



**Skilled  
Trades**  
Ontario

**Métiers  
spécialisés**  
Ontario

Apprenticeship  
Training Standard  
Logbook

**Institutional Cook**

415D

2011

# Apprenticeship Training Standard

The Apprenticeship Training Standard or herein after referred to as “Logbook” is a document issued to Apprentices who sign a Registered Training Agreement in the Province of Ontario as an official record of training. It is to be used by the Apprentice and Sponsor/trainer to guide the process of skills development in a particular trade.

## Training As An Apprentice

- ✓ Ensure you, your sponsor, and your witness sign a Training Agreement with the Ministry of Labour, Immigration, Training and Skills Development. Once it is registered, you will receive a copy of the registered Training Agreement for your records.
- ✓ Notify the local Service Delivery Office **immediately** if any changes to contact information or training agreement, especially if you change sponsors.
- ✓ Review the Logbook regularly with your trainer and sponsor to discuss your progress, ask questions, seek feedback and have the trainer **sign-off on competencies**
- ✓ Keep an accurate record of the hours you work.
- ✓ Attend classroom training when it is offered.
- ✓ Apply for the financial incentives for which you are eligible.



## Completing Your Logbook

- ✓ **Complete the Sponsor Record Form** – A form must be completed for each Sponsor/Trainer used during your apprenticeship.
- ✓ **Confirm Skill Sign-off is Complete**
  - **You and your trainer** sign-off each required skill to confirm that you have demonstrated competency in that skill.
  - Shaded boxes in your Logbook mean the skills are optional and do not have to be confirmed by your trainer or sponsor. However, you are encouraged to complete them as part of your training.
- ✓ **Confirm Skill Set Sign-off is Complete**
  - After you and your trainer have signed-off all the required skills in a skill set, your sponsor signs the signature box on the form in **Appendix C – “Skill Set Completion for Sponsors”** to confirm your completion of all competencies within each skill set.

This document is the property of the apprentice named inside and represents the official record of your training. For information about completing your apprenticeship, see inside of back cover.



Apprentice Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Trade: \_\_\_\_\_

**Training Agreement # (for Compulsory and Non-Compulsory trades):**

**STO Account No. (for Compulsory trades only):**

**This document is the property of the Apprentice named herein and represents the official record of their training.**

**If you have questions about the use of this Logbook or about your Apprenticeship program, contact your local Service Delivery Office (see Appendix D in this book) or the Employment Ontario hotline at: 1-800-387-5656.**

# 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](http://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](http://Skilled Trades Ontario.ca).

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*Maintained with transfer to Skilled Trades Ontario 2011 (V100)*

## **Foreword: Purpose, Terms and Conditions of the registered Training Agreement**

### **Purpose:**

- Prior to starting official apprenticeship activities, the apprentice, sponsor and a witness are required to sign a Training Agreement.
- The Training Agreement that you have signed is an important legal document that outlines your responsibilities as an apprentice and the responsibilities of your sponsor.
- Once registered, this training agreement (or contract) marks the start of your formal agreement between the apprentice, the sponsor and the Ministry.
- For compulsory trades, the apprenticeship registration document must be accessible when working.

### **The Apprentice agrees:**

- **To inform the local Service Delivery Office of any change to your contact information or change in sponsor within 7 days;**
- To follow the Sponsor's and Trainer's lawful instructions and make every effort to acquire the skills identified in the Logbook for the Trade which is part of the apprenticeship program established by Skilled Trades Ontario for the trade;
- To obtain written verification from the Sponsor and the Trainer(s) that the requirements in the Logbook for the trade have been met.
- When you receive an "Offer of Classroom Training", confirm your attendance by following the instructions in the offer. Failure to do so may result in losing your opportunity to attend school which delays the completion of your apprenticeship.

### **The Sponsor agrees:**

- To ensure that the Apprentice is provided with the training required as part of the apprenticeship program established by Skilled Trades Ontario for this trade;
- To review the progress of training with the Apprentice, and with the Trainer(s) where the Sponsor and the Trainer are not the same party.
- Release your apprentice from work to attend in-school training without penalty to the apprentice.
- To maintain the journeyperson/apprentice ratio for your trade, if applicable.
- To monitor their apprentice(s) progress
- To ensure that the Trainer(s) verifies, in writing, when each skill identified in the Logbook for the trade has been successfully completed by the Apprentice;
- To contact the Ministry should any changes in your capacity to train, your contact information, or your apprentice's status in the program change.



## Trade Specific Resources and Links

Trade Specific Resource	Link
Red Seal Program	<a href="http://red-seal.ca">red-seal.ca</a>
Apprenticeship in Ontario	<a href="http://ontario.ca/page/apprenticeship-ontario">ontario.ca/page/apprenticeship-ontario</a>
Employment Ontario	<a href="http://employmentontario.ca">employmentontario.ca</a>
Service Canada	<a href="http://servicecanada.gc.ca">servicecanada.gc.ca</a>
<i>Building Opportunities in the Skilled Trades Act, 2021</i>	<a href="http://ontario.ca">Building Opportunities in the Skilled Trades Act, 2021, S.O. 2021, c. 28 - Bill 288 (ontario.ca)</a>
Ministry of Labour, Immigration, Training and Skills Development	<a href="http://ontario.ca">Ministry of Labour, Immigration, Training and Skills Development   ontario.ca</a>
Exam Preparation Guide	<a href="http://ontario.ca">Exam Resources – Skilled Trades Ontario</a>
Skills Zone (Ontario Skills Passport)	<a href="http://www.skillszone.ca/">http://www.skillszone.ca/</a>

*\*Please note, all website addresses are current at time of printing*

## Methodology-Standard Development

A standard is developed with a broad group of trade representatives who form the initial working group. This includes subject matter experts/ tradespeople/ instructors and employers from a cross section of the sector/industry, with varying years of work experience in the field. The working group reviews, develops and recommends revision to the content of the standard. Their role also involves harmonizing and updating other supporting content for the product.

An essential part of the standard development is the validation process. This is the opportunity to have a broader representation of the sector provide feedback on the content of draft standard. This process is conducted in various ways and may include sending out a survey or the draft document (or both) directly to the sector. The comments received are reviewed by the working group and revisions are made as required based on a consensus model.

## Introduction to the Logbook

This “on-the job” Logbook is the training standard for Institutional Cook 415D and was developed by Skilled Trades Ontario in consultation with representatives from industry. It identifies all the skills associated with and required to learn the trade.

The Logbook is divided into skill sets, which are further divided into skills. These skill sets and skills are written in statements that describe what the Apprentice must perform and to what standard, in order to be considered competent in that skill.

The successful performance of these skills is tracked in the Logbook. Once achieved, this skills’ sign-off, along with the completion of in-school program requirements or equivalent, is how the apprenticeship program is completed and apprentices receive a Certificate of Apprenticeship.

The Sponsor/trainer and Apprentice are required to sign-off and date each skill after the Apprentice has demonstrated proficiency in these skills. However, if a skill is shaded, it is optional and does not need to be signed-off, though it has been defined as a part of the scope of practice for the trade.

All practices described in this standard must be performed by the apprentice according to the specific criteria identified. In general, the standard of performance for this trade is to be performed according to all applicable jurisdictional codes and standards and all health and safety standards must be respected and observed.

All skills within the Apprenticeship Training Standard are to be performed, as applicable, according to and in compliance with the following:

- Occupational Health and Safety Legislation and Regulations;
- Other applicable legislation, regulation, codes and standards;
- Industry best practices;
- Company policies and procedures.

The information presented in this standard is, to the best of our knowledge, current at time of printing and is intended for general application. Please refer to the Skilled Trades Ontario website for the most accurate and up-to-date information: [skilledtradesontario.ca](http://skilledtradesontario.ca)

## Roles and Responsibilities

Under the [Building Opportunities in the Skilled Trades Act, 2021 \(BOSTA\)](#)

**Skilled Trades Ontario (STO)** is responsible for:

- Establishing and maintaining qualifications;
- Establishing Apprenticeship Programs and other training programs including training Standards, curriculum standards and certifying examinations;
- Issuing certificates for the purposes of this Act such as Certificates of Qualification;
- Maintaining a Public Registry for compulsory trades [skilledtradesontario.ca/public-register/](https://skilledtradesontario.ca/public-register/);
- Determining whether the experience and qualifications obtained by applicants for a certificate of qualification who do not complete an apprenticeship are equivalent to those received through completing an apprenticeship (Trade Equivalency Assessments)
- Promoting the skilled trades and conducting research.
- Conducting research and evaluate whether a trade should be prescribed as a trade for the purposes of this Act and to make recommendations on these matters to the Minister.

**Ministry of Labour, Immigration, Training and Skills Development (MLITSD)**

is responsible for:

- Classifying trades as compulsory trades;
- Prescribing scopes of practice for trades;
- Approving which persons may provide in-class training for apprenticeship programs (TDAs);
- Registering Training Agreements;
- Providing those who successfully complete an apprenticeship program with a certificate of apprenticeship (CofA);
- Administering examinations, including certifying examinations;
- Promoting the skilled trades and conducting research;
- Exercising such other powers and perform such other duties and functions as are provided for in this Act or the regulations.

***For any matter related to your registered Training Agreement or completing your apprenticeship, you must contact your local Service Delivery Office.***

## Roles and Responsibilities of the Apprentice

An Apprentice is an individual who has entered into a registered Training Agreement (refer to Foreword: *“Purpose, Terms and Conditions of TA” page 1*) with a Sponsor to receive training in a trade as part of an apprenticeship program established by Skilled Trades Ontario. As an Apprentice, you have certain roles and responsibilities to follow throughout your apprenticeship training:

1. As an Apprentice, you signed the Training Agreement and have entered into a contract with the Ministry of Labour, Immigration, Training and Skills Development and your Sponsor.
2. If you are registered as an Apprentice in a compulsory trade, your name will automatically appear in the Skilled Trades Ontario Public Register.
3. You are responsible for informing the staff at your local Service Delivery Office regarding changes to the following:
  - Your Sponsor’s address;
  - Your name and address; and/or,
  - Your Sponsor, including starting employment with a new Sponsor
4. As an Apprentice, you are responsible for completing skills or skill sets in this Logbook (as detailed in the *“Eligibility for Apprenticeship Program Completion”* section of this document) and ensuring that they are dated and signed by both you and your Trainer.
5. Once you have demonstrated competency in all the mandatory skills and received a sign off on each skill by your sponsor/trainer, you must have the Skill Set Completion Form completed and signed by your current Sponsor.
6. Submit your Logbook to your local Service Delivery Office.
7. Present your Apprentice Completion Form (Please refer to Appendix B), along with your authorized Logbook to your local Service Delivery Office.

## Roles and Responsibilities of Sponsors and Trainers

**Sponsors** are responsible for ensuring all terms are met as per the registered Training Agreement. They are named on the registered Training Agreement as the entity responsible for ensuring Apprentices receive the training required as part of an apprenticeship program. As a signatory to this agreement, they are designated as the 'Signing Authority' for the Apprentice's Skill Set Completion Form and are required to attest to successful achievement by signing the appropriate box at the completion of each skill set. Some sponsors may also act as the Trainer.

A **Trainer** is an individual who oversees the performance of a task and sets the workplace expectations and practices for the Apprentice.

In compulsory trades, a Trainer must hold a valid Certificate of Qualification and be registered with Skilled Trades Ontario.

In non-compulsory trades, a Trainer is an individual who holds one of the following:

- A Certificate of Qualification;
- A Certificate of Apprenticeship in the trade; or,
- Has completed both the workplace-based training (competencies and/or hours as applicable) and classroom training components of the trade's apprenticeship program; or,
- Has workplace experience equivalent to the apprenticeship program) and has the skills outlined in the Logbook.

Competency means being able to perform to the required standard (please refer to *"Introduction to the Logbook"*). Trainers/Sponsors and Apprentices are required to sign-off and date the skills in the Logbook following each successful acquisition. The Logbook forms a record of this achievement.

The Trainer must provide their signature based on their assessment and professional judgment that the apprentice is competent in the skills described above. The Trainer's signature is not a general warranty or guarantee of the apprentice's future conduct.

Sponsors participating in this training program will be designated as the Signing Authority and are required to attest to successful achievement by signing the appropriate box included at the end of each skill set.

## Health and Safety

Safe working procedures and conditions, accident prevention and the preservation of health are of primary importance for apprenticeship programs in Ontario. These responsibilities are shared and require the joint efforts of government, sponsors, employers, supervisors, workers, apprentices and the public to achieve the goal of making Ontario's workplaces safe and healthy.

The [Occupational Health and Safety Act](#) (OHSA) provides us with the legal framework and the tools to do this. It sets out the rights and duties of all parties in the workplace, placing ultimate responsibility on the employer for the health and safety of workers (in this case apprentices) by ensuring procedures, controls, and training are established for dealing with workplace hazards. Therefore, it is imperative that all parties become aware of circumstances that may lead to injury, illness or harm. Safe learning experiences and environments can be created by controlling the variables and behaviours that may contribute to or cause an accident injury or illness.

A sponsor who is not the employer is reminded that the employer has legal responsibilities respecting health and safety over the apprentice who is their worker. The sponsor should encourage safe work habits and adherence to the employer's occupational health and safety requirements for the workplace.

It is generally recognized that a positive attitude about safety in partnership with health and safety competency contributes to an accident-free environment. Everyone will benefit as a result of a healthy attitude towards the prevention of accidents.

Workers and apprentices can be exposed to a multitude of hazards and, therefore, should be familiar with the Occupational Health and Safety Act and regulations.

### **The Internal Responsibility System:**

One of the primary purposes of the Occupational Health and Safety Act (OHSA) is to facilitate a strong Internal Responsibility System (IRS) in the workplace. To this end, the OHSA lays out the duties of employers, supervisors, workers, apprentices, constructors and workplace owners.

Workplace parties' compliance with their respective statutory duties is essential to the establishment of a strong IRS in the workplace.

Simply put, the IRS means that everyone in the workplace has a role to play in keeping workplaces safe and healthy. Workers and apprentices in the workplace who see a health and safety problem such as a hazard or contravention of the OHSA in the workplace have a statutory duty to report the situation to the employer or a supervisor. Employers and supervisors are, in turn, required to address those situations and acquaint workers with any hazard in the work that they do.

The IRS helps support a safe and healthy workplace. In addition to the workplace parties' compliance with their legal duties, the IRS is further supported by well-defined health and safety policies and programs, including the design, control, monitoring and supervision of the work being performed.

## **Roles and Responsibilities under the Occupational Health and Safety Act**

### **Employer's Responsibilities include but are not limited to the following:**

- Instruct, inform and supervise workers and apprentices to protect their health and safety.
- Appoint competent persons as supervisors.
- Inform a worker, apprentice, or a person in authority, about any hazard in the workplace and train them in the handling, storage, use, disposal and transport of any equipment, substances, tools, material, etc.
- Take every precaution reasonable in the circumstances for the protection of a worker/apprentice.
- In workplaces in which more than five workers are regularly employed, prepare and post a written occupational health and safety policy and set up and maintain a program to implement it.
- Prepare and post policies with respect to workplace violence and workplace harassment and develop programs supporting workplace harassment and workplace violence policies.
- Ensure knowledge of applicable legislative, regulatory, codes and standards so requirements to be followed are clear to all workers/apprentices.

### **Trainer/Supervisor Responsibilities include but are not limited to the following:**

- Ensure that a worker or apprentice works in compliance with the Act and regulations.
- Ensure that any equipment, protective device or clothing required by the employer is used or worn by the worker or apprentice.
- Advise a worker/apprentice of any potential or actual health or safety dangers known by the supervisor.
- Take every precaution reasonable in the circumstances for the protection of workers.

### **Worker/Apprentice Responsibilities include but are not limited to the following:**

- Work in compliance with the Act and regulations.
- Use or wear any equipment, protective devices or clothing required by the employer.
- Report to the employer or supervisor any known missing or defective equipment or protective device that may endanger the worker or another worker.
- Report any hazard or contravention of the Act or regulations to the employer or supervisor.
- Not remove or make ineffective any protective device required by the employer or by the regulations.
- Not use or operate any equipment or work in a way that may endanger any worker.

### **The Three Rights of Workers/Apprentices**

The OHSA gives workers and apprentices three important rights:

1. The right to know about hazards in their work and get information, supervision and instruction to protect their health and safety on the job.
2. The right to participate in identifying and solving workplace health and safety problems either through a health and safety representative or a worker member of a joint health and safety committee.
3. The right to refuse work that they believe is dangerous to their health and safety or that of any other worker in the workplace.

### **Ministry of Labour, Immigration, Training and Skills Development**

The Ministry of Labour, Immigration, Training and Skills Development conducts periodic inspections of workplaces to ensure that safety acts and regulations are being followed. Please direct any questions to the Occupational Health and Safety Contact Centre at 1-877-202-0008.



## Apprenticeship Program Summary/Guidelines

### Scope of Practice

The Scope of Practice for the trade of Institutional Cook is set out in section 79 of Ontario Regulation 875/21 under BOSTA and reads as follows:

**79.** The scope of practice for the trade of institutional cook includes preparing the following in an institutional or corporate setting:

1. Quality food according to budgetary requirements using bulk cooking methods in conventional, cook chill or cook freeze environments.
2. Meals for special diets ensuring individual dietary needs, including health requirements, religious needs and ethnic preferences.
3. Meals using approved recipes, appropriate ingredients and specialized equipment for modification techniques during food preparation to achieve the prescribed or recommended textures.
4. Food and beverages by considering regular and prescribed therapeutic diets, modification of textures and viscosity of fluids.

\*While the Logbook draws on the scope of practice regulation (Section 79 of Ontario Regulation 875/21 under BOSTA). The Logbook does not purport to add to or modify the scope of practice as provided in regulation. \*

### Program Guidelines

#### On-the-Job Training Duration

Industry has identified 3600 hours as the benchmark necessary for any Apprentice to become competent in the skills required. There may be circumstances in which the duration varies from this guideline.

#### In-Class Training Duration

Industry has identified 360 hours of in-school training as the duration necessary for an Apprentice to complete the in-school curriculum for this program.

#### Total Training Hours

3960 hours

#### Journeyman to Apprentice Ratio

##### Industry Recommended Ratios:

While some of the trades regulated under BOSTA are subject to Journeyman to Apprentice ratios set out in regulation, this trade is not one of them. Instead, **industry has recommended a Journeyman to Apprentice ratio guideline of 1 Journeyman (or individual who is deemed equivalent to a journeyman) to 1 Apprentice** as the ratio necessary for an Apprentice to be properly trained on the job in this program.

## **Program Requirements**

### **Compulsory and Non-compulsory Classification**

Regulations under the *Building Opportunities in the Skilled Trades Act, 2021*, classify each trade as either “compulsory” or non-compulsory.” This trade is non-compulsory.

It is the responsibility of an Apprentice to maintain a training record in the form of a Logbook. The Sponsor and Trainer are required to sign-off when competencies in the trade are achieved.

### **Skills for Success Summary**

Skills for Success are needed in a quickly changing world for work, learning and life. They are foundational for building other skills and important for effective social interaction. Everyone benefits from having these skills as they help individuals get a job, progress at their current job and change jobs. They also help individuals become active members of their community and succeed in learning.

Through extensive research and consultations, the Government of Canada launched the new Skills for Success model renewing the previous Essential Skills framework to better reflect the needs of the current and future labour market.

The occupational specific Essential Skills profiles are available online. These will be updated over time to align with the new Skills for Success model found here: [Skills for Success model](#)

## Standard of Performance

An Institutional Cook prepares quality food according to budgetary requirements using bulk-cooking methods in conventional, cook chill or cook freeze environments. They meet individual dietary needs, including health requirements, religious needs, and ethnic preferences. They use approved recipes, appropriate ingredients and specialized equipment for modification techniques during food preparation to achieve the prescribed or recommended textures. They consider regular and prescribed therapeutic diets, modification of textures, and viscosity of fluids when preparing food and beverages. Institutional cooks may work in long-term care homes, retirement homes, hospitals, day care centres, school dining areas, correctional facilities, and corporate environments by:

- Preparing stocks, soups, and sauces
- Preparing seafood
- Preparing meat, poultry
- Preparing fruits, vegetables
- Preparing starches and grains
- Preparing salads and dressings
- Preparing eggs and dairy products
- Preparing baked goods, pastry and desserts
- Preparing sandwiches and hors d'oeuvres
- Preparing meals for special diets
- Participate in emergency management training

An Institutional Cook demonstrates knowledge of:

- Occupational Health and Safety Act
- Sanitation Controls and legislation, including HACCP
- Health Protection and Promotion Act
- Legislation specifically affecting food preparation in long-term care facilities, day cares, prisons or other institutional settings
- Local health regulations
- Food Safety and Quality Act
- Emergency management training
- Sanitation Code for Canada's Food Service Industry

**Benchmark/Guideline Total Training Timeframes: (On-The-Job and Off The Job):  
3600 hours**

Does not include 360 hours of in-school training.

In general, the standard of performance for the trade of Institutional Cook are to be performed, as applicable, according to and in compliance with the following:

Industry Safety Standards which are based upon:

- Occupational Health and Safety Legislation and Regulations;
- Jurisdictional legislation and regulations, codes and standards (municipal bylaws etc.)
- Company policies and procedures
- All applicable manufacturers specifications and engineering specifications

### **Other Suggested or Required Certification(s) and Training**

While an apprentice receives health, safety and occupational specific training and/or certification in a variety of fields during their apprenticeship, it is important to be aware that other occupational health and safety training and certification renewal or updating may also be required during their career before performing new types of work.

## Training the Apprentice - Tips for Apprentices, Sponsors and Trainers

### Tips for Apprentices

Remember, it takes time to learn. The following is a list of additional tips and tools to help make the most of your apprenticeship training:

- Practice safe work procedures early to create good habits;
- Use your Logbook as a journal to keep track of the skills you have achieved;
- Review your training plan with your Training Consultant, Trainer, or Sponsor;
- Discuss your training needs with your Trainer and/or Sponsor;
- Listen to the suggestions of your Trainer;
- Ask your Trainer questions if you are unsure of any skill you need to perform or any tools or equipment you need to use to perform your duties;
- Show enthusiasm and develop good work habits; and,
- Upon demonstration of competency, ensure that you and your Trainer sign-off the individual skills.

***To get the most from this mentoring experience, request exposure to the full scope of the trade; meet regularly with your Sponsor/Trainer to discuss your progress, ask questions and seek feedback.***

### Tips for Sponsors

- Select Trainers with good communication skills and who work well with others;
- Ensure that the Apprentice always works under the direction of or has access to a qualified Trainer;
- Encourage Trainers to take upgrading courses (e.g. Train the Trainer, Mentor, Coach, etc.);
- Set out clear expectations and involve both the Apprentice and Trainer in developing the training plan
- Encourage safe work habits;
- Allow time for the Trainer to train and demonstrate skills to the Apprentice;
- Provide opportunities and time for the Apprentice to learn the trade;
- Ensure that the Apprentice receives the varied on-the-job trade training experience outlined in this document;
- Recognize good performance;
- Observe frequently;
- Provide constructive feedback and conduct regular performance reviews involving the Apprentice and Trainer;
- Use the Logbook as a monitoring tool and a part of regular performance evaluations; and,
- Complete the Skill Set Completion Form once the Apprentice has demonstrated competency in the skills.

- The detailed content listed for each skill is not intended to represent an inclusive list; rather, it is included to illustrate the intended direction for the skill acquisition.

### **Tips for Trainers**

Trainers are responsible for ensuring the Apprentice is developing the skills outlined in this document. Here is a list of tips and tools to help Trainers in their supervision of Apprentices:

- Demonstrate model safe work habits;
- Provide opportunities and time for the Apprentice to learn the trade;
- Treat Apprentices fairly and with respect;
- Review the Logbook with the Apprentice and develop a training plan;
- Set out clear expectations and recognize good performance;
- Expose Apprentices to the full scope of the trade by providing training on the skills outlined in this document;
- Encourage and respond to all questions;
- Be patient;
- Explain, show and demonstrate the skill;
- **Meet regularly with the Apprentice to discuss the apprentice's progress**
- Provide continuous feedback;
- Sign-off skills when your Apprentice demonstrates competency, and,
- Use the Logbook as a guide to evaluate competence in each skill area. By using the Logbook, Trainers will be able to guide the process to and assist Apprentices to develop skills outlined in this document.

***The best mentoring experience is when an Apprentice is given as much training/exposure to the full scope of the trade as possible. If this is not possible, help them to determine other ways this may be possible.***

## Notice of Collection of Personal Information

1. At any time during your apprenticeship training, you may be required to show this Logbook to the local Service Delivery Office. You will be required to submit the signed Apprenticeship Completion form to the Service Delivery Office in order to complete your program. The Service Delivery Office will use your personal information to administer and finance Ontario's apprenticeship training system, including confirming your completion and issuing your Certificate of Apprenticeship.
2. The Service Delivery Office will disclose information about your program completion and your Certificate of Apprenticeship to Skilled Trades Ontario, as it is necessary for Skilled Trades Ontario to carry out its responsibilities.
3. Your personal information is collected, used and disclosed by the Ministry of Labour, Immigration, Training and Skills Development under the authority of the *Building Opportunities in the Skilled Trades Act, 2021 (BOSTA)*.
4. Questions about the collection, use and disclosure of your personal information by the Ministry may be addressed to the:

Manager, Employment Ontario Contact Centre  
Ministry of Labour, Immigration, Training and Skills Development  
33 Bloor St. E, 2nd floor, Toronto, Ontario M7A 2S3  
Toll-free: 1-800-387-5656; Toronto: 416-326-5656  
TTY: 1-866-533-6339 or 416-325-4084

**List of Trainers**

<b>Trainer's Name (Please Print)</b>	<b>Trainer's Signature</b>	<b>Date of start with Trainer (day/month/year)</b>



## On-The-Job Training: General Performance Objectives

### U5631 Demonstrate Safe Working Practices and Techniques

#### Skills

**U5631.1 Practice safe work practices** by using correct lifting techniques (ergonomics) to minimize injuries in accordance with workplace policies and safety standards, including the Occupational Health and Safety Act (OHSA).

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**\* A Trainer may be a Supervisor or the competent employee designated by the Apprentice's Sponsor.**

**U5631.2 Practice personal hygiene** by washing and showering; maintaining a laundered uniform; wearing proper clean clothing (not loose fitting); confining all hair with a visible hairnet; removing all jewelry; and observing physical and oral cleanliness standards and correct hand washing techniques, including covering all cuts, burns, and scratches with a waterproof dressing and with a new industry standard sanitary glove to prevent growth and spread of micro-organisms, food poisoning, or contamination of the product in accordance with workplace policies and safety standards.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5631.3**     **Wear protective clothing** by selecting and maintaining them to ensure optimum protection for self and others in accordance to the Occupational Health and Safety Act (OHSA) and the Health Protection and Promotion Act (R.R.O. 1990, Regulation 562, Food Premises) and the Workplace Safety Insurance Act (WSIA).

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5631.4**     **Handle materials with care** by storing and using them in accordance with the Hazardous Analysis and Critical Control Points (HACCP) and by identifying and obeying certification and hazard symbols in accordance with the Workplace Hazardous Materials Information System (WHMIS).

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5631.5**     **Maintain kitchen tools and equipment** by inspecting, cleaning, sanitizing, and ensuring safe and efficient operation in accordance with the manufacturers' specifications and in compliance with the Health Protection and Promotion Act (R.R.O. 1990, Regulation 562, Food Premises). Complete daily start-up equipment documentation.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5631.6 Observe workplace hygiene and sanitation** by cleaning and sanitizing surface areas (including counters, tables, work surfaces, tools, utensils, cooking and cooling equipment, dish and pot washing areas) and handling food waste and garbage in accordance with provincial and federal legislation to prevent growth of micro-organisms, food poisoning, or contamination/cross-contamination of products in compliance with the Health Protection and Promotion Act (R.R.O. 1990, Regulation 562, Food Premises).

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5631.7 Practice good housekeeping** by cleaning up spills, maintaining spill kits, storing tools and equipment, keeping work area clear of hazards and obstructions, and identifying health and safety hazards to minimize the potential for accident or injury in accordance with OHSA, and the Health Protection and Promotion Act (R.R.O. 1990, Regulation 562, Food Premises), the Workplace Safety and Insurance Board's (WSIB) Workwell program.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5631.8**     **Maintain food at recommended temperature** by observing product specifications to ensure quality and life of product and to prevent food-borne illness and by maintaining HACCP controls and in compliance with the Health Protection and Promotion Act (R.R.O. 1990, Regulation 562, Food Premises).

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5631.9**     **Follow meal delivery systems for isolation returns** by applying knowledge of meal delivery systems and isolation procedures in accordance with workplace policies and safety standards.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5631.10**     **Receive and store perishable and non-perishable food items** by inspecting the quality of goods, checking shipment to invoices and noting and reporting discrepancies, verifying proper temperatures, and storing foods according to type, cardboard decasing, and FIFO rotation requirements in accordance with HACCP standards and industry standards.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5631.11 Perform basic kitchen management functions** by assisting with food costing control and inventory, forecasting for daily food production, being aware of budgets, and logging, tracking, and following security procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5631.12 Follow emergency procedures** by participating in facility emergency management training in accordance with government legislation.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5631.13 Take samples of food products prior to service at all meals** by labeling, dating, and storing them in accordance with government legislation.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

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**U5632 Communicate in the Workplace**

**Skills**

**U5632.1 Communicate verbally** by speaking clearly and concisely, listening attentively, seeking validation of the conversation to ensure understanding, conveying and summarizing information accurately, and engaging in constructive feedback in accordance with business etiquette, workplace standards, and facility policies.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**\* A Trainer may be a Supervisor or the competent employee designated by the Apprentice's Sponsor.**

**U5632.2 Communicate in print and electronically** by preparing and writing correspondence, memoranda, work orders (equipment and diets), project reports, check-off forms/sheets, logs, records management, and other required forms.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5632.3 Communicate with superiors and colleagues**, such as Dietitians and Food Services Managers, by exchanging verbal reports; preparing written materials; and following directions, including prescribed menus.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5632.4**     **Coach co-workers** by demonstrating workplace standards, business etiquette, and best practices in the trade; explaining workplace procedures and requirements; promoting and then following facility policies and procedures; assessing workplace performance and progress; and ensuring timely feedback.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

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**U5633**     **Perform Occupational Skills**

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**Skills**

**U5633.1**     **Maintain all small wares** by following procedures for calibrating thermometers and scales, sharpening knives, and keeping other small appliances in working order in accordance with preventative maintenance contract and schedules.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**\* A Trainer may be a Supervisor or the competent employee designated by the Apprentice's Sponsor.**

**U5633.2 Match tools and equipment to task** by selecting the size and type to prepared food in accordance to recipe requirements.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5633.3 Perform mise en place** by organizing tools, equipment, and ingredients in accordance to recipe requirements.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5633.4 Prepare foods** by using moist and dry cooking methods for volume food production in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5633.5 Cool foods** by using quantity cooling methods in accordance with government legislation and industry best practices.



mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5633.6**     **Hold prepared hot and cold food for service** by using recommended times and temperatures in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5633.7**     **Store cooked and uncooked food** by maintaining products at safe temperatures in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5633.8 Rethermalize prepared food** by reheating to safe temperatures in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5633.9 Serve prepared food** by holding product at safe temperatures and serving in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

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**U5634 Prepare Stocks from Scratch or Convenience**

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**Skills**

**U5634.1 Follow recipes** by determining amount, volume, ingredients, and method of preparation for stocks in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, government legislation, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**\* A Trainer may be a Supervisor or the competent employee designated by the Apprentice’s Sponsor.**

**U5634.2**     **Select equipment and tools** by identifying size and type to cook stocks according to recipe specifications.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5634.3**     **Identify and select ingredients** by ensuring the sauce conforms to the recipe in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, government legislation, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5634.4**     **Prepare ingredients** by washing, peeling, measuring, and cutting in accordance with standardized therapeutic diet recipes, production sheets, and government legislation.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5634.5 Prepare white, brown, and vegetable stocks** by cooking ingredients in sequence to ensure uniform cooking and by making stock ready for a specified time in accordance with standardized therapeutic diet recipes, production sheets, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5634.6 Store and rethermalize stocks**, when needed, by maintaining product at safe temperatures in accordance with government legislation and industry best practices

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

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**U5635 Prepare Soups from Scratch or Convenience**

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**Skills**

**U5635.1 Follow recipes** by determining amount, volume, ingredients, and method of preparation for soups in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitians recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**\* A Trainer may be a Supervisor or the competent employee designated by the Apprentice's Sponsor.**

**U5635.2**     **Select equipment and tools** by identifying size and type to cook soup according to recipe specifications.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5635.3**     **Identify and select ingredients** by ensuring the soup conforms to the recipe in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5635.4**     **Prepare ingredients** by washing, peeling, measuring, and cutting in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5635.5 Prepare basic soups** (including beef, chicken, vegetable, barley, rice, noodle, bean, pea, puree, cold, and cream soups) by cooking ingredients in sequence to ensure uniform cooking and by making soup ready for a specified time in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/ dietitian’s recommendations and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5635.6 Finish soup** by garnishing or adding sauce, if needed, within the required time and temperature in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5635.7 Serve soup** by holding product at safe temperatures and serving in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

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**U5636 Prepare Basic Sauces from Scratch or Convenience**

**Skills**

**U5636.1 Follow recipes** by determining amount, volume, ingredients, and method of preparation for sauces in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**\* A Trainer may be a Supervisor or the competent employee designated by the Apprentice’s Sponsor.**

**U5636.2 Select equipment and tools** by identifying size and type to prepare sauces according to recipe specifications.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5636.3 Identify and select ingredients** by ensuring the sauce conforms to the recipe in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitians’ recommendations and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5636.4 Prepare ingredients** by washing, peeling, measuring, and cutting in accordance with standardized recipes and production sheets.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5636.5 Prepare thickening agents** (including roux, modified starches and starches) by adding ingredients in sequence to ensure that the thickening agent is uniform and ready for further processing in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5636.6 Prepare sauces** (including white, brown, tomato, cold and hot) by adding ingredients in sequence to ensure that the sauce is emulsified and uniformly cooked in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature



**U5636.7**     **Finish sauce** by completing within the required time and by maintaining safe temperatures in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5636.8**     **Serve sauce** by holding product at safe temperatures and serving in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

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**U5637**     **Prepare Seafood from Scratch or Convenience**

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**Skills**

**U5637.1**     **Follow recipes** by determining amount, volume, ingredients, and method of preparation for seafood in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**\* A Trainer may be a Supervisor or the competent employee designated by the Apprentice’s Sponsor.**

**U5637.2**     **Select equipment and tools** by identifying size and type to prepare seafood according to recipe specifications.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5637.3**     **Select seafood** by following recipe instructions in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5637.4**     **Assess quality and freshness of seafood** by evaluating firmness, colour, smell, texture, and fat content to ensure quality of product in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5637.5 Prepare seafood** in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5637.6 Finish seafood** by garnishing or adding sauce, if needed, within the required time and temperature in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5637.7 Serve seafood** by holding product at safe temperatures and serving in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

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**U5638 Prepare Meat and Poultry from Scratch or Convenience**

**Skills**

**U5638.1 Follow recipes** by determining amount, volume, ingredients, and method of preparation for meat and poultry in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**\* A Trainer may be a Supervisor or the competent employee designated by the Apprentice’s Sponsor.**

**U5638.2 Select equipment and tools** by identifying size and type to prepare meat and poultry according to recipe specifications.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5638.3 Select cuts of federally/provincially inspected meat and poultry** by following recipe instructions in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5638.4**     **Assess quality and freshness** by evaluating firmness, colour, smell, texture and fat content to ensure quality of product in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5638.5**     **Prepare meat and poultry** by marinating, stuffing, and adding ingredients in required sequence in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5638.6**     **Cook meat and poultry by steaming, boiling, stewing, braising, and poaching** while ensuring that they are ready at a specified time in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitians recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5638.7**     **Cook meat and poultry by broiling, roasting, baking, sautéing, and grilling** while ensuring that they are ready at a specified time in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitians recommendations and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5638.8**     **Cook meat and poultry by stir-frying** while ensuring that they are ready at a specified time in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitians recommendations and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5638.9**     **Finish meat and poultry** by garnishing or adding sauce, if needed, within the required time and temperature in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5638.10**    **Serve meat and poultry** by holding product at safe temperatures and serving in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

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**U5639**        **Prepare Fruits and Vegetables from Scratch or Convenience**

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**Skills**

**U5639.1**    **Follow recipes** by determining amount, volume, ingredients, and method of preparation for fruits and vegetables in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**\* A Trainer may be a Supervisor or the competent employee designated by the Apprentice’s Sponsor.**

**U5639.2**    **Select equipment and tools** by identifying size and type to prepare fruits and vegetables according to recipe specifications.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5639.3**     **Select fruits and vegetables** by following recipe instructions in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5639.4**     **Assess quality and freshness of fruits and vegetables** by evaluating variety, freshness, colour, appearance, firmness, and aroma to ensure quality of product in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5639.5**     **Prepare fruits and vegetables** by washing and peeling in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitians recommendations and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature



**U5639.6**     **Cut fruits and vegetables** to desired shapes in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5639.7**     **Cook fruits and vegetables by blanching, boiling, stewing, braising, and poaching** them to required time and temperature in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5639.8**     **Cook fruits and vegetables by glazing, roasting, grilling, and baking** them to required time and temperature in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5639.9**     **Cook by stir-frying** vegetable dishes to required time and temperature in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5639.10**     **Finish fruits and vegetables** by garnishing or adding sauce, if needed, within the required time and temperature in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5639.11**     **Serve fruits and vegetables** by holding product at safe temperatures and serving in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

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**U5640 Prepare Starches and Grains from Scratch or Convenience**

**Skills**

**U5640.1 Follow recipes** by determining amount, volume, ingredients, and method of preparation for starches and grains in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**\* A Trainer may be a Supervisor or the competent employee designated by the Apprentice’s Sponsor.**

**U5640.2 Select equipment and tools** by identifying size and type to prepare starches and grains according to recipe specifications.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5640.3 Select starches and grains** by following recipe instructions in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5640.4 Assess quality and freshness of starches and grains** by evaluating variety, shape, colour, and texture and by eliminating product contaminants to ensure quality of product in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5640.5 Prepare starches and grains** by washing and measuring in required sequence and in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5640.6 Cook starches and grains** by using appropriate methods in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5640.7**     **Cook baked, stuffed, and basic pasta dishes** in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5640.8**     **Finish starches and grains** by garnishing or adding sauce, if needed, within the required time and temperature in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5640.9**     **Serve starches and grains** by holding product at safe temperatures and serving in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

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**U5641 Prepare Salads and Dressing from Scratch or Convenience**

**Skills**

**U5641.1 Follow recipes** by determining amount, volume, ingredients, and method of preparation for salads and dressings in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**\* A Trainer may be a Supervisor or the competent employee designated by the Apprentice’s Sponsor.**

**U5641.2 Select equipment and tools** by identifying size and type to prepare salads and dressings according to recipe specifications.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5641.3 Select ingredients** by ensuring the salads and dressings conform to the recipe in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5641.4 Assess quality and freshness of ingredients for salads and dressings** by evaluating variety, size, colour, appearance, texture, shape, and aroma to ensure quality of product in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5641.5 Prepare ingredients for salads and dressings** by washing, peeling, chopping, cutting, mixing, cooking, or marinating in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5641.6 Prepare simple salads** by following recipes that include lettuces, vegetables, and legumes in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5641.7 Prepare compound salads** by following recipes that include fish, meat, vegetables, grain, and fruit in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5641.8 Prepare dressing** by combining ingredients and emulsifying them to achieve required texture and consistency in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5641.9 Finish salads** by garnishing or adding sauce, if needed, within the required time and temperature in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature



**U5641.10**    **Serve salads and dressing** by holding product at safe temperatures and serving in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

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**U5642**        **Prepare Eggs and Dairy Products from Scratch or Convenience**

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**Skills**

**U5642.1**    **Follow recipes** by determining amount of ingredients and method of preparation for egg and dairy products in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**\* A Trainer may be a Supervisor or the competent employee designated by the Apprentice’s Sponsor.**

**U5642.2**    **Select equipment and tools** by identifying size and type to prepare egg and dairy products according to recipe specifications.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5642.3**     **Select eggs and dairy products** by ensuring the eggs and products conform to the recipe in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5642.4**     **Assess quality and freshness of eggs and dairy products** by evaluating size, grade, type, variety, fat content, moisture content, aroma, absence of dirt or cracks, colour, texture, and appearance in accordance with government legislation and industry best practices

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5642.5**     **Prepare egg and dairy products** by cutting, chopping, grating, slicing, dicing, shredding, peeling, separating, melting, trimming, whipping, measuring, and weighing in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5642.6 Prepare egg dishes** by following recipes that include fried, scrambled, omelette, quiche, poached, boiled, and dairy dishes to required time and temperatures in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5642.7 Prepare egg dishes** by following recipes that include crepes, French toast, waffles, and pancakes to required time and temperatures in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5642.8 Finish eggs and dairy products** by garnishing or adding sauce, if needed, within the required time and temperature in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/ dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5642.9**     **Serve eggs and dairy products** by holding product at safe temperatures and serving in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

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**U5643**     **Prepare Baked Goods, Pastry, and Desserts from Scratch and Convenience**

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**Skills**

**U5643.1**     **Follow recipes** by determining amount, volume, ingredients, and method of preparation for baked goods, pastry, and desserts in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**\* A Trainer may be a Supervisor or the competent employee designated by the Apprentice’s Sponsor.**

**U5643.2**     **Select appropriate equipment and tools** by identifying size and type to prepare baked goods, pastry, and desserts according to recipe specifications.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5643.3**     **Select ingredients for baked goods, pastry, and desserts** by ensuring they conform to the recipe in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitians’ recommendations and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5643.4**     **Assess quality and freshness of ingredients for baked goods, pastry, and desserts** by evaluating variety, size, colour, appearance, texture, shape, and aroma to ensure quality of product in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5643.5**     **Prepare ingredients in required sequence for baked goods, pastry, and desserts** by measuring, melting, rolling, poaching, kneading, and proofing in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5643.6 Prepare quick breads and desserts** by following recipes that include cookies, pies, tarts, flans, bread puddings, and rice puddings and by using appropriate cooking or baking method in sequence to required time and temperature in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5643.7 Prepare sauces, creams and puddings** by following recipes that include pastry cream, fruit sauces, and baked custard by adding required ingredients in sequence to required time and temperature in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5643.8 Finish baked goods, pastry, and desserts** by glazing and decorating within the required time and temperature in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitians’ recommendations and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5643.9**     **Serve baked goods, pastry, and desserts** by holding product at safe temperatures and serving in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

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**U5644**     **Prepare Sandwiches and Hors D'oeuvres from Scratch or Convenience**

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**Skills**

**U5644.1**     **Follow recipes** by determining amount, volume, ingredients, and method of preparation for sandwiches and hors d'oeuvres in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian's recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**\* A Trainer may be a Supervisor or the competent employee designated by the Apprentice's Sponsor.**

**U5644.2**     **Select equipment and tools** by identifying size and type to prepare sandwiches and hors d'oeuvres according to recipe specifications.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5644.3**     **Select ingredients for sandwiches and hors d’oeuvres** by ensuring they conform to the recipe in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5644.4**     **Assess quality and freshness of ingredients for sandwiches and hors d’oeuvres** by evaluating variety, size, colour, appearance, texture, shape, and aroma to ensure quality of product in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5644.5**     **Prepare hot sandwiches, cold sandwiches, and wraps** by following recipes that include basic filled, fancy, and open-faced sandwiches in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature



**U5644.6 Assemble sandwiches and hors d'oeuvres** by garnishing, if needed, within the required time and temperature and to maintain quality of appearance, taste, and texture of the product in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian's recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5644.7 Finish baked sandwiches and hors d'oeuvres** by glazing and decorating within the required time and temperature in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitians' recommendations and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5644.8 Serve sandwiches and hors d'oeuvres** by holding product at safe temperatures and serving in accordance with government legislation and industry best practices.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

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**U5645 Prepare Meals for Special Diets from Scratch or Convenience**

**Skills**

**U5645.1 Prepare meals for therapeutic diets** by following standardized therapeutic diet recipes to include diabetic/controlled energy, gluten free, allergens, intolerances, restricted fat, restricted sodium, renal diets, and other prescribed diets in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**\* A Trainer may be a Supervisor or the competent employee designated by the Apprentice’s Sponsor.**

**U5645.2 Prepare meals for texturization** by using blenders, mixers, mincing machines, and food processors to produce regular, soft, minced, chopped and puréed in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5645.3 Prepare foods with fluid consistency** by adding specified ingredients (such as, honey, nectar, and pudding) and by using appropriate equipment in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

**U5645.4 Provide meals for diverse diets** by following cultural, religious, and ethnic food preparation practices in accordance with standardized therapeutic diet recipes, production sheets, nutrition manager/dietitian’s recommendations, and facility policies and procedures.

mm/dd/yy	Trainer Print Name	*Trainer Signature
mm/dd/yy	Apprentice Print Name	Apprentice Signature

## Curriculum Learning Outcomes

360 Total Hours

Please refer to the *Apprenticeship In-school Curriculum Standard* for Institutional Cook (415D).

- S1671 Sanitation, Safety, and Equipment
- S1672 Nutrition
- S1673 Institutional Culinary Techniques
- S1674 Institutional Food Theory
- S1675 Institutional Baking Techniques
- S1676 Professional Communications

## Definitions

### Apprentice

- An individual who, pursuant to a registered Training Agreement, is receiving or is to receive training in a trade that is required as part of an apprenticeship program
- Holds a Training Agreement in either a compulsory or non-compulsory trade;
- Are subject to any ratios that have been set out in regulation and or recommended by industry for their trade(s);
- Remain as an Apprentice until they receive their Certificate of Apprenticeship

### BOSTA

*Building Opportunities in the Skilled Trades Act, 2021 (BOSTA)*

### Certificate of Apprenticeship (C of A)

A certificate issued to individuals who have demonstrated that they have completed an apprenticeship program in Ontario.

### Certificate of Qualification (C of Q)

A certificate issued to an individual who has completed an apprenticeship or equivalent AND passed the Certificate of Qualification examination.

### Competence

The ability of an individual to perform a skill, consistently without assistance, in the workplace as set out in the Logbook.

### Competency Analysis Profile (CAP Chart)

A chart that identifies the training needs of an individual trade and details the skills/skill sets that must be demonstrated during an apprenticeship program.

### Journeyman

Journeyman means an individual who holds a certificate of qualification (in a compulsory or non-compulsory trade) and/or an individual who practices as a journeyman in a non-compulsory trade who does not hold a certificate of qualification and has equivalent experience in that trade.

### Mandatory Skill

Status assigned to unshaded individual skills, skill sets or general performance objectives which must be signed-off for the Apprentice to complete their program.

### Optional Skill

Status assigned to shaded individual skills, skills sets or general performance objectives for which sign-off is not required for the Apprentice to complete the program.

### **Provisional Certificates of Qualification**

- A Provisional Certificate of Qualification is issued to an individual who has obtained a Certificate of Apprenticeship (in both compulsory and non-compulsory trades) in a program that has a Certificate of Qualification examination, to which the individual has not yet passed the Certificate of Qualification examination.
- A Provisional Certificate of Qualification shall have the prescribed term or, if no term is prescribed, a term of one year.
- In a compulsory trade, the Provisional Certificate of Qualification allows a person to continue working legally in the trade for up to 12 months while they work to pass the certifying exam.
- Individuals with a Provisional Certificate of Qualification are subject to any ratios that have been set out for their trade(s).

### **Ratios**

For the purpose of an Apprenticeship program, a ratio is the maximum number of Journeypersons to Apprentices. The purpose of ratios is to provide consistent supervision, training and continuity of work.

### **Sign-off**

Signature of the Sponsor of record, or an individual to whom that Sponsor has delegated signing authority, (e.g. Trainer) indicating an Apprentice's demonstration of competence.

### **Skill**

Individual competency/task described in the Logbook.

### **Skill Sets**

Group or selection of individual skills found in the Logbook.

### **Skill Set Completion for Sponsors**

Listing for all skill sets and includes space for sign-off by Sponsor of record.

### **Sponsor**

Means a person that has entered into a registered Training Agreement under which the person is required to ensure that an individual is provided with workplace-based training in a trade as part of an apprenticeship program.

**Sponsor of Record**

Refers to the Sponsor documented as being signatory to the registered Training Agreement or Contract of Apprenticeship. In order for a Sponsor to be considered for the training of Apprentices, they must identify that the workplace has qualified persons or the equivalent on site, and can identify that the workplace has the tools, equipment, materials, and processes which have been identified by the Industry representatives for the trade.

**Trainer**

An individual who oversees the performance of a task and sets the workplace expectations and practices for the Apprentice. For a compulsory trade, a qualified Trainer is an individual who holds a Certificate of Qualification. In a non-compulsory trade, a Trainer is an individual who either holds a CofQ, CofA, or is considered equivalent.

## Ready to Write Your Exam?

Many of the skilled trades in Ontario have a final certification examination that you must pass to become certified in your trade. Passing the examination gives you the right to hold yourself out as a Journeyman and receive a Certificate of Qualification in your trade.

There are two types of trade certification examinations in Ontario:

1. Provincial (Ontario) examinations - which lead to a Certificate of Qualification.
2. Red Seal examinations – which lead to a Certificate of Qualification with an Interprovincial Red Seal endorsement.

If a trade is designated as Red Seal in Ontario, you will be writing the Red Seal examination. To access the Red Seal preparation guide please visit: [red-seal.ca](http://red-seal.ca)

## Ontario's Exam Preparation Guide

[Exam Resources – Skilled Trades Ontario](#)

### Basic Examination Details for You to Know

- You will have **up to four hours to write your examination.**
- Accommodations must be requested and approved prior to scheduling your examination.
- You can leave the examination centre if you complete the examination in less than four hours.
- Exam questions are multiple choice with four options from which you must choose the correct answer. Your examination may have between 90 and 150 multiple choice questions.
- You need a mark of 70% to pass.

### Scheduling Your Examination

The examination scheduling process is currently outlined in detail on the Skilled Trades Ontario website: [Exam Scheduling – Skilled Trades Ontario](#)

### Remember these 3 basic steps:

1. Confirm your eligibility to write the examination with Skilled Trades Ontario.
2. Contact Client Services at Skilled Trades Ontario to pay your examination fee.
3. Contact the local Service Delivery Office to schedule your examination in their examination centre: <https://www.ontario.ca/page/employment-ontario-apprenticeship-offices>



## **Instructions for Recording a Change in Sponsor**

1. Record your first sponsor's information in Sponsor Record #1 – this would be the sponsor who has signed your initial apprenticeship Training Agreement for this trade.
2. If you do change sponsors prior to completing this apprenticeship, please contact your local Service Delivery Office immediately to update your sponsor record.
3. Please make sure you record all the information regarding any additional sponsors of record towards your apprenticeship using the Sponsor Records on the following pages (if applicable).

**You must fill out a Change of Sponsor Record each time you change your sponsor.**

### Sponsor Record #1

Sponsor Information		
Apprentice Name		
Training Agreement #		Date (mm/dd/yy)
Sponsor Name		
Address		
Telephone		
E-mail Address		

Summary of Training	
Employment Start Date	
Employment End Date	
Total hours of training & instruction between dates of employment.	
Skill Sets Completed	

As the Sponsor, I hereby confirm that the above information is true and accurate to the best of my knowledge.

Signature: \_\_\_\_\_ Date: (mm/dd/yy) \_\_\_\_\_

The Sponsor is required to sign-off and date the skills after the Apprentice has proven competence in those skills. However, if a skill is shaded, it is optional and does not need to be signed-off.

**\*If you need additional copies of the Sponsor Record, visit [SkilledTradesOntario.ca](http://SkilledTradesOntario.ca) and search Sponsor Record Form.**

## Change of Sponsor Record #2

Sponsor Information		
Apprentice Name		
Training Agreement #		Date (mm/dd/yy)
Sponsor Name		
Address		
Telephone		
E-mail Address		

Summary of Training	
Employment Start Date	
Employment End Date	
Total hours of training & instruction between dates of employment.	
Skill Sets Completed	

As the Sponsor, I hereby confirm that the above information is true and accurate to the best of my knowledge.

Signature: \_\_\_\_\_ Date: (mm/dd/yy) \_\_\_\_\_

The Sponsor is required to sign-off and date the skills after the Apprentice has proven competence in those skills. However, if a skill is shaded, it is optional and does not need to be signed-off.

**\*If you need additional copies of the Sponsor Record, visit [SkilledTradesOntario.ca](http://SkilledTradesOntario.ca) and search Sponsor Record Form.**

**Change of Sponsor Record #3**

Sponsor Information		
Apprentice Name		
Training Agreement #		Date (mm/dd/yy)
Sponsor Name		
Address		
Telephone		
E-mail Address		

Summary of Training	
Employment Start Date	
Employment End Date	
Total hours of training & instruction between dates of employment.	
Skill Sets Completed	

As the Sponsor, I hereby confirm that the above information is true and accurate to the best of my knowledge.

Signature: \_\_\_\_\_ Date: (mm/dd/yy) \_\_\_\_\_

The Sponsor is required to sign-off and date the skills after the Apprentice has proven competence in those skills. However, if a skill is shaded, it is optional and does not need to be signed-off.

**\*If you need additional copies of the Sponsor Record, visit [SkilledTradesOntario.ca](http://SkilledTradesOntario.ca) and search Sponsor Record Form.**

### Change of Sponsor Record #4

Sponsor Information		
Apprentice Name		
Training Agreement #		Date (mm/dd/yy)
Sponsor Name		
Address		
Telephone		
E-mail Address		

Summary of Training	
Employment Start Date	
Employment End Date	
Total hours of training & instruction between dates of employment.	
Skill Sets Completed	

As the Sponsor, I hereby confirm that the above information is true and accurate to the best of my knowledge.

Signature: \_\_\_\_\_ Date: (mm/dd/yy) \_\_\_\_\_

The Sponsor is required to sign-off and date the skills after the Apprentice has proven competence in those skills. However, if a skill is shaded, it is optional and does not need to be signed-off.

**\*If you need additional copies of the Sponsor Record, visit [SkilledTradesOntario.ca](http://SkilledTradesOntario.ca) and search Sponsor Record Form.**

## Appendix A — Instructions for Apprenticeship Program Completion

Once an Apprentice has completed all the classroom training and benchmark on-the-job hours specified for the trade and has acquired all the mandatory skills included in this Logbook.

The Apprentice and the Sponsor complete the Apprentice Completion Form and the Skill Set Completion for Sponsors Form located on the following pages.

1. They sign the forms and submit them to their local Service Delivery Office. To find the closest office, check the contact information at [ontario.ca/page/employment-ontario-apprenticeship-offices](http://ontario.ca/page/employment-ontario-apprenticeship-offices) or call the Employment Ontario toll free number at (1-800-387-5656).
2. For All Trades: All mandatory skills (or the combination indicated in the completion requirements for the trade) in the Logbook must be signed-off. The recommended hours are a benchmark. If the Sponsor is completing the Apprentice before the industry recommended training hours are done, staff may request further information regarding the Apprentice's on-the-job training. An example of a request would be a letter from the Sponsor confirming the Apprentice worked for some time in the trade before the initial Training Agreement was registered, thereby acquiring some skills beforehand.

If Apprentices are submitting the completion request form and supporting documentation to their local Service Delivery Office by mail, fax, or email (as a scanned document), they should not include their Logbook; if they are presenting this form in person at the local Service Delivery Office, they should bring their Logbook with them.

After staff verifies all the information in the completion request, they may contact either the Apprentice or the Sponsor for further information or documentation. Once the completion has been confirmed, the local Service Delivery Office will issue a Certificate of Apprenticeship to the Apprentice.

Skilled Trades Ontario will receive notification of this completion.

- If the Apprentice has completed a program in a **compulsory trade**, Skilled Trades Ontario will automatically register the Apprentice for a Provisional Certificate of Qualification to continue to work legally for one year while preparing for the certification examination.
- If an Apprentice completes their apprenticeship in a **non-compulsory trade** and there is a Certificate of Qualification exam, they must write and pass the exam to receive a Certificate of Qualification from Skilled Trades Ontario.

For permission to schedule an exam once completion is confirmed, the individual must first contact the Skilled Trades Ontario Client Services Department at 647-847-3000 or toll free at 1-855-299-0028 to pay the certification examination fee. Once you have paid your exam fee with Skilled Trades Ontario, book your exam by contacting your nearest Employment Ontario local Service Delivery Office.

## Appendix B — Apprentice Completion Form

Please fill out both sides of this form, including the Skill Set Completion for Sponsors (see back of form). Once both sides are completed, submit the form to your local Service Delivery Office (find contact information at [ontario.ca/page/employment-ontario-apprenticeship-offices](http://ontario.ca/page/employment-ontario-apprenticeship-offices) or by calling Employment Ontario at (1-800-387-5656).

Apprentice Information	
Name (print)	
Client ID # Issued by Ministry	
Telephone Number(s)	

Sponsor Information	
Legal Name	
Address	
Telephone Number(s)	
Sponsor's Signing Authority <i>(print name)</i>	
E-mail Address	

Program Information	
Trade Name	
Number of hours required as per Training Agreement <i>(hours-based trades only)</i>	
Hours completed? <i>(documentation attached)</i>	Yes ( )    No ( )    Not applicable ( )
Classroom training completed or exempt?	Yes ( )    No ( )    Not applicable ( )

I hereby confirm that the information submitted on both sides of this form is true and accurate.

X \_\_\_\_\_  
Apprentice's Signature                      Date

X \_\_\_\_\_  
Signature of Sponsor's Signing Authority                      Date





## Appendix D — Local Service Delivery Offices in Ontario

For current office listings visit: [ontario.ca/page/employment-Ontario-apprenticeship-offices](http://ontario.ca/page/employment-Ontario-apprenticeship-offices)

Location	Contact	Location	Contact
<b>Barrie</b> 705-737-1431	55 Cedar Pointe Dr Unit 609, Barrie, ON L4N 5R7	<b>Marathon</b> 807-346-1550	52 Peninsula Road, Suite 103 Marathon, Ontario, P0T 2E0
<b>Belleville</b> 613-968-5558 1-800-953-6885	135 North Front St, Belleville, ON K8P 3B5	<b>Markham</b> 905-513-2695	140 Allstate Parkway, Suite 505, Markham, Ontario L3R 5Y8
<b>Brantford</b> 519-756-5197	505 Park Rd North Suite 201, Brantford, ON N3R 7K8	<b>North Bay</b> 705-495-8515 1-800-236-0744	200 First Ave West, North Bay, ON P1B 3B9
<b>Chatham</b> 519-354-2766 1-800-214-8284	870 Richmond St West 1st Floor, Chatham, ON N7M 5J5	<b>Ottawa</b> 613-731-7100 1-877-221-1220	Preston Square, 347 Preston Street, Suite 310, Ottawa, ON K1S 3H8
<b>Cornwall</b> 613-938-9702 1-877-668-6604	132 Second St East Ste 202, Cornwall, ON K6H 1Y4	<b>Owen Sound</b> 519-376-5790 1-800-838-9468	1450 1st Ave West, Suite 100, Owen Sound, ON N4K 6W2
<b>Dryden</b> 807-456-2665 1-800-734-9572	Provincial Government Building, 479 Government St, Dryden, ON P8N 3K9	<b>Peel</b> 905-279-7333 1-800-736-5520	The Emerald Centre, 10 Kingsbridge Garden Circle, Suite 404, Mississauga, ON L5R 3K6
<b>Durham</b> 905-433-0595 1-800-461-4608	78 Richmond Street West, Oshawa, ON L1G 1E1	<b>Pembroke</b> 613-735-3911 1-800-807-0227	615 Pembroke St East, Pembroke, ON K8A 3L7
<b>Elliot Lake</b> 1-800-236-8817	50 Hillside Dr North, Elliot Lake, ON P5A 1X4	<b>Peterborough</b> 705-745-1918 1-877-433-6555	901 Lansdowne St West, Peterborough, ON K9J 1Z5
<b>Fort Frances</b> 807-274-8634	922 Scott St 2nd Flr, Fort Frances, ON P9A 1J4	<b>Sarnia</b> 519-542-7705 1-800-363-8453	Bayside Mall, 150 Christina St North, Sarnia, ON N7T 7W5
<b>Geraldton</b> 807-854-1966	208 Beamish Avenue West Geraldton, Ontario P0T 1M0	<b>Sault Ste. Marie</b> 705-945-6815 1-800-236-8817	477 Queen St East 4th Flr, Sault Ste Marie, ON P6A 1Z5
<b>Halton</b> 905-842-5105 1-844-901-5105	700 Dorval Dr., Suite 201, Oakville, ON L6K 3V3	<b>St Catharines</b> 905-704-2991 1-800-263-4475	Garden City Tower, 301 St Paul St East, 10th Flr, St Catharines, ON L2R 7R4
<b>Hamilton</b> 905-521-7764 1-800-668-4479	Ellen Fairclough Bldg, 119 King St West 8th Flr, Hamilton, ON L8P 4Y7	<b>Sudbury</b> 705-564-3030 1-800-603-5999	159 Cedar St Ste 506, Sudbury, ON P3E 6A5
<b>Kapuskasing</b> 705-465-5785 705-235-1950	Ontario Government Complex, 122 Government Rd West, Kapuskasing, ON P5N 2X8	<b>Thunder Bay</b> 807-346-1550 1-800-439-5493	189 Red River Rd Suite 103, Thunder Bay, ON P7B 1A2
<b>Kenora</b> 807-468-2879 1-800-734-9572	227 1/2 Second St South, Kenora, ON P9N 1G4	<b>Timmins</b> 705-235-1950 1-877-275-5139	Ontario Government Complex, 5520 Highway 101 East Wing B, South Porcupine, ON P0N 1H0
<b>Kingston</b> 613-548-1151 1-866-973-4043	Alliance Business Centre, 299 Concession St Ste 201, Kingston, ON K7K 2B9	<b>Toronto Centre</b> 416-927-7366 1-800-387-5656	2 St Clair West, 11 <sup>th</sup> floor Toronto, ON M4A 1L5
<b>Kitchener</b> 519-653-5758 1-866-877-0099	4275 King St East, Kitchener, ON N2P 2E9	<b>Toronto South</b> 416-326-5800	625 Church St 1st Fl, Toronto, ON M7A 2B5
<b>London</b> 519-675-7788 1-800-265-1050	1200 Commissioners Rd E, Unit 72, London, ON N5Z 4R3	<b>Windsor</b> 519-973-1441	Roundhouse Centre, 3155 Howard Ave 2nd Fl, Suite 200, Windsor, ON N8X 4Y8

Competency Analysis Profile (CAP) Chart

<b>U5631</b> Demonstrate Safe Working Practices and Techniques	<b>U5631.1</b> Practice safe work practices	<b>U5631.2</b> Practice personal hygiene	<b>U5631.3</b> Wear protective clothing	<b>U5631.4</b> Handle materials with care	<b>U5631.5</b> Maintain kitchen tools and equipment
	<b>U5631.6</b> Observe workplace hygiene and sanitation	<b>U5631.7</b> Practice good housekeeping	<b>U5631.8</b> Maintain food at recommended temperature	<b>U5631.9</b> Follow meal delivery systems for isolation returns	<b>U5631.10</b> Receive and store perishable and non-perishable food items
	<b>U5631.11</b> Perform basic kitchen management functions	<b>U5631.12</b> Follow emergency procedures	<b>U5631.13</b> Take samples of food products prior to service at all meals		
<b>U5632</b> Communicate in the Workplace	<b>U5632.1</b> Communicate verbally	<b>U5632.2</b> Communicate in print and electronically	<b>U5632.3</b> Communicate with superiors and colleagues	<b>U5632.4</b> Coach co-workers	
<b>U5633</b> Perform Occupational Skills	<b>U5633.1</b> Maintain all small wares	<b>U5633.2</b> Match tools and equipment to task	<b>U5633.3</b> Perform mise en place	<b>U5633.4</b> Prepare foods	<b>U5633.5</b> Cool foods
	<b>U5633.6</b> Hold prepared hot and cold food for service	<b>U5633.7</b> Store cooked and uncooked food	<b>U5633.8</b> Rethermalize prepared food	<b>U5633.9</b> Serve prepared food	

**Competency Analysis Profile: Institutional Cook 415D** *(all unshaded skill sets must be completed)*

<b>U5634</b> <b>Prepare Stocks from Scratch or Convenience</b>	<b>U5634.1</b> Follow recipes	<b>U5634.2</b> Select equipment and tools	<b>U5634.3</b> Identify and select ingredients	<b>U5634.4</b> Prepare ingredients	<b>U5634.5</b> Prepare white, brown, and vegetable stocks
	<b>U5634.6</b> Store and rethermalize stocks				
<b>U5635</b> <b>Prepare Soups from Scratch or Convenience</b>	<b>U5635.1</b> Follow recipes	<b>U5635.2</b> Select equipment and tools	<b>U5635.3</b> Identify and select ingredients	<b>U5635.4</b> Prepare ingredients	<b>U5635.5</b> Prepare basic soups
	<b>U5635.6</b> Finish soup	<b>U5635.7</b> Serve soup			
<b>U5636</b> <b>Prepare Basic Sauces from Scratch or Convenience</b>	<b>U5636.1</b> Follow recipes	<b>U5636.2</b> Select equipment and tools	<b>U5636.3</b> Identify and select ingredients	<b>U5636.4</b> Prepare ingredients	<b>U5636.5</b> Prepare thickening agents
	<b>U5636.6</b> Prepare sauces	<b>U5636.7</b> Finish sauce	<b>U5636.8</b> Serve sauce		

**Competency Analysis Profile: Institutional Cook 415D** *(all unshaded skill sets must be completed)*

<b>U5637</b> <b>Prepare Seafood from Scratch or Convenience</b>	<b>U5637.1</b> Follow recipes	<b>U5637.2</b> Select equipment and tools	<b>U5637.3</b> Select seafood	<b>U5637.4</b> Assess quality and freshness of seafood	<b>U5637.5</b> Prepare seafood
	<b>U5637.6</b> Finish seafood	<b>U5637.7</b> Serve seafood			
<b>U5638</b> <b>Prepare Meat and Poultry from Scratch or Convenience</b>	<b>U5638.1</b> Follow recipes	<b>U5638.2</b> Select equipment and tools	<b>U5638.3</b> Select cuts of federally/ provincially inspected meat and poultry	<b>U5638.4</b> Assess quality and freshness	<b>U5638.5</b> Prepare meat and poultry
	<b>U5638.6</b> Cook meat and poultry by steaming, boiling, stewing, braising, and poaching	<b>U5638.7</b> Cook meat and poultry by broiling, roasting, baking, sautéing, and grilling	<b>U5638.8</b> Cook meat and poultry by stir-frying	<b>U5638.9</b> Finish meat and poultry	<b>U5638.10</b> Serve meat and poultry

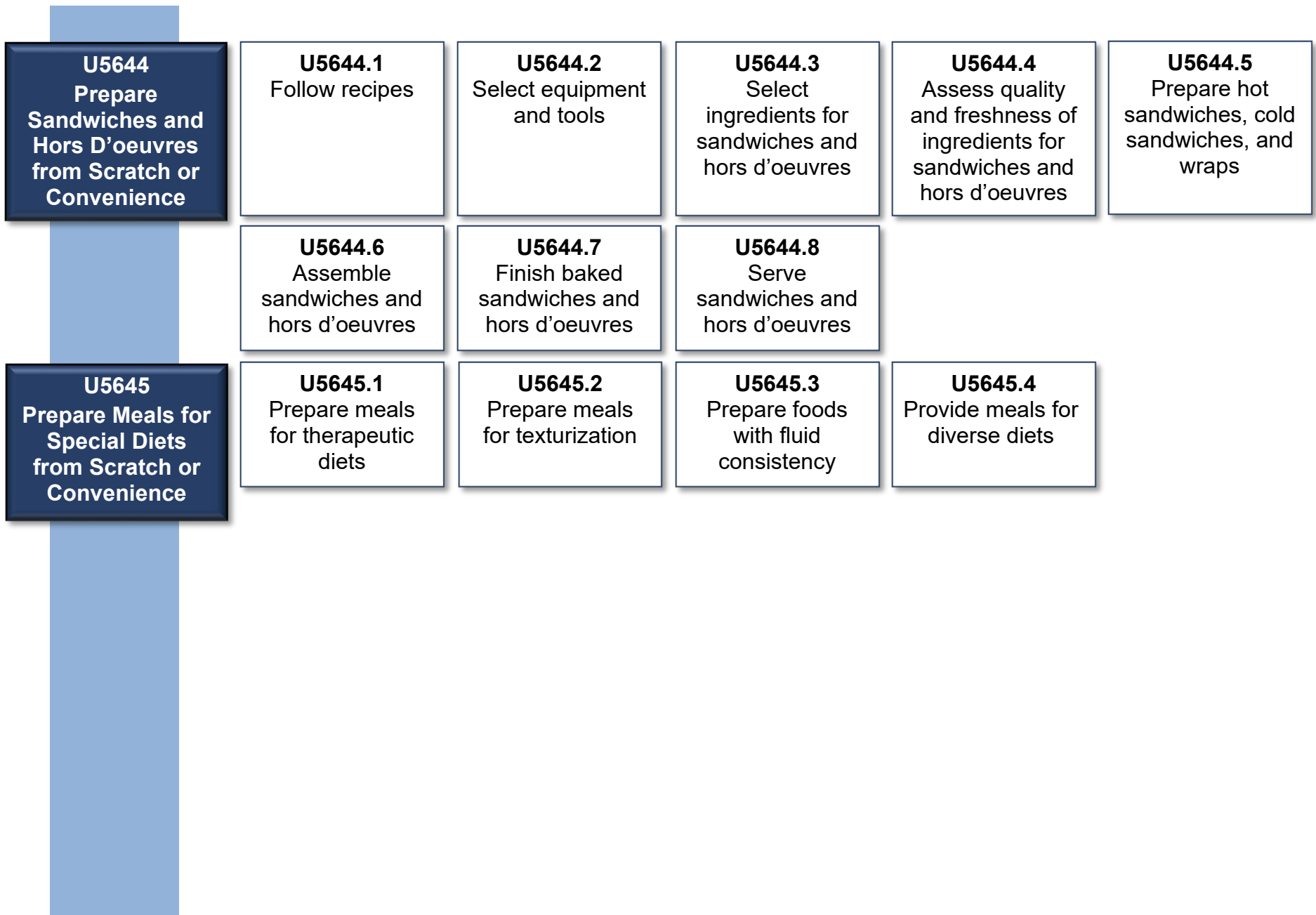
**Competency Analysis Profile: Institutional Cook 415D** *(all unshaded skill sets must be completed)*

<p align="center"><b>U5639</b> Prepare Fruits and Vegetables from Scratch or Convenience</p>	<p align="center"><b>U5639.1</b> Follow recipes</p>	<p align="center"><b>U5639.2</b> Select equipment and tools</p>	<p align="center"><b>U5639.3</b> Select fruits and vegetables</p>	<p align="center"><b>U5639.4</b> Assess quality and freshness of fruits and vegetables</p>	<p align="center"><b>U5639.5</b> Prepare fruits and vegetables</p>	
	<p align="center"><b>U5639.6</b> Cut fruits and vegetables to desired shapes</p>	<p align="center"><b>U5639.7</b> Cook fruits and vegetables by blanching, boiling, stewing, braising, and poaching</p>	<p align="center"><b>U5639.8</b> Cook fruits and vegetables by glazing, roasting, grilling, and baking</p>	<p align="center"><b>U5639.9</b> Cook by stir-frying vegetable dishes</p>	<p align="center"><b>U5639.10</b> Finish fruits and vegetables</p>	
	<p align="center"><b>U5639.11</b> Serve fruits and vegetables</p>					
	<p align="center"><b>U5640</b> Prepare Starches and Grains from Scratch or Convenience</p>	<p align="center"><b>U5640.1</b> Follow recipes</p>	<p align="center"><b>U5640.2</b> Select equipment and tools</p>	<p align="center"><b>U5640.3</b> Select starches and grains</p>	<p align="center"><b>U5640.4</b> Assess quality and freshness of starches and grains</p>	<p align="center"><b>U5640.5</b> Prepare starches and grains</p>
		<p align="center"><b>U5640.6</b> Cook starches and grains</p>	<p align="center"><b>U5640.7</b> Cook baked, stuffed, and basic pasta dishes</p>	<p align="center"><b>U5640.8</b> Finish starches and grains</p>	<p align="center"><b>U5640.9</b> Serve starches and grains</p>	

**Competency Analysis Profile: Institutional Cook 415D** *(all unshaded skill sets must be completed)*

<b>U5641</b> <b>Prepare Salads and Dressing from Scratch or Convenience</b>	<b>U5641.1</b> Follow recipes	<b>U5641.2</b> Select equipment and tools	<b>U5641.3</b> Select ingredients	<b>U5641.4</b> Assess quality and freshness of ingredients for salads and dressings	<b>U5641.5</b> Prepare ingredients for salads and dressings
	<b>U5641.6</b> Prepare simple salads	<b>U5641.7</b> Prepare compound salads	<b>U5641.8</b> Prepare dressing	<b>U5641.9</b> Finish salads	<b>U5641.10</b> Serve salads and dressing
<b>U5642</b> <b>Prepare Eggs and Dairy Products from Scratch or Convenience</b>	<b>U5642.1</b> Follow recipes	<b>U5642.2</b> Select equipment and tools	<b>U5642.3</b> Select eggs and dairy products	<b>U5642.4</b> Assess quality and freshness of eggs and dairy products	<b>U5642.5</b> Prepare egg and dairy products
	<b>U5642.6</b> Prepare egg dishes	<b>U5642.7</b> Prepare egg dishes	<b>U5642.8</b> Finish eggs and dairy products	<b>U5642.9</b> Serve eggs and dairy products	
	<b>U5643.1</b> Follow recipes	<b>U5643.2</b> Select appropriate equipment and tools	<b>U5643.3</b> Select ingredients for baked goods, pastry, and desserts	<b>U5643.4</b> Assess quality and freshness of ingredients for baked goods, pastry, and desserts	<b>U5643.5</b> Prepare ingredients in required sequence for baked goods, pastry, and desserts
<b>U5643</b> <b>Prepare Baked Goods, Pastry, and Desserts from Scratch or Convenience</b>	<b>U5643.6</b> Prepare quick breads and desserts	<b>U5643.7</b> Prepare sauces, creams and puddings	<b>U5643.8</b> Finish baked goods, pastry, and desserts	<b>U5643.9</b> Serve baked goods, pastry, and desserts	

Competency Analysis Profile: Institutional Cook 415D (all unshaded skill sets must be completed)







# Completing Your Apprenticeship Program

Once your sponsor agrees you are competent in the required skills, your hours are complete and you have completed all the levels of classroom training required for your trade:

- ✓ Follow the completion instructions on the Completion Form (Appendix A) in the Logbook.
- ✓ Answer any questions that MLITSD staff may have and provide any additional completion documentation that may be required.
- ✓ Once completion is confirmed, MLITSD will issue you a Certificate of Apprenticeship and notify Skilled Trades Ontario.

## After Your Apprenticeship

If you are in a trade with a certification exam, Skilled Trades Ontario will receive notice of your completion.

For compulsory trades, you will be issued a Provisional Certificate of Qualification which will allow you to work legally for up to 12 months until you write and pass your examination.

For a non-compulsory trade, once you pass your examination, you will be issued a Certificate of Qualification for your trade.

## Preparing For Your Exam

- **To pay for a Certificate of Qualification examination, contact Skilled Trades Ontario** Client Services Department at: 647-847-3000 or toll free at 1-855-299-0028
- **To schedule your exam:** Once you have paid, contact your local Service Delivery Office to book your exam.
- **Download Skilled Trades Ontario exam preparation guide at:** [Exam Resources – Skilled Trades Ontario](#) and/or view the exam preparation guide for Red Seal trades at: [red-seal.ca](http://red-seal.ca)



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