



**Skilled
Trades**
Ontario

**Métiers
spécialisés**
Ontario

Apprenticeship
Curriculum Standard

Cook (415A)
Assistant Cook (415B)

Levels 1 & 2

2019

Apprenticeship Pathway to a Certificate of Qualification

Phase 1: Registration

Submit Application for Apprenticeship Training through the on-line portal or to local Service Delivery Office

For on-line portal, please follow instructions for registration. You will need to create a *My Ontario* account to access online services.

Training agreement signed and registered by both apprentice and sponsor

Access your Apprenticeship Training Standard Logbook**
skilledtradesontario.ca/about-trades/trades-information

** This is the official record of your training progress. You are responsible for keeping it up-to-date.

Complete on-the-job training

Demonstrate and receive sign-off on the competencies/skills in your Apprenticeship Training Standard Logbook

Complete in-school training

Attend and complete the in-class training set out in the Curriculum Training Standard

Apprentices eligible to apply for apprenticeship incentive grants (Red Seal trades) and loans.

Review and finalize your logbook with your sponsor

Submit proof of apprenticeship completion
via email, in-person or digital portal

Your Apprenticeship Training Standard Logbook details completion requirements. Submit the following:

- completed Apprenticeship Training Standard Logbook with signatures
- proof of hours

Certificate of Apprenticeship is issued

Trades without examination

CofA is the final step of the program

Trades with examination (compulsory and non-compulsory trades)*

Provisional Certificate of Qualification issued for a 12 month term

To prepare for the CofQ examination download the Provincial and/or Red Seal Exam preparation guides.

Make payment for your Certificate of Qualification examination

Call to make a payment (647-847-3000 or 1-855-299-0028)

Schedule a date to write your Examination

To schedule your examination, contact your local Service Delivery Office.

Pass Certificate of Qualification examination

Apprentices eligible to apply for Apprenticeship Completion Grant (Red Seal trades) or Apprentice Completion Bonus (non-Red Seal)

Certificate of Qualification is issued

Upon completion, Sponsors may be eligible for Apprenticeship grants, incentives, bonuses or tax credits

Phase 2: Apprenticeship

Phase 3: Certification

* For a list of trades subject to a certification examination, visit: skilledtradesontario.ca

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Please Note: This Standard has been revised to reflect the visual identity of Skilled Trades Ontario (STO) which replaced the Ontario College of Trades on January 1, 2022. The content of this Standard may refer to the former organization; however, all trade specific information or content remains relevant and accurate based on the original date of publishing.

Please refer to STO's website: skilledtradesontario.ca for the most accurate and up to date information. For information about BOSTA and its regulations, please visit [**Building Opportunities in the Skilled Trades Act, 2021 \(BOSTA\)**](#).

Any updates to this publication are available on-line; to download this document in PDF format, please follow the link: [Skilled Trades Ontario.ca](https://skilledtradesontario.ca).

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Maintained with transfer to Skilled Trades Ontario 2019 (V100)

Preface

This curriculum standard for the Cook and Assistant Cook trade program is based upon the on-the-job performance objectives, located in the industry-approved training standard.

The curriculum is organized into 2 levels of training. The Reportable Subjects Summary chart (located on page 5) summarizes the training hours for each reportable subject.

The curriculum identifies the learning that takes place in-school. The in-school program focuses primarily on the theoretical knowledge and the essential skills required to support the performance objectives of the Apprenticeship Training Standards.

Employers/Sponsors are expected to extend the apprentice's knowledge and skills through practical training on a work site. Regular evaluations of the apprentice's knowledge and skills are conducted throughout training to verify that all apprentices have achieved the learning outcomes identified in the curriculum standard.

It is not the intent of the in-school curriculum to perfect on-the-job skills. The practical portion of the in-school program is used to reinforce theoretical knowledge. Skill training is provided on the job.

Please refer to Skilled Trades Ontario website (www.skilledtradesontario.ca) for the most accurate and up-to-date information about Skilled Trades Ontario. For information on *Building Opportunities in the Skilled Trades Act, 2021 (BOSTA)* and its regulations, please visit [Building Opportunities in the Skilled Trades Act, 2021, S.O. 2021, c. 28 - Bill 288 \(ontario.ca\)](http://www.skilledtradesontario.ca/building-opportunities-in-the-skilled-trades-act-2021-s.o.-2021-c.-28-bill-288)

Pre-requisites

In order to advance to Level 2 of the apprenticeship program, an individual must have completed all of the units outlined in Level 1.

Hours Disclaimer (if applicable)

It is agreed that Training Delivery Agents (TDAs) may need to make slight adjustments (with cause) according to particular apprentice needs and may deviate from the unit sequencing and the prescribed practical and theoretical hours shown within the standard. However, all TDAs will comply with the hours at the reportable subject level.

Suggested Equipment for Training Delivery Agencies

The listing of tools on page 55 does not list minimum quantities based on the understanding that the delivering TDA is in the best position to determine the need based on its delivery methodology.

Personal and Safety Equipment: Personal protective equipment is at the discretion of the TDA who must conform to Ontario Provincial Health and Safety Regulations.

Cook and Assistant Cook Apprenticeship Curriculum

Introduction

The structure of the Cook (415A) and Assistant Cook (415B) in-school curriculum is comprised of Cook Fundamentals and Cook Advanced and is organized into two levels of training.

Apprentices in the Assistant Cook (415B) program are only required to complete the Cook Fundamentals; whereas Cook (415A) apprentices are required to complete both the Fundamentals and Advanced reportable subjects. The Reportable Subjects Summary Chart (located on page 4) summarizes the training hours for each reportable subject.

The learning outcomes in the Cook (415A) curriculum standard are aligned with the elements of performance for many of the vocational learning outcomes in the standard for the Provincial Culinary Management diploma program.

While setting out content requirements, as determined by the Cook Curriculum Standard Revision Working Group and approved by the Ontario College of Trades Cook Trade Board, the standards have been designed to give the instructor every reasonable opportunity for flexibility and innovation in curriculum development, lesson planning and delivery.

It is agreed that Training Delivery Agents (TDAs) may need to make slight adjustments (with cause) according to particular apprentice needs and may deviate from the unit sequencing and the prescribed practical and theoretical hours shown within the standard. However, all TDAs must comply with the hours at the reportable subject level.

Curriculum standard objectives provide a basis for:

- a. Sound theoretical training to meet challenges presented by innovation and increasingly complex tools and equipment within the workplace.
- b. Reinforcement of fundamental trade proficiency through practice of work skills as identified in specific learning outcomes.
- c. Development of a high standard of skill and problem-solving.
- d. Formation of a desirable work attitude and a keen sense of responsibility, particularly concerning public and personal safety and sanitation.

Theoretical knowledge and skills are to be reinforced in the practical aspects of the in-school program. To assure consistency in delivery, a time allocation has been included for each reportable subject, along with theoretical and practical breakdown of the learning content. Specific times have been allocated for practical skills development to ensure that apprentices have an opportunity to demonstrate achievement of learning outcomes according to performance criteria.

In all practical learning activities, the apprentices will abide by the *Occupational Health and Safety Act (OHSA)* and all other regulations and policies relating to safety; in particular, the use of personal protective equipment.

Twenty-five percent of unit marks in all practical food preparation and service labs evaluate knowledge and performance of food safety practices. Food Safety regulations require that the apprentice has current certification in Safe Food Handling, and that this is completed prior to commencing the program or within the first 100 hours of in-school training. Certification requirements can be completed through either municipal or national certification programs, such as:

Municipal Certification (Example)

<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/food-safety/food-handler-certification/>

National Certification (Examples)

Online program: <https://www.foodsafetytraining.ca/>

Online program: <http://www.traincan.com/index-basics.asp>

Content and terminology significantly changed in order to modernize this curriculum standard, and to represent classical and contemporary approaches. The structure of the document, corresponding learning outcomes and allotted hours were accordingly revised. Culinary techniques now better reflect contemporary needs. Items like the sous vide method or nutritional purées are now formally included in the learning outcomes, and the Tools and Equipment List now includes items such as an immersion circulator and food processor (blixer) to facilitate content changes. Sustainable and ethical sourcing of products is now required, with the desire that apprentices reflect on their current and future roles within the food system.

Principles of the Hazard Analysis Critical Control Point (HACCP) system are introduced into this curriculum standard to ensure that apprentices understand food safety practices from a systems- thinking perspective, and are aware of the risk management associated with the foodservice, hospitality and food supply industries.

The working group recognized that the apprentices required more than 15 hours to learn software applications. To this end, Business Development and Kitchen Management are now merged to create a new, 45-hour unit - Culinary Business Fundamentals - consisting of 15 theoretical and 30 practical hours. The revised course introduces foundational culinary business functions including measurement conversions, elementary purchasing, inventory control and elementary menu planning along with use of relevant software applications. As such, computer and presentations skills are embedded in the practical components and reinforced by completion of projects throughout the in-school training. Learning outcomes related to more advanced menu planning are housed in a 15-hour, reportable subject, Menu Planning. Food Theory Basic was also increased by 15 hours to include elementary theory on purchasing that was removed from Kitchen Management.

The increased demand on cooks to modify recipes and adhere to various dietary requirements based on health, cultural and religious restrictions influenced the addition of 15 hours of practice to the Culinary Techniques - Advanced Unit. This unit now includes texturizing foods according to International Dysphagia Diet Standards Initiative (IDDSI). These hours were removed from Kitchen Management as it was revised to a 60-hour Culinary Business Management reportable subject.

With experience, cooks may act as mentors and trainers to apprentices in the trade and can move to other positions such as sous-chefs, kitchen managers, chefs, executive chefs, food and beverage managers, and directors. As such, a new 60-hour Culinary Business Management reportable subject was added and raises the teaching standard of management skills. It includes an introduction to leadership styles and their impact on the team and requires the apprentice to prepare a professional development plan.

The Cook Curriculum Standard Revision Working Group and the Cook Trade Board trust that apprentices and faculty will find the new curriculum standard to be both tailored to meet the needs of the modern industry throughout the Province, but flexible enough to allow for local demands, apprentice and faculty interests and future innovations.

The Cook Curriculum Standard Revision Working Group was comprised of the following individuals:

Steve Benns BComm, RSE
Professor, Fleming College

Anthony Bevan, CCC, RSE
Professor, Georgian College

Peter Blakeman BEd, MBA, CCC, RSE
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Professor & Coordinator, Fanshawe College

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Professor & Coordinator, George Brown College

Reportable Subjects Summary Chart

Number	Reportable Subjects	Hours Total	Hours Theory	Hours Practical	Pre-requisite
Level 1 – Cook Fundamentals/Assistant Cook					
3291	Workplace and Food Safety Practices	15	15	0	N/A
3292	Basic Nutrition	15	15	0	N/A
3293	Culinary Business Practices	45	15	30	N/A
3294	Food Theory - Basic	60	60	0	N/A
3295	Culinary Techniques - Basic	165	0	165	N/A
3296	Bake Theory	15	15	0	N/A
3297	Baking Techniques - Basic	45	0	45	N/A
	Total	360	120	240	
Level 2 – Cook Advanced					
3298	Menu Planning	15	15	0	3291, 3292, 3293, 3294, 3295, 3296, 3297
3299	Culinary Business Management	60	60	0	3291, 3292, 3293, 3294, 3295, 3296, 3297
3300	Food Theory - Advanced	39	39	0	3291, 3292, 3293, 3294, 3295, 3296, 3297
3301	Culinary Techniques - Advanced	201	0	201	3291, 3292, 3293, 3294, 3295, 3296, 3297
3302	Baking Techniques – Advanced	45	0	45	3291, 3292, 3293, 3294, 3295, 3296, 3297
	Total	360	114	1246	

Curriculum Summary

3291		3292	
Workplace and Food Safety Practices 15 hours- Theory		Basic Nutrition 15 hours- Theory	
<ol style="list-style-type: none"> 1. Legislation 2. Personal Hygiene and safe work practices 3. Food-borne Illnesses and non-food contaminants 4. Maintain a safe and clean work-site 5. Hazard analysis critical control point-system (HACCP) 6. Maintenance of tools and equipment 7. Emergency protocols 		<ol style="list-style-type: none"> 1. Macro & micro nutrients 2. Nutrient Requirements 3. Food Preparation Practices for various dietary requirements 	
3293		3294	
Culinary Business Practices 45 hours (15 Theory-30 Practical)		Food Theory - Basic 60 hours	
<ol style="list-style-type: none"> 1. Basic numeric operations 2. Basic word processing functions 3. Basic spreadsheet software functions 4. Presentation software application 		<ol style="list-style-type: none"> 1. Evolution of cuisines 2. Working structure of a commercial kitchen 3. Principles of cooking 4. Criteria for purchasing 5. Fundamentals for processing and cooking of vegetables 6. Fundamentals of sourcing, processing and cooking of fruits 7. Fundamentals of sourcing and processing of flavouring agents 8. Principles of stock and soup cookery 9. Principles of sauce cookery 10. Fundamentals of farinaceous cookery 11. Fundamentals of preparing and presenting beef, veal, pork, and poultry 12. Fundamentals of sourcing, preparing and presenting fish and shellfish 13. Applications of eggs as a functional ingredient in cooking 14. Salads and salad dressings 15. Principles and techniques of sandwich making 16. Production of hors d'oeuvres 17. Principles for the preparation of non- alcoholic beverages 	

3295	3296
Culinary Techniques - Basic 165 hours practical	Bake Theory 15 hours
<ol style="list-style-type: none"> 1. Safe work practices 2. Safe food handling practice 3. Maintain knives and other kitchen tools and equipment 4. Prepare mise en place 5. Prepare flavouring agents 6. Prepare stock and broths 7. Prepare soups 8. Prepare thickening agents 9. Prepare hot sauces 10. Prepare cold sauces and dressings 11. Prepare egg and breakfast cookery 12. Prepare short order cookery 13. Prepare vegetable dishes 14. Prepare farinaceous and wheat based products 15. Prepare seeds, nuts and soy products 16. Prepare salads 17. Prepare poultry and small game birds 18. Prepare pork dishes 19. Prepare veal dishes 20. Prepare beef dishes 21. Prepare lamb dishes 22. Prepare fish dishes 23. Prepare shellfish 24. Finish and present product according to predetermined criteria 	<ol style="list-style-type: none"> 1. Product types and production methods used in baking 2. Properties of flour, application and storage 3. Properties of fat, application and storage 4. Properties of sugar, application and storage 5. Properties of egg application and storage 6. How eggs are applied as an ingredient in baking 7. How dairy products are applied as a functional ingredient in baking 8. Properties of salt, application and storage 9. Properties of leavening agents, application and storage 10. Applications of chocolate as an ingredient in baking
3297	3298
Baking Techniques - Basic 45 hours (Practical)	Menu Planning 15 hours (Theory)
<ol style="list-style-type: none"> 1. Prepare yeast products 2. Prepare quick breads 3. Prepare pies, tarts and flans 4. Demonstrate piping techniques 5. Prepare various types of cookies 6. Prepare sponge-based pastries 7. Prepare various types of custards and creams 8. Prepare choux paste products 9. Prepare laminated dough 	<ol style="list-style-type: none"> 1. Plan menus 2. Prepare a menu 3. Calculate the selling costs for menu items

3299	3300
Culinary Business Management 60 hours (Theory)	Food Theory Advanced 39 hours
<ol style="list-style-type: none"> 1. Principles of revenue control 2. Calculations for Inventory control 3. Determining factors for purchasing equipment 4. Professional development plan 5. Human resource management practices 6. Leadership styles 7. Perform calculations related to labour cost control 	<ol style="list-style-type: none"> 1. The influence of cultures, religion, and ethnicities on current culinary preparation practices 2. The culinary contributions of North America's indigenous people 3. Procedures for preparing specialty soups 4. Advanced techniques for sauce cookery 5. Sourcing, preparation and presenting of lamb, fowl, and farm-raised game cookery 6. Cheese production, handling, applications and storage 7. Production of garde-manger items 8. Applications of wines, spirits and beer in cooking
3301	3302
Culinary Techniques – Advanced 201 hours (Practical)	Baking Techniques – Advanced 45 hours (Practical)
<ol style="list-style-type: none"> 1. Prepare specialty soups and broths 2. Prepare various sauces and thickeners 3. Prepare garde-manger products 4. Butcher poultry, pork, veal, beef and lamb into various retail meat cuts 5. Prepare meat using various cooking methods 6. Prepare marinates and rubs 7. Prepare fish and shellfish using various cooking methods 8. Texturize foods and Thicken liquids 	<ol style="list-style-type: none"> 1. Temper Chocolate and prepare chocolate desserts 2. Prepare frozen desserts 3. Prepare and apply icings 4. Produce and finish cakes 5. Prepare hot desserts 6. Prepare dessert sauces 7. Demonstrate contemporary plating techniques

Fundamentals/ Advanced Curriculum Summary Comparison

3294	3300
Food Theory - Basic 60 hours	Food Theory-Advanced 39 hours
<ol style="list-style-type: none"> 1. Evolution of cuisines 2. Working structure of a commercial kitchen 3. Principles of cooking 4. Criteria for purchasing 5. Fundamentals for processing and cooking of vegetables 6. Fundamentals of sourcing, processing and cooking of fruits 7. Fundamentals of sourcing and processing of flavouring agents 8. Principles of stock and soup cookery 9. Principles of sauce cookery 10. Fundamentals of farinaceous cookery 11. Fundamentals of preparing and presenting beef, veal, pork, and poultry 12. Fundamentals of sourcing, preparing and presenting fish and shellfish 13. Applications of eggs as a functional ingredient in cooking 14. Salads and salad dressings 15. Principles and techniques of sandwich making 16. Production of hors d'oeuvres 17. Principles for the preparation of non- alcoholic beverages 	<ol style="list-style-type: none"> 1. The influence of cultures, religion, and ethnicities on current culinary preparation practices 2. The culinary contributions of North America's indigenous people 3. Procedures for preparing specialty soups 4. Advanced techniques for sauce cookery 5. Sourcing, preparation and presenting of lamb, fowl, and farm-raised game cookery 6. Cheese production, handling, applications and storage 7. Production of garde-manger items 8. Applications of wines, spirits and beer in cooking

3295	3301
Culinary Techniques - Basic 165 hours practical	Culinary Techniques – Advanced 201 hours (Practical)
<ol style="list-style-type: none"> 1. Safe work practices 2. Safe food handling practice 3. Maintain knives and other kitchen tools and equipment 4. Prepare mise en place 5. Prepare flavouring agents 6. Prepare stock and broths 7. Prepare soups 8. Prepare thickening agents 9. Prepare hot sauces 10. Prepare cold sauces and dressings 11. Prepare egg and breakfast cookery 12. Prepare short order cookery 13. Prepare vegetable dishes 14. Prepare farinaceous and wheat based products 15. Prepare seeds, nuts and soy products 16. Prepare salads 17. Prepare poultry and small game birds 18. Prepare pork dishes 19. Prepare veal dishes 20. Prepare beef dishes 21. Prepare lamb dishes 22. Prepare fish dishes 23. Prepare shellfish 24. Finish and present product according to predetermined criteria 	<ol style="list-style-type: none"> 1. Prepare specialty soups and broths 2. Prepare various sauces and thickeners 3. Prepare garde-manger products 4. Butcher poultry, pork, veal, beef and lamb into various retail meat cuts 5. Prepare meat using various cooking methods 6. Prepare marinates and rubs 7. Prepare fish and shellfish using various cooking methods 8. Texturize foods and Thicken liquids

3297	3302
Baking Techniques – Basic 45 hours (Practical)	Baking Techniques – Advanced 45 hours (Practical)
<ol style="list-style-type: none"> 1. Prepare yeast products 2. Prepare quick breads 3. Prepare pies, tarts and flans 4. Demonstrate piping techniques 5. Prepare various types of cookies 6. Prepare sponge-based pastries 7. Prepare various types of custards and creams 8. Prepare choux paste products 9. Prepare laminated dough 	<ol style="list-style-type: none"> 1. Temper Chocolate and prepare chocolate desserts 2. Prepare frozen desserts 3. Prepare and apply icings 4. Produce and finish cakes 5. Prepare hot desserts 6. Prepare dessert sauces 7. Demonstrate contemporary plating techniques

Cook Fundamentals/Assistant Cook

Level 1

**Reportable Subject Summary – Level 1
Cook Fundamentals/Assistant Cook**

Number	Reportable Subjects	Hours Total	Hours Theory	Hours Practical
3291	Workplace and Food Safety Practices	15	15	0
3292	Basic Nutrition	15	15	0
3293	Culinary Business Practices	45	15	30
3294	Food Theory - Basic	60	60	0
3295	Culinary Techniques - Basic	165	0	165
3296	Bake Theory	15	15	0
3297	Baking Techniques - Basic	45	0	45
	Total	360	120	240

Number:	3291		
Title:	Workplace and Food Safety Practices		
Duration:	Total Hours: 15	Theory: 15	Practical: 0
Pre-requisites:	None		
Co-requisites:	Food Handler Certification		

General Learning Outcomes

Upon successful completion of the reportable subject, the apprentice is able to explain food industry safety standards and regulations, as it applies to personal hygiene, workplace safety and food handler practices.

In all practical food preparation and service labs, the principles covered in this learning outcome are reinforced and evaluated to ensure apprentices are continually adhering to industry regulations. Apprentices are expected to successfully complete an approved standard food safety training certificate.

Learning Outcomes

Upon successful completion, the apprentice is able to:

1. Interpret relevant industry legislation.
 - State the responsibilities of the three levels of government, (federal, provincial and municipal), regarding food safety and food premise inspections
 - Identify industry standards such as the Health Protection and Promotion Act
2. Demonstrate personal hygiene, professional attire and safe work practices.
 - State the reasons for:
 - Personal Protective Equipment (PPE) in compliance with the Occupational Health and Safety Act and Compliance Act
 - Maintaining personal sanitary habits including wearing a clean cook's uniform, removing jewelry, correct hand washing techniques, controlling hair and covering cuts, burns, and scratches

3. Describe the causes, symptoms, control and method of transmission of food-borne illnesses and non-food contaminants.
 - State the four common bacterial families involved in food-borne illnesses
 - Identify the causes of food-borne illness, bacteria food habitats and means of transmission
 - Identify control measures for prevention
 - Describe symptoms of food-borne illnesses
 - Describe non-food contaminants e.g. biohazards or chemical contaminants
4. Explain how to maintain a safe and clean work-site.
 - Describe the principles of WHMIS (Global Harmonized System: Classification of Hazardous Materials)
 - Identify safety requirements for:
 - Storing non-food products and hazardous materials
 - Handling hazardous materials such as cleaning products
 - Design and implement a cleaning schedule for a food preparation area
 - Explain industry practice for hazard assessment and control procedures
5. Describe the principles of hazard analysis critical control point-system (HACCP).
 - State the methods of safe food transportation, purchasing, receiving, storage, preparation, holding and reheating of foods with emphasis on temperature control
6. Explain the use and maintenance of tools and equipment.
 - Describe the maintenance and safety pre-cautions of knives and hand tools
 - Identify common kitchen equipment, the use, operation, cleaning, sanitizing and maintenance according to manufactures specifications
7. Explain emergency protocols for various causes according to standards and regulation.
 - List and describe the importance of emergency and planning procedures (cause and response)
 - Fire
 - Type of Incident

Instructional & Delivery Strategies

Theory Classes using a variety of teaching methodologies.

There is an opportunity to partner with the local health unit for support in delivery of this unit

Evaluation Structure As a standalone reportable subject			
Theory Test #1	Theory Test #2	Assignments	Final Assessment
25%	25%	20%	30%

*NOTE: PRACTICAL APPLICATION - In all practical food preparation courses, 25% of the final mark is the evaluation of the apprentice's application of food safety practices.

Number:	3292		
Title:	Basic Nutrition		
Duration:	Total Hours: 15	Theory: 15	Practical: 0
Pre-requisites:	Workplace and Food Safety Practices		
Co-requisites:	None		

General Learning Outcomes

Upon successful completion of the reportable subject, the apprentice is able to explain the fundamentals of nutrition.

Learning Outcomes

1. Summarize how macro and micronutrients are digested and absorbed by the human body.
 - Define the role of carbohydrate, protein, fiber, water and fats: saturated, polyunsaturated, monounsaturated, cholesterol, HDL and LDL
 - Define the roles of vitamins and minerals
 - Explain food sources, functions, results of deficiencies of vitamins and minerals
 - Explain the food sources of water and its value to the body's functions
 - Interpret an ingredient list and nutrition facts table
2. Explain human nutrient requirements in terms of Energy and Calories provided by Carbohydrates, Protein, and Fats.
 - State the calories supplied by 1g each of carbohydrate, protein, fat and alcohol
 - Identify nutrient requirements outlined by industry standards, such as Dietitians of Canada, Health Canada and Canada's Food Guide for healthy living
 - Identify recommended percentage of total caloric intake from carbohydrate, protein and fat from a one day's menu
 - Contrast the total caloric intake from carbohydrates, protein and fat in a balanced diet versus an unbalanced diet

3. Describe food preparation practices for various dietary requirements.
- Identify the modification requirements for diets such as gluten free, diabetic, allergies, intolerances and sensitivities
 - Identify the nutritional requirements through the life cycle, elderly
 - Describe the standard requirements for textures: honey, nectar and pudding, minced and purees
 - Identify how recipes can be adapted to meet dietary requirements and food preparation practices

Instructional & Delivery Strategies

Theory Classes using a variety of teaching methodologies.

There is an opportunity to partner with the local health unit or Registered Dietitians for support in delivery of this unit.

Evaluation Structure			
Theory Test #1	Theory Test #2	Assignments	Final Assessment
25%	25%	20%	30%

Number:	3293		
Title:	Culinary Business Practices		
Duration:	Total Hours: 45	Theory: 15	Practical: 30
Pre-requisites:	Workplace and Food Safety Practices		
Co-requisites:	None		

General Learning Outcomes

Upon successful completion, the apprentice will be able to use software applications to perform basic culinary business functions such as measurement conversions, elementary purchasing, inventory control and elementary menu planning and costing.

Learning Outcomes

1. Perform basic numeric operations.
 - Perform, calculate and convert basic numeric functions
 - Convert Fahrenheit and Celsius temperatures
 - Explain the three standards of measurement: Metric, Imperial and American
 - Convert volume and mass as it relates to scaling recipes
 - Calculate a yield test analysis on a product
2. Perform basic word processing functions such as:
 - Open a new document, save, retrieve, edit (using various software features-thesaurus, spell and grammar check) and print professional-looking text and documents. Insert tables, graphics and hyperlinks
 - Input data into a standardized recipe template.
 - Compile recipes using a word processing program
3. Perform basic spreadsheet software functions, such as:
 - Create, save, retrieve, edit and print worksheets
 - Construct basic spreadsheets to be used to:
 - Adjust recipes to scale
 - Calculate measurement conversion

4. Demonstrate the application of presentation software to:

- Create, edit and print a presentation
- Use drawing tools and graphics
- Use templates
- Create and present a slide show

Instructional & Delivery Strategies

This reportable subject is delivered in the computer lab with each apprentice having access to a computer; theory is taught applying a variety of teaching methodologies.

Evaluation Structure		
Theory Testing	Practical Application Testing	Final Assessment
30%	40%	30%

Number:	3294		
Title:	Food Theory - Basic		
Duration:	Total Hours: 60	Theory: 60	Practical: 0
Pre-requisites:	None		
Co-requisites:	6. Bake Theory *		

General Learning Outcomes

Upon successful completion the apprentice is able to explain basic food theory in preparation for the practical application of culinary techniques.

Learning Outcomes

1. Describe the evolution of cuisines.
 - Define “classical” cuisine and the concept of “classical derivatives”
 - Examine the influence of history, culture and environment on cuisine
2. Explain the working structure of a commercial kitchen.
 - Describe functions of various kitchen brigades; roles and responsibilities
 - Identify the role, function and dynamics of a cook as a member of a foodservice team
3. Explain the principles of cooking.
 - Define heat transfer
 - Describe the application of heat using direct, indirect cooking methods
 - Describe the effect of cooking temperature during cooking
 - Describe moist, dry and combination cooking methods
 - Describe the sous vide cooking method
 - Describe the process for determining internal temperature of product and stages of doneness
4. Identify criteria for purchasing.
 - Define food standards: grading, laws and regulations
 - Define sourcing options: organic, commercial, GMO etc.
 - Examine the responsibility of purchasing ethically

5. Describe the fundamentals for processing and cooking of vegetables.
 - Classify vegetables by their botanical structure, colour and texture
 - Define classical and contemporary vegetable cuts and application
 - Describe various cooking processes for preparing vegetables
 - Describe various methods for preserving vegetables such as brining, pickling, dehydrating, freezing and canning
 - Describe methods for storing raw and cooked vegetables
6. Describe the fundamentals of sourcing, processing and cooking of fruits.
 - Classify various types of fruit
 - Describe the characteristics of quality, ripeness and shelf life of fruits
 - Explain the methods of processing and/or cutting, according to fruit type
 - Describe various cooking processes for preparing fruit.
 - Describe various methods for preserving fruit such as pickling, dehydrating, freezing, and canning
 - Describe methods for storing raw and cooked fruit
7. Describe the fundamentals of sourcing and processing of flavouring agents.
 - Classify herbs and spices by appearance, flavour and application.
 - Describe various applications of vegetables for flavouring
 - Describe the composition and application of classical flavouring agents such as: Mirepoix, Bouquet Garni, Sachet, Matignon, Onion Clouté or Onion Pique
 - Explain the application of flavouring agents in the production of infused oils and vinegars
8. Explain the principles of stock and soup cookery.
 - Define stock, soup and broth
 - Describe the principles of preparing: white, brown, vegetable, fish and shellfish stock
 - Define classical stock and soup terms
 - Compare and contrast: stock “fonds”, broth “bouillon” and glaze “glace”
 - Classify clear, cream, purées, cold and specialty soups
 - Describe the proper cooling and storage procedures for stock and soup
 - Compare fresh stock and soup to convenience products

9. Explain the principles of sauce cookery.
- Categorize thickening agents, preparation and use, such as Flour: roux (aromatic, white, blonde, brown), beurre manié, Starch: corn, rice, potato, Egg: liaison, Butter, cream, gelatin, pectin, gums
 - Classify classical hot sauce “families”.
 - Béchamel
 - White - Velouté (fish, chicken, veal)
 - Brown - Glace de viande, Jus lié, Espagnole, Demi Glace
 - Tomato (French and Italian)
 - Define hot sauces and dérivatives such as: Mornay, Mushroom and Créole
 - Explain the principle of using a reduction, a Monte au Beurre, hot and cold emulsification sauces.
 - Explain methods of fixing a broken sauce
 - Explain the method of preparing and applying compound butters
 - Identify the applications of various convenience sauce products
 - Explain cooling and storage methods for sauces to maintain quality and sanitation
10. Explain the fundamentals of farinaceous cookery.
- Differentiate between fresh and dry pasta
 - Categorize various types, shapes (short, medium and long pasta)
 - Identify various types of stuffed pasta
 - Identify various oil, tomato and cream pasta sauces
 - Describe various cooking processes for pasta
 - Describe the holding and storage of cooked and uncooked pasta
 - Describe various types of potatoes, rice, grains, legumes
 - State the methods of preparation of potatoes, rice, grains, legumes
11. Describe the fundamentals of preparing and presenting beef, veal, pork, and poultry.
- Define provincial grading and federal inspection
 - Identify primal, sub-primal and fabricated meat cuts according to industry standards
 - Describe various cooking methods (roast, roast-stuffed, grill, pan fry, sauté, braised, pie, fricassée, blanquette, stew, pot roast)

12. Describe the fundamentals of sourcing, preparing and presenting fish and shellfish.
- Describe quality and freshness indicators
 - Classify fish by: round and flat, fat and lean, salt and fresh water
 - Identify cuts of fish
 - Classify mollusks, crustaceans, cephalopods, gastropods and amphibians
 - Describe the methods of cleaning fish and shellfish
 - Describe methods of cooking and storing fish and shellfish
 - Describe various processing options including: brining, marinating, stuffing, and coating
13. Describe the applications of eggs as a functional ingredient in cooking.
- Describe in methods of egg cookery such as fried, poached, coddled, scrambled, boiled, baked, omelets
 - Identify the preparation of egg based products: waffles, pancakes, crepes.
 - Describe the safe food handling and storage of eggs
14. Describe various salads and salad dressings.
- Identify various types of lettuce, sprouts and other salad ingredients
 - Assess quality and recognizing freshness by colour, appearance, firmness, crispness, and selecting variety and size
 - Describe process for preparing salad ingredients such as washing, peeling, chopping, cutting, mixing, spinning, drying, cooking, marinating
 - Identify types of salads such as simple, bound, compound and composed
 - Describe the preparation and application of dressings, such as vinaigrette
 - Explain the methods of storing salads and salad dressing
15. Explain the principles and techniques of sandwich making.
- Identify the components and ingredients required for sandwich production
 - Identify various types of cold sandwiches such as basic filled, fancy and open-faced
 - Identify various types of hot sandwiches such as toasted, grilled and open faced
 - Describe the production management required for quantity sandwich making

16. Describe the production of hors d'oeuvres.
- Identify various types of hors d'oeuvres (appetizers)
 - Describe the preparation, assemble and garnishing techniques for hors d'oeuvres
 - Describe the presentation and service requirements of hors d'oeuvres
 - Explain the safe handling and storage of hors d'oeuvres
17. Describe the principles for the preparation of non-alcoholic beverages.
- Identify types and sources of non-alcoholic beverages
 - State the methods of preparation and temperatures required for hot beverage service

Instructional & Delivery Strategies

Theory Classes using a variety of teaching methodologies.

Evaluation Structure			
Theory Test #1	Theory Test #2	Assignments	Final Assessment
25%	25%	20%	30%

***NOTE: PRACTICAL APPLICATION**

Bake Theory for reference of theory on eggs and dairy

In all practical food labs, 40% of the unit final mark is to evaluate the "Method of work" which includes application of theory.

Number:	3295		
Title:	Culinary Techniques - Basic		
Duration:	Total Hours: 165	Theory: 0	Practical: 165
Pre-requisites:	None		
Co-requisites:	None		

General Learning Outcomes

Upon successful completion of the reportable subject the apprentice is able to demonstrate culinary techniques to prepare, finish and present food dishes in various styles and settings according to recipe specifications.

Learning Outcomes

1. Demonstrate safe work practices.
 - Dress in full cook's uniform according to Training Delivery Agent (TDA) policy
 - Organize kitchen workstation by selecting tools, equipment and ingredients and arranging in accordance with production requirements
 - Maintain a safe and clean workstation by cleaning and sanitizing the work surface
 - Explain emergency and fire procedures
 - Identify potential hazards
2. Demonstrate safe food handling practice
 - Demonstrate personal hygiene practices, throughout the duration of work.
 - Perform workplace hygiene and sanitation by cleaning and sanitizing surface area
 - Control temperature during processing and preparation
 - Conduct cooling temperatures
 - Perform procedures for reheating
 - Perform food receiving and storage procedures
3. Maintain knives and other kitchen tools and equipment
 - Handle, assemble sharpening, clean and store knives
 - Inspect, clean, calibrate small wares
 - Inspect, assemble, clean and sanitize large equipment according to manufactures specifications

4. Prepare mise en place
 - Select ingredients according to recipe specifications
 - Process ingredients according to recipe specifications
 - Select herbs and spices as required
5. Prepare flavouring agents
 - Mirepoix
 - Bouquet Garni
 - Sachet
 - Onion Cloute /onion pique.
6. Prepare stock and broths by selecting washing, peeling, measuring and cutting, combining and cooking in sequence according to recipe specifications such as:
 - White (veal, chicken, fish)
 - Brown (veal/beef, chicken)
 - Vegetable stock
7. Prepare soups by selecting, preparing, cutting, mixing, and cooking ingredients in sequence according to recipe specifications:
 - clear
 - consommé
 - purée
 - cream
8. Prepare thickening agents:
 - Roux: white, blond, brown
 - Butter
 - Beurre manié
 - Liaison
 - Cream
 - Starch: corn, arrowroot

9. Prepare hot sauces:
 - Glace de viande – reduction sauce
 - White (béchamel, velouté) – derivatives – reduction
 - Brown (espagnole, demi glace) – derivatives – reduction
 - Gravies, jus lié
 - Tomato – derivatives
10. Prepare cold sauces and dressings
 - Mayonnaise – derivatives
 - Vinaigrette - derivatives
11. Prepare egg and breakfast cookery:
 - Prepare eggs: fry, boil, poach, scrambled, shirred
 - Prepare egg dishes:
 - Omelette (folded and flat; Spanish, French)
 - Quiche
 - Poached egg dish
 - Crepes, french toast, pancakes
 - Prepare breakfast meat items
 - Prepare breakfast fish item
12. Prepare short order cookery.
 - Prepare classical hot sandwiches served in a contemporary presentation.
13. Prepare vegetable dishes
 - Select vegetable (leaf, steam, flower, root, pod, legume, pulses, bulb, fungi)
 - Prepare vegetable cuts
 - Prepare vegetable dishes utilizing cooking methods:
 - Simmer, boil, steam, stir fry, fry, sauté, braise, roast, grill
14. Prepare farinaceous and wheat based products:
 - Fresh pasta dishes: baked, noodle, stuffed, spaetzle, gnocchi
 - Other wheat based products such as couscous, bulgar, polenta, and semolina
 - Rice dishes: boiled, pilaf, risotto

- Potato dishes:
 - Duchesse – derivatives
 - Baked – derivatives
 - Mashed - derivatives
 - Château
 - Sauté
 - French fried
 - Noisette
 - Rösti
 - Roasted
 - Other Starch varieties such as taro root and polenta
15. Prepare seeds, nuts, and legumes by: blanching, baking, simmering, steaming, roasting, or broiling.
16. Prepare salads by selecting, assessing, and processing ingredients, chopping, mixing, cooking, marinating according to recipe specifications including:
- Simple: lettuce, vegetable, legume
 - Compound
 - Composed
 - Vinaigrette
 - Mayonnaise
17. Prepare poultry and small game birds (duck, quail, duck confit) dishes:
- prepare / butcher for:
 - Whole roast
 - Spatchcock / crapaudine
 - Sauté
 - Suprêmes
 - Émincé
 - utilizing appropriate cooking methods: roast, sauté, poach, grill, pan fry, fricassée, pies
18. Prepare pork dishes:
- prepare / butcher for:
 - roast loin and leg
 - spare ribs
 - forcemeat
 - utilizing using moist and dry heard methods such as roast (stuffed), grill, pan fry, sauté, braised, pork pie, fricassée

19. Prepare veal dishes by butchering and cooking using moist and dry heat methods:
- prepare / butcher for:
 - escalope – paupiette
 - utilizing appropriate cooking methods: fricassée, Blanquette, pan fry, roast, braised, grill, sauté
20. Prepare beef dishes by butchering and cooking using moist and dry heat methods:
- prepare / butcher for:
 - ground
 - stewing
 - émincé
 - pot roast
 - roast (prime rib)
 - paupiette
21. Prepare lamb dishes by butchering and cooking using moist and dry heat methods.
- prepare / butcher for:
 - leg
 - shoulder-stuffed
 - shank
 - stewing
 - utilizing appropriate cooking methods: roast, sauté, pan fry, stew, braised, grill/broil
22. Prepare fish dishes:
- prepare / butcher for:
 - whole
 - darne
 - fillet
 - goujon
 - crumbed and battered
 - utilizing appropriate cooking methods: poach (court bouillon), steaming, pan fry, deep fat fry, grill/broil, bake, en papillote.

23. Prepare shellfish prepare / butcher for:
- shrimp
 - oyster
 - mussels
 - scallops
 - clams
24. Finish and present product according to predetermined criteria.
- Season according to desired outcome
 - Present clean serving dishes
 - Construct a balanced and symmetrical dish
 - Present plates and dishes at temperatures that meet industry best practices

Instructional & Delivery Strategies

Demonstration, Lecture, Practical Assignments

Evaluation Criteria

Professionalism & Appearance (15%)

- Uniform
- Grooming
- Deportment

Sanitation & Safety (25%)

- Personal
- Environmental (work environment)
- Product Management
- Safe Handling, Operation, Cleaning & Sanitizing of Tools & Equipment
- Organization of work area

Method of Work (40%)

- Application of Theory
- Application of Culinary Methods & Techniques

Quality of Finished Product (20%)

- Appearance
- Taste
- Texture

Evaluation Structure	
Ongoing practical assessment	Final Assessment
70%	30%

Number:	3296		
Title:	Bake Theory		
Duration:	Total Hours: 15	Theory: 15	Practical: 0
Pre-requisites:	None		
Co-requisites:	Food Theory - Basic		

General Learning Outcomes

Upon successful completion of the reportable subject, the apprentice will be able to explain the fundamentals and principles of professional baking.

Learning Outcomes

1. Explain the product types and production methods used in baking.
 - Describe the role and function of the bakery
 - Identify types of finished baked products
 - Differentiate between baked products and pastry
 - Identify ingredients used in baking
 - Describe mixing methods and principles
 - Describe general production methods used in baking
 - Describe storage procedures for finished bake products
2. Describe properties of flour, application and storage.
 - Identify parts of the wheat berry: bran, germ, and endosperm
 - Classify types of flours
 - Describe the use of flour in the production of baked products.
 - Describe various components of flour, such as moisture, protein content, fat, minerals, enzyme, fiber and ash effect and their effect on the performance of flour
 - Identify how to store flour
3. Describe properties of fat, application and storage.
 - Identify types of fat, including shortening, margarine, lard, butter, oils
 - Describe the properties of fat
 - Discuss the applications of fat as an ingredient
 - Describe the safe food handling and storage of fats

4. Explain properties of sugar, application and storage.
 - Identify types of sugar including, refined sugar, honey, syrups, molasses, glucose, corn syrup, natural and artificial sweeteners
 - Identify the applications of natural and artificial sweeteners
 - Differentiate between simple, complex and inverted sugars, including sucrose, fructose, lactulose, maltose, and galactose
 - Describe the storage procedures for sugar
5. Explain the properties of egg application and storage.
 - Identify types, grades and sizes of eggs
 - Identify purchase forms of eggs including, fresh, whole, dried, and frozen
 - Identify the safe food handling and storage of eggs
6. Describe how eggs are applied as an ingredient in baking.
 - Identify the purpose of utilizing eggs in baking, such as leavening, moisture
 - Identify techniques of egg preparation, such as egg foaming, meringue
7. Describe how dairy products are applied as a functional ingredient in baking.
 - Explain how milk is produced, graded, packaged and sourced
 - Identify the different kinds of milk: homogenized, fortified, skimmed, buttermilk
 - Identify of different forms of milk utilized in baking: homogenized, evaporated, condensed, and dried in baking
 - Identify the purpose of dairy products in baking, such as adding moisture or add richness, etc.
 - Identify types of dairy products including: yogurt, butter, sour cream, kefir, whey powder
 - Identify the safe food handling and storage of dairy products
8. Explain properties of salt, application and storage.
 - Identify the origins, types and forms of salt
 - Identify the applications of salt as a functional ingredient in baking
 - State the shelf life and storage of salt
9. Explain the properties of leavening agents, application and storage.
 - Identify a variety of chemical and natural leaveners
 - Describe the functional application of chemical and natural leaveners

- Define creaming/foaming preparation methods
- Identify types of yeast
- Identify the applications of yeast as an ingredient
- Define fermentation

10. Explain the applications of chocolate as an ingredient in baking.

- Identify the origins, types, percentage of cocoa, purchase forms of chocolate
- Describe the production of chocolate
- State the steps in tempering chocolate
- Describe the handling and storage procedure for chocolate

Instructional & Delivery Strategies

Theory Classes using a variety of teaching methodologies.

Evaluation Structure			
Theory Test #1	Theory Test #2	Assignments	Final Assessment
25%	25%	20%	30%

***NOTE: PRACTICAL APPLICATION**

In all practical bake labs, 40% of the unit final mark is to evaluate the "Method of work" which includes application of theory.

Number:	3297		
Title:	Baking Techniques - Basic		
Duration:	Total Hours: 45	Theory: 0	Practical: 45
Pre-requisites:	Reportable Subject 7: Bake Theory		
Co-requisites:	None		

General Learning Outcomes

Upon successful completion of the reportable subject, the apprentice is able to demonstrate fundamental baking techniques and produce product for à la carte and banquet settings (small and large quantity).

Learning Outcomes

1. Prepare yeast products using straight, sponge and rolled-in in dough method.
 - Mix dough to develop gluten and allow primary fermentation
 - Divide dough into correct weight
 - Bench dough
 - Shape dough to a smooth uniform shape
 - Proof dough to desired size
 - Finish dough such as egg wash, slash
 - Bake or fry according to recipe and assess product doneness
2. Prepare quick breads using a muffin, biscuit and creaming method.
 - Line or brush container with oil
 - Portion batter
 - Cook, bake or fry according to formulation
 - Remove from pan, cool and store
3. Prepare pies, tarts and flans.
 - Prepare dough using the rubbed in method
 - Roll dough to even thickness without sticking
 - Line baking sheets, flan rings
 - Finish dough using techniques such as blind baking, fluting and lattice work
 - Prepare fillings to correct texture/thickness
 - Assemble pies/tarts/flans

4. Demonstrate piping techniques.
 - Pipe uniform rosettes, hearts, crescents, spirals and straight lines
5. Prepare various types of cookies.
 - Mix dough using creaming, one-stage and sponge methods
 - Shape cookies based on product type such as rolled, cut-out, drop, filled
 - Line baking sheet, bake and assess product doneness
6. Prepare sponge-based pastries using batter and sponge method.
 - Line or brush container with oil
 - Prepare batter according to recipe
 - Portion batter
 - Prepare simple syrup
7. Prepare various types of custards and creams
 - Prepare baked custard, crème Brûlée and bread pudding
 - Prepare stirred custard such as crème Anglaise and pastry cream
 - Prepare creams such as Bavarian creams and Chantilly
 - Present custards and cream desserts using contemporary concepts
8. Prepare choux paste products.
 - Cook dough until proper consistency
 - Incorporate eggs
 - Portion by piping or shaping
 - Bake, poach or fry and assess product doneness
 - Cool and store
 - Glaze, fill and assemble choux paste products for presentation
9. Prepare laminated dough such as puff pastry
 - Prepare basic dough by folding in fat
 - Roll, fold and chill and repeat to desired number of layers
 - Roll to required thickness and dock
 - Select filling and portion
 - Make up product by crimping scoring and egg washing
 - Finish and bake product

Instructional & Delivery Strategies

Demonstration, Lecture, Practical Assignments

Evaluation Criteria

Professionalism & Appearance (15%)

- Uniform
- Grooming
- Deportment

Sanitation & Safety (25%)

- Personal
- Environmental (work environment)
- Product Management
- Safe Handling, Operation, Cleaning & Sanitizing of Tools & Equipment
- Organization of work area

Method of Work (40%)

- Application of Theory
- Application of Culinary Methods & Techniques

Quality of Finished Product (20%)

- Appearance
- Taste
- Texture

Evaluation Structure	
Ongoing practical assessment	Final Assessment
70%	30%

Cook Advanced

Level 2

Reportable Subject Summary – Level 2 Cook Advanced

Number	Reportable Subjects	Hours Total	Hours Theory	Hours Practical
3298	Menu Planning	15	15	0
3299	Culinary Business Management	60	60	0
3300	Food Theory - Advanced	39	39	0
3301	Culinary Techniques - Advanced	201	0	201
3302	Baking Techniques – Advanced	45	0	45
	Total	360	114	1246

Number:	3298		
Title:	Menu Planning		
Duration:	Total Hours: 15	Theory: 15	Practical: 0
Pre-requisites:	3293 Culinary Business Practices		
Co-requisites:	None		

General Learning Outcomes

Upon successful completion of the reportable subject, the apprentice is able to plan and execute a menu that includes calculating the selling costs for menu items.

Learning Outcomes

1. Explain the factors to consider when planning menus:
 - ingredients available for production and use (food recalls)
 - the impact of seasonality
 - types of service (multi-unit, banquet, quick service and commissary)
 - clientele/demographics
 - culinary trends
 - nutritional elements (healthy living, allergies and intolerances, dietary requirements or /restrictions of clientele)
 - diversity of colour, flavour, texture and cooking methods
 - cost and budget
 - concept themes and celebrations
 - staffing and kitchen facilities
2. Prepare a menu.
 - Determine menu criteria, concept and recipes
 - Develop content using descriptive vocabulary with focus on “selling” the menu
 - Employ design consideration such as concept, colour and graphic design
 - Describe the impact of positioning items on the menu
 - Explain the concept of “truth in menu”

3. Calculate the selling costs for menu items.
- Explain the components involved in costing menus such as: as purchased product cost, edible portion costs, food cost percentage and selling price
 - Prepare standardized recipe cost card to support menu items
 - Calculate recipe cost and menu pricing

Instructional & Delivery Strategies

Theory Classes using a variety of teaching methodologies including computer Lab Lecture, computer Assisted Presentations and assignments.

Evaluation Structure	
Assignments	Final Assessment
70%	30%

Number:	3299		
Title:	Culinary Business Management		
Duration:	Total Hours: 60	Theory: 60	Practical: 0
Pre-requisites:	3293 Culinary Business Practices		
Co-requisites:	None		

General Learning Outcomes

Upon successful completion of the reportable subject, the apprentice is able to describe culinary business management principles and practices.

Learning Outcomes

1. Demonstrate principles of revenue control.
 - Identify the components of an income statement
 - Calculate gross profit and net profit (loss)
 - Perform calculations relating to food and beverage cost controls
 - Calculate daily and monthly food and beverage costs
2. Perform calculations for Inventory control.
 - Describe the purchasing process: receiving, storage, issuing and controlling inventory
 - Examine the function of purchasing specifications
 - Identify inventory procedures, policies and systems for monthly operational analysis
 - Calculate inventory valuations (opening, closing, adjustments)
3. Describe determining factors for purchasing equipment.
 - Identify factors for purchasing equipment such as power and energy requirements, environmental impact
4. Prepare a professional development plan.
 - Research job opportunities for various food industries such as hotels, restaurants and institutions, food product development
 - Identify professional development opportunities in the hospitality industry
 - Develop a resume and cover letter
 - Develop skills suitable to a job interview
 - Create a job portfolio

5. Explain human resource management practices.
 - Identify the Employment Standards Act for Ontario
 - Describe the requirements for job description, task analysis recruitment, hiring, orientation, and progressive discipline and performance evaluations
 - Describe techniques for coaching and mentorship
6. Examine various leadership styles and their impact on the team.
 - Describe basic management principles, processes and styles
 - Define the difference between management and leadership
 - Compare types of leadership
7. Perform calculations related to labour cost control.
 - Prepare a production list of tasks to be completed
 - Prepare a staff schedule
 - Calculate labour cost based on a staffing schedule

Instructional & Delivery Strategies

Theory Classes using a variety of teaching methodologies including computer Lab Lecture, computer assisted presentations and assignments.

Evaluation Structure		
Theory Testing	Assignment	Final Assessment
25%	40%	35%

Number:	3300		
Title:	Food Theory – Advanced		
Duration:	Total Hours: 39	Theory: 39	Practical: 0
Pre-requisites:	3294 Food Theory - Basic		
Co-requisites:	None		

General Learning Outcomes

Upon successful completion the apprentice is able to explain advanced food theory as it relates to the practical application of advanced culinary techniques.

Learning Outcomes

1. Describe the role and influence of various cultures, religions and ethnicities on current culinary preparation practices.
 - Identify the food contributions of various food cultures
 - Contrast ingredients/cuisines from different cultures and regions
 - Identify the significance religions and ethnicities in the preparation of food
2. Identify the role and culinary contributions of North America's indigenous people.
 - Identify the food contributions of the First Nations such as corn, beans, squash, wild rice and maple sugar
 - Contrast ingredients/cuisines from various indigenous cultures and regions
 - Describe sustainable food cultivation practices such as the Three Sisters
3. Describe the procedures for preparing specialty soups.
 - Explain the production of specialty broth, bisque and chowders
 - Identify specialty soups, such as Pho, Goulash, Borscht, Hot and Sour, Gumbo
 - Explain the preparation of cold and jellified soups, such as consommé en gelée

4. Explain advanced techniques for sauce cookery.
 - Explain the method of preparing gastrique for production of sauces such as sweet and sour
 - Explain the preparation of derivative sauces, such as Maltaise, Portuguese, Soubise
 - Identify cold sauces, such as pesto, tzatziki, salsa, chimichurri and coulis
 - Describe non-derivative sauces and applications
 - Describe emulsified sauces: Beurre Blanc, Hollandaise, Béarnaise
 - Identify contemporary thickeners for cold and hot sauces such as: xanthan gum, agar agar, carrageenan
5. Describe the sourcing, preparation and presenting of lamb, fowl, and farm-raised game cookery.
 - Define sourcing options: breed, classes, organic, free range, and commercial
 - Describe the slaughter process including halal and kosher methods
 - Describe the aging process: wet and dry
 - Describe tenderness in relation to muscle and connective tissue structure.
 - Describe various processing options including: brining, marinating, stuffing, trussing, and coating
6. Explain cheese production, handling, applications and storage.
 - Describe the process of making various cheeses
 - Classify cheeses by type, origin, appearance and texture
 - Describe various methods of handling and preparing cheese
 - Describe the methods of assembling platters and garnishing cheese dishes
 - Describe shelf-life and storage of cheese
7. Explain the production of garde manger items.
 - Describe the production of pate, terrines, mousses and farces, aspics, jellies and glazes
 - Describe the assemble of Charcuterie and cold displays
 - Describe the preparation methods for producing preserves, such as of chutneys, jams, pickles, relishes, jellies
 - Describe the preparation methods for preserving fruits and vegetables, using methods such as pickling, dehydrating, freezing and fermentation
 - Describe various charcuterie options including: sausage, pates, terrines, mousseline, farce, cured meats and fish, smoked meats and fish

8. Explain the applications of wines, spirits and beer in cooking.
- Classify of wines by origin, varietal and production process
 - Differentiate between types of beers
 - Identify how different types of alcohol effect the flavour profile of a recipe
 - Explain the application of wines, spirits and beers as a functional ingredient in cooking
 - Describe the pairing of wine, beers and spirits with foods

Instructional & Delivery Strategies

Theory Classes using a variety of teaching methodologies in cluing computer Lab Lecture, computer assisted presentations and assignments.

Evaluation Structure		
Theory Test #1	Assignment	Final Assessment
25%	50%	25%

NOTE: PRACTICAL APPLICATION

In all practical food labs, 40% of the unit final mark is to evaluate the “Method of work” which includes application of theory.

Number:	3301		
Title:	Culinary Techniques - Advanced		
Duration:	Total Hours: 201 * 15 hours for Therapeutic Diets	Theory: 0	Practical: 201*
Pre-requisites:	3294 Food Theory - Basic, 3295 Culinary Techniques - Basic		
Co-requisites:	None		

General Learning Outcomes

Upon successful completion of the reportable subject the apprentice is able to demonstrate advanced culinary techniques that includes contemporary presentation for à la carte and banquet settings (small and large quantity) according to recipe specifications.

Learning Outcomes

1. Prepare specialty soups and broths such as those listed below:
 - Bisque, Pho, ramen, borscht, chowders, gumbo
 - Cold and jellified soups, consommé en gelée
2. Prepare various sauces and thickeners, such as derivative, non-derivative, butter and international for both hot and cold applications such as:
 - Gastrique
 - Maltaise, Porteguese, Soubise
 - Mole, curry
 - Pesto, tzatziki, salsa, chimichurri and coulis
 - Beurre Blanc, Hollandaise, Béarnaise
 - Contemporary thickeners such as: xantham gum, agar agar, carrageenan
3. Prepare garde manger products.
 - Prepare pate, terrines (galantine, mousses and farces, aspics, jellies and glazes)
 - Assemble Charcuterie and cold displays
 - Preserve fruits and vegetables, using methods (pickling, dehydrating, freezing, canning and fermentation) for products such as chutneys, jams, pickles, relishes, jellies
 - Prepare sausage, cured and smoked meats and fish

4. Butcher poultry, pork, veal, beef and lamb into various retail meat cuts such as:
 - Chicken: supremes, thighs, wings, drums
 - Pork: escalopes, chops, tenderloin, émincé, medallion
 - Veal: escalope, cutlet, chop, leg (break down demonstration)
 - Beef: short loin (porterhouse steaks, T-bone), strip loin (whole, steaks), tenderloin (whole, tournedos, chateaubriand, filet steaks, filet mignon), medallion, flank, oxtail
 - Lamb: shoulder, leg or loin, chops
5. Prepare meat using tender and less tender cuts and offal with various cooking methods such as: roast, grill, sauté, pan fry, poach, stew, braise and sous vide
 - Poultry: truss, spatchcock, 8 cut, supreme, thighs, stuffed, ballotine, liver, giblets
 - Veal: leg, chop, breast, Osso Bucco, chop, cutlet, escalope, stuffed, sweet breads, liver
 - Beef: hip, prime rib, brisket, top butt, ribs, steaks
 - Lamb: rack, leg, chop, noisettes, kidney, liver, stew
 - Pork: leg, hocks, shoulder, ribs, chop, cutlet, sausage, stuffed, liver
6. Prepare marinates and rubs: dry and wet, short term and long term.
7. Prepare fish and shellfish using various cooking methods such as poach (court bouillon) sous vide, steaming, pan fry, deep fat fry, grill, broil, bake and en papillote)
 - Fish: Paupiette, tronçon, quenelle,
 - Shellfish: Lobster, crawfish, crayfish/crayfish, crab, squid, octopus
 - Fish cakes
 - En croute: pies, cubliac
8. Texturize foods and Thicken liquids
 - Texturize foods to meet International Dysphagia Diet Standards Initiative (IDDSI) for minced and pureed foods
 - Thicken liquids to meet IDDSI

Instructional & Delivery Strategies

Using a variety of teaching methodologies including demonstration, lecture, and practical assignments.

Evaluation Criteria

Professionalism & Appearance (15%)

- Uniform
- Grooming
- Deportment

Sanitation & Safety (25%)

- Personal
- Environmental (work environment)
- Product Management
- Safe Handling, Operation, Cleaning & Sanitizing of Tools & Equipment
- Organization of work area

Method of Work (40%)

- Application of Theory
- Application of Culinary Methods & Techniques

Quality of Finished Product (20%)

- Appearance
- Taste
- Texture

Evaluation Structure	
Ongoing practical assessment	Final Assessment
70%	30%

Number:	3302		
Title:	Baking Techniques - Advanced		
Duration:	Total Hours: 45	Theory: 0	Practical: 45
Pre-requisites:	3297 Baking Techniques - Basic		
Co-requisites:	None		

General Learning Outcomes

Upon successful completion of the reportable subject, the apprentice is able to demonstrate the practical application of advanced professional baking techniques for à la carte and banquet settings (small and large quantity).

Learning Outcomes

1. Temper Chocolate and prepare chocolate desserts such as:
 - Ganache
 - Truffles and molded chocolates
 - Mousse
2. Prepare frozen desserts such as:
 - Iced deserts- sorbets, granites.
 - Churned desserts such as ice creams, sherbets and gelato
 - Composed frozen desserts: cassata, bombes and coupes
3. Prepare and apply icings.
 - Produce buttercream, flat, poured fondant, Royal and rolling icings
 - Mask cakes
 - Pipe decorations using paper cones
4. Produce and finish cakes using various preparation methods
 - Prepare low fat cakes such as angel food and chiffon
 - Prepare high ratio cakes such as carrot, Black forest, cheesecake and pound cake
 - Prepare a variety of petit fours such as glacé and sec
5. Prepare hot desserts such as:
 - Sweet and savoury soufflés
 - Hot sabayon (zabaglione)

6. Prepare dessert sauces such as:
 - Chocolate, butterscotch
 - Fruit coulis
7. Demonstrate contemporary plating techniques
 - Prepare accompaniments
 - Prepare decoration materials
 - Pipe, pour or deposit accompanying sauce and decorate or garnish

Instructional & Delivery Strategies

Using a variety of teaching methodologies including demonstration, lecture, and practical assignments.

Evaluation Criteria

Professionalism & Appearance (15%)

- Uniform
- Grooming
- Deportment

Sanitation & Safety (25%)

- Personal
- Environmental (work environment)
- Product Management
- Safe Handling, Operation, Cleaning & Sanitizing of Tools & Equipment
- Organization of work area

Method of Work (40%)

- Application of Theory
- Application of Culinary Methods & Techniques

Quality of Finished Product (20%)

- Appearance
- Taste
- Texture

Evaluation Structure	
Ongoing practical assessment	Final Assessment
70%	30%

APPENDIX A: Terminology

IDDSI	The International Dysphagia Diet Standardization Initiative, or IDDSI, has developed global standardized terminology and definitions for texture modified foods and thickened liquids to improve the safety and care for individuals with dysphagia of all ages, in all care settings, and across all cultures.
Sous vide	Sous-vide (/su:'vi:d/; French for "under vacuum")[1] is a method of cooking in which food is vacuum-sealed in a plastic pouch and then placed in a water bath or steam environment for longer than normal cooking times at an accurately regulated temperature much lower than normally used for cooking for meat, higher for vegetables. The intent is to cook the item evenly, ensuring that the inside is properly cooked without overcooking the outside, and to retain moisture.

APPENDIX B: Tools and Equipment List

On page 55 is a list of tools and equipment required by any institution delivering the approved curriculum standard. All items referenced refer to commercial type equipment. In addition to the necessary equipment, the facility must comply with the building codes of the local municipality. The most important requirement, however, is to have a well-qualified instructor on staff.

Each station of the kitchen should have the tools and equipment it needs to process, cook and “hold” prepared menu items assigned to it in the volume needed. There is no formula for what tools and equipment is found at any given station. At times, the same piece of equipment may be shared by more than one station. This will depend on such factors as menu, number of students, schedule and food handling safety regulations.

Each class structure should be able to cover food preparation as required for various types of kitchen operation such as banquet, quick service and commissary, hotel foodservice, hospital kitchen, institutional cooking, fine dining and catering.

One oven top range with two burners per Student	One handwashing sink per 10 students
Eight foot stainless steel table or preparation space per two students	Separate washroom for males and females with shower and lockers
Office for instructors equipped with desk, computer, and filing cabinets	Industrial dishwasher with triple sinks and Pot wash station
Dry storage area	China and cutlery
Refrigeration and freezer	Mixer
Grill/broiler	Food Processor (Blixer)
Griddle/flattop	Blender
Convection oven	Meat grinder
Steam jacketed kettle (optional)	Measuring jugs and spoons
Deep fryer	Cutting boards
Scales	Pots
Slicer	Pans
Pasta Machine	Baking sheets and racks
Mandolin	Stainless Steel Bowls
Ice Cream Machine	Colanders / Strainers
Coffee Maker	Rolling pins
China Cap	Pastry brushes, bags and tips
Immersion Circulator	Pastry sifters
Microwave	Spoons – slotted, perforated, solid
Cookie moulds and cutters	Ladles (all sizes)
Muffin and Cake moulds	Exhaust system with overhead hood
Pate/Terrine moulds	Fire safety system
Garbage, Composting and Recycling bins	First aid kit

**Students will provide their own small wares: knives, measuring cups, spatula and meat thermometer, tongs, spatulas, wire whisks



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