Apprenticeship Manitoba

Level Chart: Cook - Technical Training

Level One (8 Weeks)				Level Two (8 Weeks)			
Code	Unit Title	T	P	Code	Unit Title	T	P
A1	Learning About Work	7	0	B1	Food Safety Procedures II	2	5
A2	Trade Safety Awareness	7	0	B2	Cooking Principles II	7	21
A3	Food Safety Procedures I	6	1	B3	Stocks, Broths and Soups II	4	17
A4	Communication and Trade Related Documents	12	2	B4	Thickening and Binding Agents II	2	5
A5	Tools and Equipment	2	12	B5	Sauces I	6	15
A6	Trade Related Mathematics	5	2	B6	Fruits and Vegetables II	4	10
A7	Manages Products I: Receiving and Storage	2	5	B7	Pastas and Dumplings	6	15
A8	Cooking Principles I	7	21	B8	Alternative Proteins I	4	10
A9	Eggs and Dairy Products	5	2	B9	Meats	6	15
A10	Breakfast Cookery	3	11	B10	Poultry	4	10
A11	Pastas and Noodles	2	5	B11	Fin Fish	6	15
A12	Salads and Dressings	3	11	B12	Seafood I	2	12
A13	Sandwiches	2	12	B13	Marinades, Rubs and Brines	2	5
A14	Stocks, Broths and Soups I	4	17	B14	Cakes and Tortes I	3	11
A15	Thickening and Binding Agents I	2	5	B15	Creams, Fillings and Icings	2	12
A16	Fruits and Vegetables I	6	15	B16	Pies and Pastries I	2	12
A17	Potatoes	2	12	B17	Baking II: Breads	6	22
A18	Grains, Pulses, Seeds and Nuts	4	10				
A19	Meats, Poultry and Fin Fish	12	16				
A20	Baking I: Cookies and Quick Breads	8	20				
	Subtotals	**101**	**179**		**Subtotals**	**68**	**212**
	Total	**280 hours**			**Total**	**280 hours**	

Level Three (8 Weeks)			
Code	Unit Title	T	P
C1	Journeyperson Trainer	7	0
C2	Food Safety Procedures III	6	1
C3	Manages Products II: Menu Planning and Costing	21	7
C4	Fruits, Condiments and Preserves	2	5
C5	Alternative Proteins II	2	5
C6	Cheese and Dairy Products	2	5
C7	Sauces, Soups and Thickening Agents	2	12
C8	Meats, Poultry and Game	8	20
C9	Seafood II	4	17
C10	Hors D'oeuvres	2	5
C11	Charcuterie and Cured Products	4	17
C12	Gels and Glazes	2	5
C13	Cakes and Tortes II	2	12
C14	Pies and Pastries II	5	16
C15	Frozen Desserts, Chocolate and Sugar Work	6	15
C16	Cooking Principles III	7	21
C17	Pre-Interprovincial Review	35	0
	Subtotals	**117**	**163**
	Total	**280 hours**	

T – Theory hours
P – Practical hours

Manitoba