy Products
	dairy alternative ingredients.	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-	A9 Eggs and Dairy Products
	based dairy alternative ingredients.	A18 Grains, Pulses, Seeds and Nuts
		B8 Alternative Proteins I
		C5 Alternative Proteins II
17.02	Finishes choose dains and plant based	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 1	8 – Prepares eggs and egg-based dishe	es.
18.01	Selects ingredients for eggs and egg-	A9 Eggs and Dairy Products
	based dishes.	B15 Creams, Fillings and Icings

	RSOS Subtask	Manitoba Unit(s)
18.02	Processes ingredients for eggs and	A9 Eggs and Dairy Products
10.02	egg-based dishes.	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 1	9 – 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	A11 Pastas and Noodles
	ingredients.	B7 Pastas and Dumplings
19.03	Cooks pasta and noodle ingredients.	A11 Pastas and Noodles
10.04	Finishes posts and possils ingredients	B7 Pastas and Dumplings
19.04	Finishes pasta and noodle ingredients.	A11 Pastas and Noodles
		B7 Pastas and Dumplings
Task 2	0 – Prepares stuffed pastas and dumpl	ings.
20.01	Selects stuffed pasta and dumpling	B7 Pastas and Dumplings
	ingredients.	
20.02	Processes stuffed pasta and dumpling	B7 Pastas and Dumplings
	ingredients.	
20.03	Cooks stuffed pasta and dumpling	B7 Pastas and Dumplings
	ingredients.	
20.04	Finishes stuffed pasta and dumpling	B7 Pastas and Dumplings
	ingredients.	
Teels	A Drepares areing and pulses	
21.01	1 – Prepares grains and pulses.	A18 Grains, Pulses, Seeds and Nuts
21.01	Selects grains and pulses.	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
	2 – Prepares seeds and nuts.	
22.01	Selects seeds and nuts.	A18 Grains, Pulses, Seeds and Nuts
		B8 Alternative Proteins I
22.02	Processes seeds and nuts.	C5 Alternative Proteins II A18 Grains, Pulses, Seeds and Nuts
22.02	FIDLESSES SEEUS and hulls.	B8 Alternative Proteins I
		C5 Alternative Proteins I
22.03	Cooks seeds and nuts.	A18 Grains, Pulses, Seeds and Nuts
		B8 Alternative Proteins I
		C5 Alternative Proteins II
Task 2	3 – Prepares alternative proteins.	
23.01	Selects alternative proteins.	A18 Grains, Pulses, Seeds and Nuts
		B8 Alternative Proteins I
00.07		C5 Alternative Proteins II
23.02	Processes alternative proteins.	A18 Grains, Pulses, Seeds and Nuts
		B8 Alternative Proteins I
22.02	Cooke alternative proteins	C5 Alternative Proteins II
23.03	Cooks alternative proteins.	A18 Grains, Pulses, Seeds and Nuts B8 Alternative Proteins I
		C5 Alternative Proteins II

	RSOS Subtask	Manitoba Unit(s)
Task 2	4 – 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
	5	C16 Cooking Principles III
24.04	Finishes meats and game meats.	C8 Meats, Poultry and Game
		C16 Cooking Principles III
	5 – 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
05.00		C16 Cooking Principles III
25.03	Cooks poultry and game birds.	C8 Meats, Poultry and Game
25.04	Finishes noultry and some hirds	C16 Cooking Principles III C8 Meats, Poultry and Game
25.04	Finishes poultry and game birds.	Cooking Principles III
Task 2	6 – 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
	7 – 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
<b>T</b> 1.0		
	8 – Prepares seafood.	D42 Conford L
28.01	Selects seafood. Processes seafood.	B12 Seafood I
20.02	Processes searood.	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
<b>T</b> . 1. 6		
	9 – Prepares sandwiches.	A12 Conduishes
29.01	Selects sandwich ingredients.	A13 Sandwiches
29.02 29.03	Processes sandwich ingredients. Assembles sandwiches.	A13 Sandwiches A13 Sandwiches
29.03	Cooks sandwiches.	A13 Sandwiches A13 Sandwiches
23.04		
Task 3	0 – 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

	RSOS Subtask	Manitoba Unit(s)
	2 – Prepares hors d'oeuvres and other	
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
<b>-</b>		1 /
	3 – Prepares charcuterie and cured pro	
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
Teels	A Propose gala and slares	
тазк з 34.01	4 – Prepares gels and glazes. Selects ingredients for gels and glazes.	C12 Gels and Glazes
34.01	Processes ingredients for gels and giazes.	C12 Gels and Glazes
	glazes.	C12 Gels and Glazes
34.03	Finishes gels and glazes.	CT2 Gels and Glazes
Task 3	5 – Prepares marinades, rubs and brine	25.
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
	· • •	·
	6 – Prepares dough-based products.	
36.01		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 3	7 – 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
	<u> </u>	
Task 3	8 – Prepares creams, mousses, frozen	desserts, fillings, icings, toppings and sugar works.
38.01	Selects ingredients for creams, mousses, frozen desserts, fillings,	B15 Creams, Fillings and Icings
	icings, toppings and sugar works.	
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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	RSOS Subtask	Manitoba Unit(s)	
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 4	Task 40 – Prepares savoury and sweet pastries and pies.		
40.01	Selects ingredients for savoury and	B16 Pies and Pastries I	
	sweet pastries and pies.	C14 Pies and Pastries II	
40.02	Assembles savoury and sweet pastries	B16 Pies and Pastries I	
	and pies.	C14 Pies and Pastries II	
40.03	Cooks savoury and sweet pastries and	B16 Pies and Pastries I	
	pies.	C14 Pies and Pastries II	
40.04	Finishes savoury and sweet pastries	B16 Pies and Pastries I	
	and pies.	C14 Pies and Pastries II	
Task 4	1 – 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	

