

Cook Level 1

Cook

Unit: A1 Orientation I: Structure and Scope of Cook

Level: One

Duration: 7 hours

Theory: 7 hours

Practical: 0 hours

Overview:

This unit profiles the trade's historical and modern significance, core tasks and skill requirements, as well as its job-ladders and long-term career options. It includes information about learning styles/strategies, stressing their application to apprenticeship and journey-level trade education. The unit also introduces the concept of skills stewardship, stressing the obligation that apprentices incur to help convey what their own journeypersons teach them to those who in turn follow them into the trade. **There is no testing prescribed for this instructional unit. Instead, a "Pass/Fail" grade must be awarded upon completion of the unit. Instructors must still submit a 70% mark for this unit to Apprenticeship Manitoba for units passed.**

Objectives and Content:

Percent of Unit Mark (%)

1. Describe the structure and scope of the trade.

34%

- a. Historical background, including trainee experiences
- b. Structure/scope of the trade
 - International and national characteristics
 - Important features of practicing the trade in Manitoba
 - Trade and construction industry organizations
- c. Historical background, including trainee experiences
 - Generalists and specialists
 - Lead hands and other immediate supervisors
 - Geographic mobility
 - Job hierarchies and innovations

2. Describe the Manitoba Cook Apprenticeship Program.

33%

- a. Concept and significance of skills stewardship
 - To the trade
 - To trainees
 - To journeypersons
 - To employers
- b. Practical training: on-site component of program
 - Roles/responsibilities of employer and journeyperson(s)
 - Roles/responsibilities of Apprenticeship Training Coordinator
 - Roles/responsibilities of trainee, including record-keeping re: job experience

- c. Technical training: off-site component of program
 - Roles/responsibilities of instructors (including Related'-area faculty)
 - Roles/responsibilities of trainees
- d. Attendance requirements
- e. Progression requirements
- f. Reporting of grades
- g. Other (as may be specified by instructor and by Employment Manitoba)

3. Describe special opportunities and challenges re: Skilled Labourer training. 33%

- a. Adapting personal learning goals to program contexts
 - Principles of adult learning (including importance of self-direction)
 - Description/recognition of learning and teaching styles
 - Significance of work culture and interpersonal skills re: trade-learning
 - Integrating Technical training and practical training content
 - Possibilities and perils of peer learning
 - Budgeting and other necessary personal arrangements
 - Identifying sources of support (e.g. upgrading trade-related math skills)
- b. On-site learning challenges and opportunities
 - Significance of jobsite supervision roles and teaching styles (e.g. journey-level skills-coach vs. mentor)
 - Communication with journeypersons and employers
 - Coverage of prescribed tasks/subtasks that define the scope of trade, and the content of the certification exam administered to apprentices who are completing their program
 - Getting help and fixing mistakes
 - Maintaining personal record of trade-learning challenges/achievements (e.g. a learning journal, and/or a personal training plan, if possible, discussed with employers and others supporting the apprenticeship journey to certification)
 - Significance of jobsite supervision roles and teaching styles (e.g. journey-level skills-coach vs. mentor)
 - Communication with journeypersons and employers
- c. In-school opportunities/challenges
 - Personal arrangements that support progress in technical training
 - "Baggage-handling" – self-assessing potential impacts of previous experiences (favourable/unfavourable) on current learning; availability of supports
 - Techniques for note-taking, record-keeping, and review
 - Relations with instructors (including 'related'-area faculty)

Cook

Unit: A3 Trade Safety Awareness

Level: One

Duration: 10 hours

Theory: 10 hours

Practical: 0 hours

Overview:

Safe working procedures and conditions, injury prevention, and the preservation of health are of primary importance to industry in Canada. These responsibilities are shared and require the joint efforts of government, employers, and employees. It is imperative that all parties become aware of circumstances that may lead to injury or harm. Safe learning experiences and environments can be created by controlling the variables and behaviours that may contribute to incidents or injury. It is generally recognized that safety-conscious attitudes and work practices contribute to a healthy, safe, and accident-free working environment. It is imperative to apply and be familiar with the Workplace Safety and Health Act and Regulations. As well, it's essential to determine workplace hazards and take measures to protect oneself, co-workers, the public, and the environment. Safety education is an integral part of Cook apprenticeship training both in school and on-the-job. Unit content is supplemented throughout technical training by trade-specific information about Cook safety hazards and precautions presented in the appropriate contexts of discussion and study. **There is no testing prescribed for this instructional unit per se. Instead, a Pass/Fail" grade must be awarded upon completion of the unit. Instructors must still submit a 70% mark for this unit to Apprenticeship Manitoba for units passed.**

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
<p>1. Identify safety and health requirements.</p> <ul style="list-style-type: none"> a. Overview of The Workplace Safety and Health Act <ul style="list-style-type: none"> • Rights and responsibilities of employees under the Act • Rights and responsibilities of employers under the Act • Rights and responsibilities of supervisors under the Act b. Fourteen (14) regulations c. Codes of practice d. Guidelines e. Right to refuse <ul style="list-style-type: none"> • Explanation of right to refuse process • Rights and responsibilities of employees • Rights and responsibilities of employers • Rights and responsibilities of supervisors under the Act 	n/a
<p>2. Identify personal protective equipment (PPE) and procedures.</p> <ul style="list-style-type: none"> a. Employer and employee responsibilities as related to personal protective equipment. b. Standards: ANSI (U.S.A. standards), etc. c. Work protective clothing and danger if it fits poorly. 	n/a

- d. Gloves – Importance of proper glove selection (when handling chemicals, cold items, slivers, etc.)
 - e. Headwear – appropriate protective headwear when required and the approved type of headwear.
 - f. Eye protection – comparison and distinction of everyday eyeglasses, industrial safety glasses and safety goggles
 - g. Foot protection – when required according to safety standards
 - h. Hearing protection
 - Hazards of various noise levels (hearing protection must be worn)
 - Laws
 - Types of hearing protection
 - i. Respiratory protection – types, overview of proper selection
 - j. Fall protection – Manitoba requirements standards guidelines
 - ANSI (U.S.A. standards), etc.
- 3. Identify regulations pertinent to care and cleanliness in the working area. n/a**
- 4. Identify the regulations relevant to the safe use of chemicals. n/a**
- 5. Identify ergonomics. n/a**
- a. Definition of ergonomics and conditions that may affect the body
 - Working postures
 - Repetition
 - Force
 - Lifting
 - Tools
 - Identify tool and safety equipment
 - Causes of hand tool accidents
 - equipment
- 6. Hazard recognition and control. n/a**
- a. Safe work practices
 - b. Basic risk assessment
 - c. Injury prevention and control measures
 - d. Identification of hazards involved in pneumatic tool use and explanation of how to guard against them
 - e. Refrigerants
 - f. Toxic chemical (non-refrigerant)
 - g. High pressure fluids
- 7. Hazard of confined space entry. n/a**
- a. Identification of a confined space
 - b. Hazards of a confined space
 - physical
 - biological
 - c. Working in a confined space
 - d. Emergency response plan
 - e. Self-contained breathing apparatus (SCBA)
- 8. Identify first aid/CPR. n/a**
- a. Overview of first aid regulation
 - b. Obligations of employers regarding first aid

- Who is certified to provide first aid?
 - What to do while waiting for help?
 - Where is first aid kit?
- c. Describe basic first aid requirements and techniques
- Scope and limits of first aid intervention
 - Specific interventions (cuts, burns, abrasions, fractures, suffocation, shock, electrical shock, etc.)
 - What is it?
 - Interface with other services and agencies (e.g., Workers Compensation claims)
- d. Describe basic CPR requirements and techniques
- How do you get certified?
 - Scope and limits of CPR intervention (include varieties of CPR certification)

9. Identify the safety requirements as they apply to WHMIS with emphasis on: n/a

- a. WHMIS is a system
- b. Provincial regulation under the Safety and Health Act
 - Each province has a WHMIS regulation
- c. Federal Hazardous Products Act
- d. WHMIS generic training:
 - WHMIS defined and the format used to convey information about hazardous materials in the workplace
 - Information found on supplier and workplace labeling using WHMIS
 - Hazardous materials in accordance with WHMIS
 - Compliance with government safety standards and regulations
- e. Description of WHMIS (include varieties of WHMIS Certification)
 - Typology of WHMIS labels, symbols, and classifications
 - Scope and use of Materials Safety Data Sheets (MSDS)

10. Identifying and controlling hazards. n/a

- a. Basic control measures (injury prevention)
- b. Safe work procedures
- c. Explanation on the importance of industrial housekeeping
- d. Employer responsibilities
- e. How and where to store materials
- f. Safety measures related to walkways, stairs and floor openings
- g. Explanation of how to protect the worker and others when working in traffic paths

11. Describe the safe storage of stock equipment in service vehicles. n/a

Cook

Unit: A4 Communication

Level: One

Duration: 7 hours

Theory: 5 hours

Practical: 2 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of effective communication practices and of communication equipment and their applications.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Identify effective communication practices.	20%
2. Identify the types of communication methods and equipment and describe their applications.	20%
3. Describe the importance of effective verbal, non-verbal and written communication with customers, suppliers and employees.	20%
4. Communicate effectively using verbal and non-verbal techniques.	20%
5. Demonstrate effective communication principles.	20%

Cook

Unit: A5 Trade-Related Documents

Level: One

Duration: 7 hours

Theory: 5 hours

Practical: 2 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of trade-related documents and their use, and of the procedures used to prepare documentation.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Identify types of trade-related documents and describe their applications.	34%
a. Cost analysis sheets	
b. Recipe forms	
c. Requisitions	
d. Work schedules	
2. Identify types of documentation and describe the procedures used to prepare them.	33%
3. Prepare and complete trade-related forms and documents.	33%

Cook

Unit: A6 Tools and Equipment

Level: One

Duration: 13 hours

Theory: 5 hours

Practical: 8 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of kitchen tools and equipment, their applications, basic maintenance and procedures for use.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with kitchen tools and equipment.	4%
2. Describe safety practices and precautions related to the use of kitchen tools and equipment.	4%
3. Identify types of knives and describe their characteristics, applications and procedures for use.	4%
4. Identify the tools used to sharpen and hone knives and describe their applications and procedures for use.	4%
5. Describe the procedures used to inspect and store knives.	4%
6. Identify types of pots and pans and describe their characteristics, applications and procedures for use.	4%
7. Describe the procedures used to inspect and store pots and pans.	4%
8. Identify types of utensils and describe their characteristics, applications and procedures for use.	4%
9. Describe the procedures used to inspect and store utensils.	4%
10. Identify types of equipment and appliances and describe their accessories, applications and procedures for use.	4%
11. Describe the procedures used to inspect, maintain, and store equipment and appliances.	4%

12. Demonstrate proper use of kitchen tools and equipment and their maintenance and procedures for use. 56%

Cook

Unit: A7 Personal Hygiene and Kitchen Sanitation

Level: One

Duration: 8 hours

Theory: 6 hours

Practical: 2 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of kitchen sanitation standards, personal hygiene principles and practices, and food handling and storage practices.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with personal hygiene and hygienic practices.	6%
2. Identify and interpret codes, regulations and federal, provincial/territorial, municipal requirements pertaining to kitchen sanitation and safe food handling practices.	10%
3. Identify sanitizing products and describe their applications and procedures for use.	6%
4. Describe the three sink method of sanitization.	4%
5. Describe the procedures used to disassemble and assemble kitchen tools and equipment and their accessories for sanitizing purposes.	6%
6. Describe the procedures used to maintain a sanitary food service operation.	6%
a. Clean, sanitize and sterilize	
b. Manage waste and recycle	
c. Control pests and rodents	
d. Prevent cross contamination	
7. Identify and interpret food health regulations and guidelines associated with practice of personal hygiene.	4%
8. Identify and interpret regulations and guidelines associated with wearing personal items.	4%
a. Fragrances	
b. Hair restraints	
c. Jewelry	
d. Nail polish	

- | | |
|--|------------|
| 9. Describe the procedures used to ensure personal hygiene and clean apparel. | 4% |
| 10. Describe the procedures used for hand washing. | 6% |
| 11. Identify types of food-borne illnesses, their causes and prevention. | 10% |
| 12. Identify types of food contamination, their causes and prevention. | 6% |
| a. Chemical | |
| b. Biological | |
| c. Physical | |
| 13. Identify proper food handling and storage techniques. | 6% |
| a. Cleanliness | |
| b. Preventing cross-contamination | |
| c. Maintaining foods at safe temperatures | |
| d. Receiving and storing foods (first in, first out – FIFO) | |
| 14. Describe the Hazard Analysis Critical Control Points (HACCP) system and its use in food service operations. | 10% |
| 15. Demonstrate proper kitchen sanitation, personal hygiene and food handling and storage practices. | 12% |

Cook

Unit: A8 Weights and Measures

Level: One

Duration: 7 hours

Theory: 5 hours

Practical: 2 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of systems of measurement and their conversions and of cost controls.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with systems of measurement.	20%
2. Identify measuring systems and their abbreviations.	20%
3. Describe the procedures used to read and follow recipes.	20%
4. Describe the procedures used to adjust recipe yields and perform conversions. a. Basic math calculations/formulations	20%
5. Demonstrate knowledge of systems of measurement and their conversions and of cost controls.	20%

Cook

Unit: A9 Cooking Principles I

Level: One

Duration: 35 hours

Theory: 10 hours

Practical: 25 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of basic food preparation and service procedures.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with basic cooking principles.	3%
2. Describe the chemical process of cooking.	5%
3. Explain the principles of heat transfer.	3%
a. Conduction	
b. Convection	
c. Radiation	
d. Induction	
4. Identify methods used to cook foods and describe their associated procedures.	3%
a. Dry	
b. Moist	
c. Combination	
5. Identify methods used to check for doneness of foods and describe their associated procedures.	3%
6. Identify types of seasonings and flavorings used to enhance foods and describe their characteristics, applications and procedures for use.	3%
7. Identify methods used to take temperatures of food products and describe their associated procedures.	3%
8. Identify food quality indicators and testing techniques and describe their associated procedures.	3%
9. Identify basic kitchen practices and describe their applications.	3%
a. Finishing techniques	
b. Holding foods	

- c. Plating techniques
- d. Re-thermalization

10. Identify the styles of menus and describe their characteristics and applications. 3%

11. Describe the procedures used to plan workspace and mise en place. 3%

12. Prepare a three-course meal for two people. 65%

- a. Menu composition **(10 marks)**
 - Black box ingredients and inventory of basic ingredients available
 - Compose menu from ingredients
 - Costing
- b. Work plan/Efficiency **(10 marks)**
 - Steps
 - Organization
 - Wastage of food
 - Size of servings
 - Cooking only the required amount of food
- c. Use of equipment and tools **(10 marks)**
 - Techniques
- d. Sanitation **(5 marks)**
 - Handling of food and equipment
- e. Attitude and composure **(10 marks)**
 - In control at all times
 - Using the work plan
 - Mise en place
- f. Personal appearance **(5 marks)**
 - Clean uniform: jacket, pants, kerchief, head covering, apron
 - Grooming (short nails, hair neat and tidy, etc.)
- g. Food presentation **(50 marks)**
 - Timing
 - Presentation at specified time
 - Temperature appropriate for dish
 - Texture/colour
 - Flavour

Cook

Unit: A11 Receiving and Storage

Level: One

Duration: 7 hours

Theory: 5 hours

Practical: 2 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of the procedures used to receive, inspect and store goods.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with receipt, inspection and storage of goods.	10%
2. Describe the procedures used to confirm information contained on invoices.	10%
3. Identify types of goods and describe the procedures used to receive, inspect and store them.	10%
a. Dairy	
b. Produce	
c. Meats	
d. Poultry	
e. Seafood	
f. Dry goods	
g. Non-food items	
h. Chemicals	
4. Identify types of food storage and describe their applications.	10%
a. Frozen	
b. Refrigerated	
c. Dry storage	
5. Describe the procedures used to label, date, initial and rotate stock.	10%
6. Identify forms and reports relating to receiving, inspecting and storing goods and describe the procedures used to interpret and complete them.	10%
a. Requisitions	
b. Inventory forms	
c. Credit notes/refusals	
d. Product tracking slips	

7. Demonstrate the procedures used to receive, inspect and store goods.

40%

Cook

Unit: B1 Stocks and Soups

Level: One

Duration: 21 hours

Theory: 4 hours

Practical: 17 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate advanced knowledge of stocks and soups, their applications, and the procedures used to prepare stocks and soups.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with stocks and soups.	3%
2. Identify types of stocks and describe their characteristics, applications and procedures for use.	3%
3. Identify types of soups and describe their characteristics and serving temperatures.	3%
a. Clear and consommés	
b. Thickened	
c. Specialty/national	
4. Identify types of convenience products and describe their applications.	3%
a. Stocks	
b. Soups	
c. Soup bases	
5. Identify the factors to consider when selecting ingredients for stocks.	3%
6. Identify the factors to consider when selecting ingredients for soups.	3%
7. Identify ingredients and ratios used in stocks.	3%
8. Describe the procedures used to prepare stocks.	3%
a. Selecting cooking time and temperature	
b. Straining	
c. Remouillage	
d. Reduction	
• Glace	
e. Skimming	

- | | |
|---|------------|
| 9. Describe the procedures used to prepare soups. | 3% |
| 10. Describe the procedures used to reconstitute soups. | 3% |
| 11. Describe plating and finishing techniques. | 3% |
| 12. Describe the procedures used to cool and store stocks and soups. | 3% |
| 13. Demonstrate the procedures used to prepare stocks and soups. | 64% |

Cook

Unit: B2 Thickening and Binding Agents

Level: One

Duration: 14 hours

Theory: 4 hours

Practical: 10 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of thickening and binding agents and their applications, and of the procedures used to prepare thickening and binding agents.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with thickening and binding agents.	8%
2. Identify types of thickening and binding agents, and describe their applications and procedures for use.	8%
a. Roux	
b. Other starches	
c. Liaison	
d. Beurre manie	
e. Vegetable purees	
f. Reductions	
3. Identify the factors to consider when selecting ingredients for thickening and binding agents.	8%
4. Identify ingredients and ratios used to process thickening and binding agents.	8%
5. Describe the procedures used to prepare thickening and binding agents.	8%
6. Demonstrate the procedures used to prepare thickening and binding agents.	60%

Cook

Unit: B3 Sauces

Level: One

Duration: 21 hours

Theory: 6 hours

Practical: 15 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of sauces and their applications and of the procedures used to prepare sauces.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with sauces.	4%
2. Identify the mother sauces and their derivatives and describe their characteristics and applications.	6%
a. Espagnole	
b. Béchamel	
c. Veloute	
d. Tomato	
e. Hollandaise	
3. Identify types of non-traditional sauces and describe their characteristics and applications.	6%
a. Non-derivative	
b. International	
c. Convenience products	
d. Chutneys and salsas	
4. Identify types of hot and cold butter sauces and describe their characteristics and applications.	4%
5. Identify types of pan gravies, jus lie and fond and describe their characteristics and applications.	4%
6. Identify the factors to consider when selecting ingredients for sauces.	4%
7. Describe the procedures used to prepare hot and cold sauces.	4%
8. Describe finishing techniques for sauces and their associated procedures.	4%

- 9. Describe the procedures used to cool and store sauces. 4%
- 10. Demonstrate the procedures used to prepare sauces. 60%

Cook

Unit: C1 Vegetables and Fungi

Level: One

Duration: 14 hours

Theory: 5 hours

Practical: 9 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of vegetables and fungi and their applications, and of the procedures used to prepare vegetables and fungi.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with vegetables and fungi.	2%
2. Identify types of vegetables and describe their characteristics and applications.	4%
3. Identify types of fungi and describe their characteristics and applications.	4%
4. Identify classical cuts and describe their characteristics, applications, and associated procedures.	6%
5. Identify factors that affect flavour, colour, texture and nutrients of vegetables.	8%
a. Cooking process	
b. Acids/alkalis	
c. Water amounts	
d. Size of cut of vegetables	
6. Identify the factors to consider when selecting vegetables and fungi.	4%
a. Local	
b. Season	
c. Freshness	
d. Storage life	
e. Certified organic	
f. Applications	
g. Processed	
7. Identify market forms (pre-prepared and packaged) of vegetables and fungi and describe their characteristics and applications.	2%

- | | |
|---|------------|
| 8. Describe the procedures used to prepare vegetables and fungi. | 4% |
| 9. Describe plating and finishing techniques. | 4% |
| 10. Describe the procedures used to handle and store vegetables and fungi. | 4% |
| 11. Demonstrate the procedures used to prepare vegetables and fungi. | 58% |

Cook

Unit: C2 Potatoes

Level: One

Duration: 7 hours

Theory: 2 hours

Practical: 5 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of potatoes and their applications, and of the procedures used to prepare potatoes.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with potatoes.	5%
2. Identify classifications and types of potatoes and describe their characteristics and applications.	5%
3. Identify market forms (pre-prepared and packaged) of potatoes.	3%
4. Identify the factors to consider when selecting potatoes.	5%
a. Local	
b. Season	
c. Freshness	
d. Storage life	
e. Certified organic	
f. Applications	
g. Processed	
5. Describe the procedures used to prepare potatoes.	10%
6. Describe plating and finishing techniques.	5%
7. Describe the procedures used to handle and store potatoes.	2%
8. Demonstrate the procedures used to prepare potatoes.	65%

Cook

Unit: D1 Pulses, Grains and Nuts

Level: One

Duration: 14 hours

Theory: 6 hours

Practical: 8 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of pulses, grains and nuts and their applications, and of the procedures used to prepare pulses, grains and nuts.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with pulses, grains and nuts.	3%
2. Identify types of pulses and describe their characteristics and applications.	5%
3. Identify types of rice and grains and describe their characteristics and applications.	5%
4. Identify types of nuts and describe their characteristics and applications.	5%
5. Describe the procedures used to prepare pulses, grains and nuts.	3%
6. Describe the methods used to determine yields of pulses, grains and nuts.	3%
7. Describe plating and finishing technique.	3%
8. Describe the procedures used to handle and store pulses, grains and nuts.	3%
9. Demonstrate the procedures used to prepare pulses, grains and nuts.	70%

Cook

Unit: D2 Pastas and Dumplings

Level: One

Duration: 14 hours

Theory: 3 hours

Practical: 11 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of pastas and dumplings and their applications, and of the procedures used to prepare pastas and dumplings.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with pasta and dumplings.	3%
2. Identify classifications and types of pasta and describe their characteristics and applications.	3%
3. Identify types of dumplings and describe their characteristics and applications.	3%
4. Describe procedures used to process fresh pasta. a. Selecting ingredients b. Selecting equipment c. Filling d. Drying	3%
5. Describe the procedures used to prepare pasta.	3%
6. Describe the procedures used to prepare dumplings.	3%
7. Describe the methods used to determine yield and doneness of pasta.	3%
8. Describe the methods used to determine doneness of dumplings.	3%
9. Describe the procedures used to assemble pasta dishes.	5%
10. Describe plating and finishing techniques.	3%
11. Describe the procedures used to handle and store fresh and cooked pasta and dumplings.	3%

12. Demonstrate the procedures used to prepare pastas and dumplings.

65%

Cook

Unit: E1 Meats I

Level: One

Duration: 28 hours

Theory: 10 hours

Practical: 18 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of meats and their applications and of the procedures used to handle, prepare and store meats.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with meats.	3%
2. Describe safety practices and precautions related to serving and handling raw meat.	3%
3. Identify Canadian Food Inspection Agency (CFIA) regulations pertaining to the inspection of meats.	3%
4. Identify types of domestic meats and describe their characteristics and applications. a. Beef b. Pork c. Veal d. Lamb	6%
5. Identify the factors to consider when defrosting meats.	3%
6. Identify the factors to consider when cooking meats. a. Cut of meat b. Muscle structure and marbling c. Degree of doneness d. Flavoring and seasoning e. Equipment f. Temperature g. Time h. Yield i. Resting j. Use of excess product	10%

- | | |
|---|------------|
| 7. Identify methods used to cook meats and describe their associated procedures. | 10% |
| a. Dry heat | |
| b. Moist heat | |
| c. Combination | |
| 8. Describe the procedures used to carve meats. | 3% |
| 9. Identify classifications, grades and market forms (pre-prepared and packaged) of meats and describe their characteristics and applications. | 3% |
| 10. Describe plating and finishing techniques. | 3% |
| 11. Describe the procedures used to handle and store meats. | 3% |
| 12. Demonstrate the procedures used to handle, prepare and store meats. | 50% |

Cook

Unit: E3 Poultry I

Level: One

Duration: 21 hours

Theory: 6 hours

Practical: 15 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of poultry and their applications and of the procedures used to handle, prepare and store poultry.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with poultry.	3%
2. Describe safety practices and precautions related to handling raw poultry.	3%
3. Identify Canadian Food Inspection Agency (CFIA) regulations pertaining to the inspection of poultry.	3%
4. Identify types of poultry and describe their characteristics and applications.	3%
a. Chicken	
b. Cornish hen	
c. Turkey	
d. Duck	
5. Identify classifications, grades and market forms (pre-prepared and packaged) of poultry and describe their characteristics and applications.	3%
6. Identify the factors to consider when defrosting poultry.	3%
7. Identify the factors to consider when cooking poultry.	6%
a. Cut of poultry	
b. Muscle structure	
c. Degree of doneness	
d. Flavouring and seasoning	
e. Equipment	
f. Temperature	
g. Time	
h. Yield	
i. Resting	

- j. Use of excess product

- 8. Identify methods used to cook poultry and describe their associated procedures. 6%**
 - a. Dry heat
 - b. Moist heat
 - c. Combination

- 9. Describe the procedures used to carve poultry. 3%**

- 10. Describe plating and finishing techniques. 3%**

- 11. Describe the procedures used to handle and store poultry. 3%**

- 12. Demonstrate the procedures used to handle, prepare and store poultry. 61%**

Cook

Unit: F1 Fish I

Level: One

Duration: 14 hours

Theory: 3 hours

Practical: 11 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of fish and their applications and of the procedures used to handle, prepare and store fish.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with fish.	3%
2. Describe safety practices and precautions related to serving and handling raw fish.	3%
3. Identify Canadian Food Inspection Agency (CFIA) regulations pertaining to the inspection of fish.	3%
4. Identify classifications and types of fish and describe their characteristics and applications.	7%
5. Identify market forms (pre-prepared and packaged) of fish and describe their characteristics and applications.	3%
6. Describe the procedures used to verify quality of fish and cuts.	3%
7. Describe the procedures used to process fish.	6%
a. Scale	
b. Fillet	
c. Debone	
d. Skin	
e. Portion	
f. Trim	
g. Marinate	
8. Identify the factors to consider when cooking fish.	3%
a. Desired degree of doneness	
b. Flavoring and seasoning	
c. Equipment	
d. Temperature	

- e. Cooking time
 - f. Verification of doneness
 - g. Resting
 - h. Use of excess product
- 9. Describe methods used to cook fish and their associated procedures. 3%**
- a. Dry heat
 - b. Moist heat
 - c. Combination
- 10. Describe plating and finishing techniques. 3%**
- 11. Describe the procedures used to handle and store fish. 3%**
- 12. Demonstrate the procedures to prepare and present fish using a variety of cooking methods, and to handle and store fish. 60%**

Cook

Unit: F2 Seafood I

Level: One

Duration: 14 hours

Theory: 3 hours

Practical: 11 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of seafood and their applications and of the procedures used to handle, prepare and store seafood.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with seafood.	3%
2. Describe safety practices and precautions related to serving and handling raw seafood.	3%
3. Identify Canadian Food Inspection Agency (CFIA) regulations pertaining to the inspection of seafood.	3%
4. Identify classifications and types of seafood and describe their characteristics and applications.	7%
5. Identify market forms (pre-prepared and packaged) of seafood and describe their characteristics and applications.	3%
6. Identify regional species and describe their characteristics and applications.	6%
7. Describe the procedures used to verify quality of seafood.	3%
8. Describe the procedures used to hold live seafood.	3%
9. Describe the procedures used to process seafood.	6%
a. debeard	
b. Skin	
c. Shuck	
d. Shell	
e. De-vein	
f. Clean	
g. Trim	
h. Portion	

- i. Marinate
 - j. Use of excess product
- 10. Describe methods used to cook seafood and their associated procedures. 3%**
- a. Dry heat
 - b. Moist heat
 - c. Combination
- 11. Describe plating and finishing techniques. 3%**
- 12. Describe the procedures used to handle and store seafood. 3%**
- 13. Demonstrate the procedures to prepare and present seafood using a variety of cooking methods, and to handle and store seafood. 54%**

Cook

Unit: G1 Salads

Level: One

Duration: 14 hours

Theory: 3 hours

Practical: 11 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of salads and salad dressings and their applications, and of the procedures used to prepare salads.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with salads.	5%
2. Identify types of hot and cold salads and describe their characteristics.	5%
3. Identify the factors to consider when selecting ingredients for salads.	5%
4. Describe the procedures used to prepare salad ingredients.	5%
5. Identify types of salad dressings and ingredients and describe their characteristics and applications.	5%
6. Describe the procedures used to prepare and select dressings.	5%
7. Describe the procedures used to assemble salads.	5%
8. Describe plating/buffet and finishing techniques.	5%
9. Describe the procedures used to handle and store salads and dressings.	5%
10. Demonstrate the procedures used to prepare salads and salad dressings.	55%

Cook

Unit: G2 Sandwiches

Level: One

Duration: 14 hours

Theory: 4 hours

Practical: 10 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of sandwiches and their applications, and of the procedures used to prepare sandwiches.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with sandwiches.	5%
2. Identify types of sandwiches and describe their characteristics.	10%
3. Identify the factors to consider when selecting sandwich ingredients.	5%
4. Identify and describe components of sandwiches.	5%
5. Describe the procedures used to prepare sandwich ingredients.	5%
6. Describe the procedures used to assemble sandwiches.	5%
7. Identify styles of service associated with sandwiches.	5%
8. Describe the plating/platter and finishing techniques.	5%
9. Describe the procedures used to handle and store sandwiches and fillings.	5%
10. Demonstrate the procedures used to prepare sandwiches.	50%

Cook

Unit: G3 Fruit

Level: One

Duration: 14 hours

Theory: 3 hours

Practical: 11 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of fruit and their applications, and of the procedures used to prepare fruit.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with fruit.	8%
2. Identify classifications of fruit and describe their characteristics and applications.	8%
3. Identify the factors to consider when selecting fruit. a. Local b. Season c. Freshness d. Storage life e. Certified organic f. Applications g. Processed	8%
4. Describe the procedures used prepare fruit.	8%
5. Describe plating and finishing techniques.	8%
6. Describe the procedures used to handle and store fruit.	8%
7. Demonstrate the procedures used to prepare fruit.	52%

Cook

Unit: H1 Eggs and Dairy Products

Level: One

Duration: 21 hours

Theory: 9 hours

Practical: 12 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of eggs, dairy products, substitutes and their applications.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with eggs and dairy products.	3%
2. Describe the composition of eggs.	3%
3. Identify the grades and sizes of eggs and describe their characteristics and applications.	3%
4. Identify types of egg substitutes and describe their characteristics and applications.	3%
5. Identify classifications and types of cheese and cheese products and describe their characteristics and applications.	3%
6. Identify classifications and types of milk and milk products and describe their characteristics and applications.	3%
7. Identify classification and types of creams and cream products and describe their characteristics and applications.	3%
8. Identify classifications and types of butters and butter products and describe their characteristics and applications.	3%
9. Identify types of dairy substitutes and describe their characteristics and applications.	3%
10. Identify market forms (pre-prepared and packaged) of eggs, cheese, milk, creams and butters and describe their characteristics and applications.	3%
11. Identify the factors to consider when selecting eggs and dairy products.	3%
a. Local	
b. Freshness	
c. Storage life	

- d. Certified organic
- e. Applications
- f. Processed

- 12. Describe the procedures used to handle and store dairy products and eggs. 3%**
- 13. Demonstrate the procedures used in the preparation of eggs, dairy products and their substitutes. 64%**

Cook

Unit: H2 Breakfast Cookery

Level: One

Duration: 14 hours

Theory: 3 hours

Practical: 11 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of breakfast dishes and their applications, and of the procedures used to prepare breakfast dishes.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with breakfast cookery.	3%
2. Identify types of egg-related dishes used in breakfast cookery and describe their characteristics.	3%
3. Identify types of proteins used in breakfast cookery and describe their characteristics.	3%
a. Meat	
b. Fish	
c. Vegetables	
d. Dairy	
4. Identify types of breads, quick breads and batters used in breakfast cookery and describe their characteristics.	3%
5. Identify mixing methods used in preparing quick breads.	3%
6. Identify types of hot and cold cereals used in breakfast cookery and describe their characteristics.	3%
7. Identify types of fruit and vegetables used in breakfast cookery and describe their applications.	3%
8. Identify types of hot and cold beverages and describe their applications.	3%
9. Identify market forms (pre-prepared and packaged) of breakfast products and describe their applications.	3%
10. Describe the procedures used to prepare breakfast dishes.	3%

- | | |
|--|------------|
| 11. Describe plating and finishing techniques. | 3% |
| 12. Describe buffet and serving techniques. | 3% |
| 13. Describe the procedures used to handle and store breakfast items. | 3% |
| 14. Demonstrate the procedures used to prepare breakfast dishes. | 61% |

Cook

Unit: I1 Introduction to Baking

Level: One

Duration: 7 hours

Theory: 7 hours

Practical: 0 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of bakeshop ingredients and their applications, and of baking formulas and measurements.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with baking ingredients.	5%
2. Identify bakeshop ingredients and describe their characteristics and applications.	20%
a. Flour	
b. Fats/shortening	
c. Sweeteners	
d. Liquids	
e. Leavening agents	
f. Flavourings	
g. Chocolate	
h. Dairy products	
i. Specialty products	
3. Identify the factors to consider when selecting ingredients for bakeshop items.	15%
4. Identify market forms (pre-prepared and packaged) of baking products and describe their characteristics and applications.	10%
5. Calculate formulas and bakers percentages.	20%
6. Identify bakeshop tools and equipment and describe their applications.	15%
7. Describe the procedures used to handle and store bakeshop ingredients.	15%

Cook

Unit: I3 Bread Products

Level: One

Duration: 26 hours

Theory: 4 hours

Practical: 22 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of bread products and their applications and of the procedures used to prepare bread products.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with bread products.	4%
2. Identify types of bread products and describe their characteristics and applications.	4%
a. Bread dough	
• Leavened	
• Unleavened	
b. Rolls/buns	
3. Identify ingredients used in breads and describe their characteristics and applications.	8%
a. Flour	
b. Fats/shortening	
c. Sweeteners	
d. Liquids	
e. Leavening agents	
f. Dairy products	
g. Specialty products	
4. Calculate formulas and bakers percentages.	4%
5. Identify the factors to consider when selecting ingredients for bread products.	4%
6. Identify mixing methods used for bread products and describe their associated procedures.	4%

- | | |
|--|------------|
| 7. Describe the procedures used to prepare bread products. | 4% |
| 8. Describe the procedures used to finish bread products. | 4% |
| 9. Describe the procedures used to handle and store bread products. | 4% |
| 10. Demonstrate the procedures used to prepare bread products. | 60% |

Cook

Unit: I4 Cookies

Level: One

Duration: 7 hours

Theory: 2 hours

Practical: 5 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of cookies and their applications and of the procedures used to prepare cookies.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with cookies.	5%
2. Identify types of cookies and describe their characteristics and applications.	5%
3. Identify characteristics of cookies and their causes.	5%
a. Crispness	
b. Softness	
c. Chewiness	
d. Spread	
4. Identify methods of mixing and make-up used to prepare cookies and describe their associated procedures.	5%
a. Mixing	
• Creaming	
• Sponge/foam	
• One staged	
b. Make-up	
• Dropped	
• Bar	
• Molded	
• Ice box	
• Sheet	
• Rolled	
• Bagged	
5. Identify market forms (pre-prepared and packaged) of cookies and describe their applications.	5%

- | | |
|---|------------|
| 6. Describe plating/buffet and finishing techniques. | 5% |
| 7. Describe the procedures used to handle and store cookies. | 5% |
| 8. Demonstrate the procedures used to prepare cookies. | 65% |

Cook

Unit: 15 Pies, Tarts, Flans and Fillings

Level: One

Duration: 20 hours

Theory: 4 hours

Practical: 16 hours

Overview:

Upon completion of this unit of instruction the apprentice will demonstrate knowledge of pies, tarts, flans and fillings and their applications and of the procedures used to prepare pies, tarts, flans and fillings.

Objectives and Content:	<u>Percent of Unit Mark (%)</u>
1. Define terminology associated with pies, tarts, flans and fillings.	4%
2. Identify types of dough used for pies, tarts, and flans and describe their characteristics and applications.	4%
3. Identify types of fillings and describe their characteristics and applications.	4%
a. Baked	
b. Non-baked	
4. Identify ingredients used in pies, tarts, flans and fillings and describe their characteristics and applications.	4%
a. Flour	
b. Fats/shortening	
c. Sweeteners	
d. Liquids	
e. Leavening agents	
f. Dairy products	
g. Flavourings and seasonings	
h. Chocolate	
i. Specialty products	
5. Calculate formulas and bakers percentages.	4%
6. Identify the factors to consider when selecting ingredients for pies, tarts, flans and fillings.	4%
7. Identify market forms (pre-prepared and packaged) of pies, tarts, flans and fillings and describe their characteristics and applications.	4%

- | | |
|--|------------|
| 8. Describe the procedures used to prepare pies, tarts, flans and fillings. | 4% |
| 9. Describe plating and finishing techniques. | 4% |
| 10. Describe the procedures used to handle and store pies, tarts, flans and fillings. | 4% |
| 11. Demonstrate the procedures used to prepare pies, tarts, flans, and fillings. | 60% |
