



ONTARIO COLLEGE OF TRADES
ORDRE DES MÉTIERS DE L'ONTARIO

Apprenticeship
Curriculum Standard

Institutional Cook

415D

Hours Disclaimer:

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

Please Note:

Apprenticeship Training and Curriculum Standards were developed by the Ministry of Training, Colleges and Universities (MTCU). As of April 8th, 2013, the Ontario College of Trades (College) has become responsible for the development and maintenance of these standards. The College is carrying over existing standards without any changes.

However, because the Apprenticeship Training and Curriculum Standards documents were developed under either the *Trades Qualification and Apprenticeship Act* (TQAA) or the *Apprenticeship and Certification Act, 1998* (ACA), the definitions contained in these documents may no longer be accurate and may not be reflective of the *Ontario College of Trades and Apprenticeship Act, 2009* (OCTAA) as the new trades legislation in the province. The College will update these definitions in the future.

Meanwhile, please refer to the College's website (www.collegeoftrades.ca) for the most accurate and up-to-date information about the College. For information on OCTAA and its regulations, please visit: www.collegeoftrades.ca/about/legislation-and-regulations.

TABLE OF CONTENTS

Introduction 1

Program Summary of Reportable Subjects 2

S1671 Sanitation, Safety, and Equipment 3

S1671.1 Perform Occupational Skills 4

S1671.2 Safe Working Practices and Techniques 6

S1672 Nutrition 8

S1672.1 Prepare Meals for Special Diets 9

S1673 Institutional Culinary Techniques 11

S1673.1 Prepare Stocks 12

S1673.2 Prepare Soups 14

S1673.3 Prepare Basic Sauces 17

S1673.4 Prepare Seafood 20

S1673.5 Prepare Meat and Poultry 22

S1673.6 Prepare Fruits and Vegetables 25

S1673.7 Prepare Starches and Grains 29

S1673.8 Prepare Salads and Dressings 32

S1673.9 Prepare Eggs and Dairy Products 35

S1673.10 Prepare Sandwiches and Hors D’oeuvres 38

S1673.11 Prepare Meals for Special Diets 40

S1673.12 Perform Occupational Skills 42

S1673.13 Safe Working Practices and Techniques 44

S1674 Institutional Food Theory 46

S1674.1 Prepare Stocks 47

S1674.2 Prepare Soups 49

S1674.3 Prepare Basic Sauces 51

S1674.4 Prepare Seafood 53

S1674.5 Prepare Meat and Poultry 55

S1674.6 Prepare Fruits and Vegetables 57

S1674.7 Prepare Starches and Grains 60

S1674.8 Prepare Salads and Dressings 62

S1674.9 Prepare Eggs and Dairy Products 65

S1674.10 Prepare Sandwiches and Hors D’oeuvres 67

S1674.11 Prepare Meals for Special Diets 69

S1673.12 Perform Occupational Skills 71

S1673.13 Safe Working Practices and Techniques 73

INSTITUTIONAL COOK

S1675	Institutional Baking Techniques	75
S1675.1	Prepare Baked Goods, Pastry, and Desserts.....	76
S1675.2	Prepare Baked Goods, Pastry, and Desserts for Special Diets.....	79
S1675.3	Perform Occupational Skills	81
S1675.4	Safe Working Practices and Techniques	83
S1676	Professional Communications	85
S1676.1	Communicate in the Workplace.....	86
	Summary of Recommended Equipment for Level 1	88

415D V200

Introduction

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

The curriculum is organized into 6 reportable subjects. The Program Summary of Reportable Subjects chart summarizes the training hours for each reportable subject.

The curriculum identifies only the learning that takes place off-the-job. The in-school program focuses primarily on the theoretical knowledge and the essential skills required to support the performance objectives of the Apprenticeship Training Standards. Employers/Sponsors are expected to extend the apprentice's knowledge and skills through practical training on the work site. Regular evaluations of the apprentice's knowledge and skills are conducted throughout training to ensure that all apprentices have achieved the learning outcomes identified in the curriculum standard.

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

Program Summary of Reportable Subjects

Number	Reportable Subjects	Hours Total	Hours Theory	Hours Practical
S1671	Sanitation, Safety, and Equipment	15	15	0
S1672	Nutrition	60	30	30
S1673	Institutional Culinary Techniques	165	0	165
S1674	Institutional Food Theory	45	45	0
S1675	Institutional Baking Techniques	45	15	30
S1676	Professional Communications	30	30	0
	Total	360	135	225

INSTITUTIONAL COOK

Number: **S1671**

Reportable Subject: **SANITATION, SAFETY, and EQUIPMENT**

Duration: Total 15 hours Theory 15 hours Practical 0 hours

Prerequisites: None

Reportable subjects: S1671.1 Perform Occupational Skills
S1671.2 Safe Working Practices and Techniques

Evaluation and Testing: Assignment relating to theory behind the application
Minimum of one mid-term test and one final exam
Periodic quizzes

Mark Distribution

Theory Testing	Projects (optional)	Quizzes (optional)	Final Assessment
20%	20%	10%	50%

S1671.1 Perform Occupational Skills

Cross Reference to Training Standard: U5631; U5633

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate an understanding of the safe working practices, techniques, and occupationally specific skills as regulated by city, provincial, and national health and safety codes, Acts, and regulations.

LEARNING OUTCOMES AND CONTENT

- 1.2.1 Demonstrate a working knowledge of using and maintaining all small wares.
- Describe correct use, cleaning, and storage of small wares
 - Design procedures for breakages, including reporting
 - Identify kitchen tools, including knives, hand tools, cooking utensils.
 - Describe safe knife use, including honing and sharpening
- 1.2.2 Demonstrate a working knowledge of preparing foods using moist and dry cooking methods for volume food production.
- Use and understand correct terminology for methods of moist and dry heat cookery
 - Describe techniques and methods for large quantity food production
 - Demonstrate understanding of recipes for large quantity production
 - Describe presentation and sequence of buffet style service
 - Select and use the appropriate tools and equipment for large quantity food production
 - List appropriate weights, measures, and conversions as necessary
 - Recall appropriate methods of cookery as required to complete specified recipe
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare, cook, hold, and present food while adhering to the national Sanitation Code and provincial *Health Protection and Promotion Act* and *Food Safety and Quality Act*, as well as safety procedures
- 1.2.3 Demonstrate a working knowledge of cooling foods, using quantity cooling methods.
- Use rapid cooling apparatus, as required
 - Prepare ice bath for cooling foods
 - Describe procedures for cooling food products, including transferring from hot to cold containers, stirring, and portioning

- 1.2.4 Demonstrate a working knowledge of storing cooked and uncooked food.
- Explain the importance of storing raw foods separately from cooked foods
 - Describe ways to store food in order to minimize cross-contamination
 - Recall the correct temperatures for storing meat, fish, dairy, and vegetable products
- 1.2.5 Demonstrate knowledge of holding food for service.
- Recall correct temperature for holding hot and cold foods
 - Understand and use standard logging procedures

S1671.2 Safe Working Practices and Techniques

Cross Reference to Training Standard: U5631; U5633

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate an understanding of safe working practices, techniques, and occupationally specific skills as regulated by city, provincial and, national health and safety codes, Acts, and regulations.

LEARNING OUTCOMES AND CONTENT

- 1.1.1 Demonstrate a working knowledge of the principles of safe food handling.
- Describe ways to conduct safe food handling
 - Define non-food contaminants: chemical, viral, and other
 - List the types of bacteria causing foodborne illness
 - Describe the symptoms of foodborne illness and how they are transmitted
 - Discuss industry specific control measures for food-borne illnesses
 - Describe three specific foodborne illnesses
- 1.1.2 Demonstrate a working knowledge of the principle of personal hygiene.
- Define personal hygiene
 - Discuss the importance of personal hygiene
 - Explain the reasons for personal hygiene
 - Explore ways to maintain personal hygiene
- 1.1.3 Identify and define the terms in the national Sanitation Code and provincial *Health Protection and Promotion Act* and *Food Safety and Quality Act*.
- Describe the government food health inspection departments and their areas of control
- 1.1.4 Demonstrate a working knowledge of good housekeeping.
- Maintain a safe, clean work area
 - Discuss ways to minimize injury
 - Discuss occupational health and safety
 - Identify safety and sanitation requirements
 - Design a cleaning schedule and demonstrate ways to communicate safe procedures
 - Discuss ways to minimize injury, including ergonomics
 - Design an integrated pest management (IPM) schedule

- 1.1.5 Demonstrate a working knowledge of meal delivery systems and isolation procedures.
- Describe different types of meal delivery systems for institutional settings; such as, hospitals (including isolation), long term care, schools, and large volume operations
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare, cook, hold, and present food whilst adhering to the National Sanitation Code and safety procedures
 - Demonstrate knowledge of standard Hazard Analysis Critical Control Points (HACCP)
- 1.1.6 Understand the selection, maintenance, and wearing of protective clothing.
- 1.1.7 Demonstrate the maintenance of kitchen tools and equipment.
- Identify, operate, and clean the main types of equipment used for institutional cooking
 - Select the correct equipment appropriate to the task
- 1.1.8 Demonstrate a working knowledge of receiving and storing perishable and non-perishable food items.
- Describe sanitary practices for food transportation
 - Describe proper receiving storing and handling of potentially hazardous foods
 - Minimize exposure of received goods to potential risks (physical, chemical, and biological)
- 1.1.9 Demonstrate a working knowledge of basic management function.
- Demonstrate understanding of policies and procedures as they relate to total quality management
- 1.1.10 Demonstrate a working knowledge of maintaining food at recommended temperatures.
- State the correct temperatures in Fahrenheit and Celsius for minimizing growth of pathogens
 - State the required temperatures for preparing, cooking, holding, and reheating of foods.
 - Discuss principles of temperature control
- 1.1.11 Describe emergency management in accordance with facility emergency procedures and government legislation.
- Discuss and describe the importance of emergency procedures and training
 - Explore planning procedures for emergencies
 - List different types of emergencies, as well as how to plan and train for them (cause and response)
 - List and describe evaluating emergencies (documentation and language)
 - Demonstrate protocols for foodborne illness outbreak management

INSTITUTIONAL COOK

Number: **S1672**

Reportable Subject: **NUTRITION**

Duration: Total 60 hours Theory 30 hours Practical 30 hours

Prerequisites: None

Reportable subjects: S1672 .1 Prepare Meals for Special Diets

Evaluation and Testing: Assignment
Mid-term test
Final exam
Periodic quizzes

Mark Distribution

Mid-Term	Assignment (optional)	Quizzes (optional)	Final Assessment
20%	20%	10%	50%

1672.1 Prepare Meals for Special Diets

Cross Reference to Training Standard: U5631; U5633; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate a working knowledge of nutrition for special diet food preparation in a variety of institutional workplace settings.

LEARNING OUTCOMES AND CONTENT

- 2.1.1 Demonstrate the preparation of meals for therapeutic diets, including diabetic/controlled energy, gluten free, allergenic, lactose free, low fat, restricted sodium, and renal diets in accordance with standardized therapeutic diet recipes.
- Describe the types of diabetes and their differences
 - Describe the reasons for low caloric, lactose free, low fat, restricted sodium, and renal diets
 - Describe major differences between nutritional requirements of therapeutic diets and regular diets
 - Demonstrate a working knowledge of the fundamentals of basic nutrition
 - Demonstrate a working knowledge of Canada's Food Guide
 - Explain the BMI (Body Mass Index)
 - Define "standardized therapeutic diet recipe"
 - Read and interpret various standardized therapeutic diet recipes
 - Understand risks of improper interpretation of standardized therapeutic diet recipes
- 2.1.2 Demonstrate the preparation of meals for texturization, including regular, soft, minced, chopped, and puréed using blenders, mixers, mincing machines, and food processors in accordance with standardized therapeutic diet recipes.
- Define texturization as it refers to food products
 - Demonstrate a working knowledge of the safe operation, sanitation, set up and pack-down of blenders, mixers, mincing machines, and food processors to product specification
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare, cook, hold, and present food while adhering to the national Sanitation Code and provincial *Health Protection and Promotion Act* and *Food Safety and Quality Act*, as well as safety procedures
 - Understand the importance of the various types of texturization for therapeutic diets
 - Recall the type of texturization required for different therapeutic diets
 - Describe the preparation procedures for texturization of a variety of therapeutic diet recipes

- Perform the correct calculations to adjust recipes and convert recipes as specified
- Discuss concerns for meal preparation for the elderly, people with food intolerances, infants, eating disorders, and pregnant women.

2.1.3 Demonstrate the preparation of fluid consistency by adding specified ingredients (including honey, nectar, and pudding) and by using blenders in accordance with standardized therapeutic diet recipes.

- Demonstrate a working knowledge of fluid preparation to specification and as required
- Demonstrate a working knowledge of the safe use and cleaning of blenders for fluid preparation for institutional fluid preparation
- Understand the nutritional requirements for fluid preparation for a variety of therapeutic diets
- Perform the correct calculations to adjust recipes and convert recipes as specified

2.1.4 Identify cultural, religious, and ethnic food preparation practices meals for diverse diets in accordance with standardized therapeutic diets.

- Describe dietary requirements and limitations for a variety of cultural, religious, and ethnic groups
- Demonstrate a working knowledge of the preparation of standardized recipes according to specific cultural, religious, and ethnic dietary requirements
- Recall specific preparation requirements for cultural, religious, and ethnic groups
- Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare, cook, hold, and present food for cultural, religious, and ethnic diets in accordance with standardized therapeutic diets

INSTITUTIONAL COOK

Number: **S1673**

Reportable Subject: **INSTITUTIONAL CULINARY TECHNIQUES**

Duration: Total 165 hours Theory 0 hours Practical 165 hours

Prerequisites: None

Reportable subjects:

S1673.1	Prepare Stocks
S1673.2	Prepare Soups
S1673.3	Prepare Basic Sauces
S1673.4	Prepare Seafood
S1673.5	Prepare Meat and Poultry
S1673.6	Prepare Fruits and Vegetables
S1673.7	Prepare Starches and Grains
S1673.8	Prepare Salads and Dressings
S1673.9	Prepare Eggs and Dairy Products
S1673.10	Prepare Sandwiches and Hors D'oeuvres
S1673.11	Prepare Meals for Special Diet
S1673.12	Perform Occupational Skills
S1673.13	Safe Working Practices and Techniques

Evaluation and Testing: Instructor Demonstration
Kitchen Laboratory
Final Practical Exam

Mark Distribution

Sanitation Safety and Equipment	Kitchen Laboratory and Team Work	Final Assessment
25%	25%	50%

1673.1 Prepare Stocks

Cross Reference to Training Standard: U5631; U5632; U5633; U5634; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate the ability to work effectively in a team and prepare stocks using practical applications and culinary techniques for food preparation and service in an institutional setting to the required standard.

LEARNING OUTCOMES AND CONTENT

- 3.1.1 Demonstrate knowledge to identify and select ingredients to ensure quality of stocks.
- Define mirepoix
 - Recall the correct ingredients for mirepoix
 - Adjust mirepoix amount according to required recipe yield
 - Select the correct ingredients for the required recipe
- 3.1.2 Demonstrate the preparation of ingredients according to therapeutic diet standard.
- Cut mirepoix to correct specifications
 - Blanch bones to correct specifications
 - Brown bones to correct specifications
 - Select correct weights of ingredients for required recipes
 - Use correct liquid to mirepoix ratio
- 3.1.3 Demonstrate knowledge to read and interpret recipes.
- Understand, interpret, and adjust stock recipes to specification
 - Convert total yield of recipe to higher or lower amounts/yield
 - Calculate conversions from imperial to metric amounts and vice versa
- 3.1.4 Demonstrate the preparation of white stock according to therapeutic diet standard.
- Blanch bones as required
 - Use correct bone to mirepoix ratio for the required yield
 - Effectively skim stock to remove impurities and fat
 - Simmer for the required amount of time to achieve correct body and flavour
 - Strain stock safely and effectively
 - Remove waste and clean kettle/stockpot to industry sanitation standards
 - Cool stock rapidly, using industry-accepted systems/procedures for cooling
 - Store appropriately according to industry food handling standards

- 3.1.5 Demonstrate the preparation of brown stock according to therapeutic diet standard.
- Brown bones and mirepoix in correct sequence
 - Brown bones and mirepoix to correct colour
 - Use correct bone to mirepoix ratio for the required yield
 - Effectively skim stock to remove impurities and fat
 - Simmer for the required amount of time to achieve correct body and flavour
 - Strain stock safely and effectively
 - Remove waste and clean kettle/stockpot to industry sanitation standard
 - Cool stock rapidly, using industry-accepted systems for cooling
 - Store appropriately according to industry food handling standards
- 3.1.6 Demonstrate the preparation of vegetable stock according to therapeutic diet standard.
- Prepare mirepoix according to required specification
 - Use correct liquid to mirepoix ratio for required yield
 - Control temperature correctly throughout cooking process
 - Skim effectively to remove impurities and fat
 - Strain stock safely and effectively
 - Remove waste and clean kettle/stockpot to industry sanitation standards
 - Cool stock rapidly, using industry-accepted systems for cooling
 - Store appropriately according to industry food handling standards
- 3.1.7 Demonstrate specific knowledge to select equipment and tools according to recipes specifications.
- Select an appropriately sized kettle or stockpot according to required yield
 - Select appropriate small wares for the required task
 - Set up ice bath or appropriate cooling station for safe cooling of stocks
 - Select and use equipment and tools for both small or large quantity food preparation

1673.2 Prepare Soups

Cross Reference to Training Standard: U5631; U5632; U5633; U5635; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate the ability to work effectively in a team and prepare soups using practical applications and culinary techniques for food preparation and service in an institutional setting to the required standard.

LEARNING OUTCOMES AND CONTENT

- 3.2.1 Demonstrate knowledge to read and interpret recipes according to therapeutic diet recipes.
- Understand, interpret, and adjust soup recipes specific to the specific therapeutic diet
 - Convert total yield of soup recipe to higher or lower amounts/yield
 - Calculate conversions from imperial to metric amounts and vice versa
 - Read and use production sheets to meet production deadlines
 - Follow the nutrition manager/dietitian's directions to achieve the required specifications for soup production
 - Describe the main categories of soups
 - Accurately adjust correct portion size for appetizer and main courses according to nutrition managers/dieticians' recommendations
- 3.2.2 Demonstrate knowledge of selecting equipment and tools by type and size according to recipe specifications
- Select the appropriate sized kettle or pot according to required yield
 - Select appropriate small wares for the required task
 - Set up ice bath or appropriate cooling station for safe cooling of soups
 - Select correct equipment and tools for small and large quantity soup preparation
 - Clean tools and equipment to the required industry and provincial health and safety standards
- 3.2.3 Identify and select ingredients to ensure quality of soup.
- Select ingredients suitable for soup production for a specified therapeutic diet
 - Identify ingredients in a recipe not suitable for a specific therapeutic diet
 - Substitute unsuitable ingredients for suitable ingredients when preparing soup recipes in accordance with therapeutic diets
 - Identify the ingredients required to prepare: clear soup, vegetable soup, consommé, cream soup, purée soup, bisque, chowder, and potage
 - Follow the direction of the nutrition manager/dietitian when selecting ingredients for the required recipe/s while following the facilities policies and procedures

- 3.2.4 Demonstrate the preparation of ingredients in accordance with standardized therapeutic recipes.
- Wash ingredients according to industry food handling and sanitation standards
 - Peel, pare, and cut ingredients for soups
 - Minimize waste when preparing ingredients for soups
 - Correctly measure/weigh ingredients for soup preparation
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare ingredients for soups
- 3.2.5 Demonstrate the preparation of basic soups in accordance with standardized recipes.
- Describe and identify three basic categories of soups: clear soups, thick/purée soups, and specialty/special diet soups
 - Cook ingredients in sequence to achieve uniform doneness
 - Prepare clear soups to the required standardized therapeutic diet recipe
 - Prepare thick soups (including cream soups) to specification
 - Prepare specialty/national and special diet soups to specification
 - Prepare basic soups to the required yield of the recipe
 - Utilize the correct thickening agent to achieve proper viscosity
- 3.2.6 Demonstrate the preparation of cream soups by cooking ingredients in sequence to ensure uniform cooking and to ensure that soup is ready at a specified time in accordance with standardized therapeutic diet recipes.
- Describe and identify the main characteristics of cream-based soups
 - Cook ingredients in sequence to achieve uniform doneness
 - Prepare cream soups to the required standardized therapeutic diet recipe
 - Prepare cream soups to the required yield of the therapeutic diet recipe
 - Utilize the correct thickening agent to achieve desired viscosity as specified
- 3.2.7 Demonstrate the preparation of purée soups by cooking ingredients in sequence to ensure uniform cooking and to ensure soup is ready at a specified time in accordance with standardized therapeutic diet recipes.
- Describe and identify the main characteristics of purée soups
 - Cook ingredients in sequence to achieve uniform doneness
 - Prepare purée soups to the required standardized therapeutic diet recipe
 - Prepare purée soups to the required yield of the therapeutic diet recipe
 - Utilize the correct thickening agent to achieve desired viscosity as specified

- 3.2.8 Demonstrate the preparation of clear soups by cooking ingredients in sequence to ensure uniform cooking and to ensure that soup is ready at a specified time in accordance with standardized therapeutic diet recipes.
- Describe and identify the main characteristics of purée soups
 - Cook ingredients in sequence to achieve uniform doneness
 - Prepare purée soups to the required standardized therapeutic diet recipe
 - Prepare purée soups to the required yield of the therapeutic diet recipe
 - Utilize the correct thickening agent to achieve desired viscosity as specified
- 3.2.9 Demonstrate the techniques to finish soup, as required; serve, using required serving procedures; and add specific garnish within a required time and temperature and in accordance with standardized therapeutic diet recipes.
- Hold soups for service at the proper temperature
 - Serve soups at the proper temperature
 - Prepare the correct garnish for finishing soups
 - Serve/package the correct portion sizes of soups in service
 - Select use and clean the correct tools and equipment for serving soups
 - Uses bulk cooking methods/multi-stage methods to hold or present soup

1673.3 Prepare Basic Sauces

Cross Reference to Training Standard: U5631; U5632; U5633; U5636; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate the ability to work effectively in a team and prepare sauces using practical applications and culinary techniques for food preparation and service in an institutional setting to the required standard.

LEARNING OUTCOMES AND CONTENT

- 3.3.1 Demonstrate knowledge to read and interpret recipes for the preparation of sauces in accordance with standardized therapeutic diet recipes.
- Interpret and adjust sauce recipes to the specific therapeutic diet
 - Convert total yield of sauce recipe to higher or lower amounts/yield
 - Calculate conversions from imperial to metric amounts and vice versa
 - Read and use production sheets to meet production deadlines for sauces
 - Follow the nutrition manager/dietitian's directions to achieve the required specifications for sauce production
 - Recall recipe procedures for the leading sauces
 - Recall recipe procedures for cold sauces and dressings
- 3.3.2 Demonstrate knowledge to select equipment and tools by size and type according to recipes specifications.
- Select the appropriate sized kettle or pot according to required yield
 - Select appropriate small wares for the sauce production
 - Set up ice bath or appropriate cooling station for safe cooling of sauces
 - Select and use correct equipment and tools for small and large quantity sauce preparation
 - Clean tools and equipment to required industry and provincial health and safety standards
- 3.3.3 Identify and select ingredients to ensure that the quality of the sauce meets recipe standards in accordance with standardized therapeutic recipes.
- Select ingredients suitable for sauce production for the specified therapeutic diet while following the facility's policies and procedures
 - Identify ingredients in a sauce recipe not suitable for a specific therapeutic diet

- Identify the correct ingredients required to prepare:
 - White Sauces, their derivatives - reduction
 - Brown Sauces, their derivatives – reduction
 - Tomato – derivatives
 - Glace
 - Mayonnaise – derivatives
 - Hollandaise – derivatives
 - Vinaigrette - derivatives
- Follow the direction of the nutrition manager/dietitian when selecting ingredients for the required sauce recipe/s

3.3.4 Demonstrate the preparation of ingredients by washing, peeling, measuring, and cutting in accordance with standardized recipes and production sheets.

- Identify ingredients to wash for sauce production
- Wash ingredients required for sauce production to the acceptable standard for provincial food sanitation and food handling guidelines
- Peel ingredients for sauce production to the recipe/production sheet specification
- Weigh and/or measure ingredients for sauces to the recipe/production sheet specification
- Cut ingredients for sauces to meet the required recipe/production sheet specification
- Minimize waste when preparing ingredients for sauces
- Perform bulk cooking methods in conventional, cook chill, cook freeze, multi-stage environments to prepare ingredients

3.3.5 Demonstrate the preparation of thickening agents, including roux, 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.

- Identify the correct ingredients for roux, beurre manie, slurry, starchy vegetable, and other starches required for thickening sauces
- Weigh/measure ingredients required for the specific roux as specified
- Utilize the correct thickening agent to achieve correct viscosity as specified

3.3.6 Demonstrate the preparation of sauces (including white, brown, tomato, cold, and hot) emulsified by adding ingredients in sequence to ensure that the sauce is uniformly cooked in accordance with standardized therapeutic diet recipes.

- Identify the main characteristics of sauces
- Apply correct culinary techniques and procedures for preparation of sauces
- Cook ingredients in sequence to achieve uniform doneness
- Prepare sauces to the required standardized therapeutic diet recipe
- Prepare sauces to the required yield of the therapeutic diet recipe
- Utilize correct thickening agent to achieve desired viscosity for sauces as specified
- Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare sauces

3.3.7 Demonstrate the techniques to finish sauces, as required; serve, using required serving procedures; and add specific garnish within a required time and temperature and in accordance with standardized therapeutic diet recipes.

- Hold sauces for service at the proper temperature
- Serve sauces at the proper temperature
- Prepare the correct garnish for finishing sauces
- Serve/package the correct portion sizes of sauces in service as specified
- Select, use, and clean the correct tools and equipment for serving sauces
- Use bulk cooking methods/multi-stage methods to hold or present soup

1673.4 Prepare Seafood

Cross Reference to Training Standard: U5631; U5632; U5633; U5637; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate the ability to work effectively in a team and prepare seafood using practical applications and culinary techniques for food preparation and service in an institutional setting to the required standard.

LEARNING OUTCOMES AND CONTENT

3.4.1 Demonstrate knowledge to read and interpret recipes in the preparation of seafood in accordance with standardized therapeutic diet recipes.

- Determine weight/volume and type of seafood required
- Determine correct cooking method as specified
- Interpret and adjust seafood recipes to the specific therapeutic diet
- Convert total yield of seafood recipe to higher or lower amounts/yield
- Calculate conversions from imperial to metric amounts and vice versa
- Read and use production sheets to meet production deadlines
- Communicate with the nutrition manager/dietitian to achieve the required specifications
- Adjust portion size for appetizer and main courses

3.4.2 Demonstrate knowledge to select equipment and tools by size and type according to recipe specifications.

- Select appropriately sized equipment for yield required
- Select appropriate small wares, including knives, for seafood production
- Set up ice bath/appropriate work station for safe preparation/cooling of fish and shellfish
- Select and use correct equipment and tools for both small or large quantity recipes
- Clean tools and equipment to required industry and provincial health and safety standards

3.4.3 Demonstrate the selection and preparation of seafood by marinating/curing in accordance with standardized therapeutic diet recipes.

- Identify commonly used seafood products for food service
- Identify fish/shellfish unsuitable for specific therapeutic diets/allergies
- Follow the direction of the nutrition manager/dietitian when selecting seafood for the required standardized therapeutic diet recipes
- Identify fresh seafood by checking smell, appearance, movement (if live)
- Defrost frozen seafood in accordance with provincial food handling and sanitation codes
- Prepare fish by:
 - Scaling
 - Pan dress flat fish and round fish
 - Fillet round fish and flat fish
 - Pull/remove pin bones
 - Portion/cut fillets
 - Peel, de-vein, and butterfly shrimp
 - Clean and de-beard mussels
 - Prepare live lobster for boiling or sautéing and remove meat from lobster
 - Open clams and oysters
- Cook seafood according to the standardized therapeutic diet recipe by:
 - Broiling, grilling, baking
 - Steaming, poaching, simmering, boiling
 - Sautéing, an frying
 - Marinating, curing
- Store seafood at correct temperature according to provincial food handling and sanitation codes
- Hold seafood for service at the proper temperature
- Serve seafood at the proper temperature
- Prepare the correct garnish for finishing seafood dishes
- Serve/package correct portion sizes to specification
- Select, use, clean, and store tools and equipment for serving seafood
- Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to select and prepare seafood

1673.5 Prepare Meat and Poultry

Cross Reference to Training Standard: U5631; U5632; U5633; U5638; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate the ability to work effectively in a team and prepare meat and poultry using practical applications and culinary techniques for food preparation and service in an institutional setting to the required standard.

LEARNING OUTCOMES AND CONTENT

- 3.5.1 Demonstrate knowledge to read and interpret recipes by determining amount, volume, ingredients, and method of preparation for meat and poultry in accordance with standardized therapeutic diet recipes.
- Determine weight/volume and type of meat/poultry required
 - Determine correct cooking method
 - Interpret and adjust meat/poultry recipes to the specific therapeutic diet
 - Convert total yield of meat/poultry recipe to higher or lower amounts/yield
 - Calculate conversions from imperial to metric amounts and vice versa
 - Read and use production sheets to meet production deadlines
 - Follow nutrition manager/dietitian to achieve required specifications
 - Adjust portion size for appetizer and main courses as required
- 3.5.2 Demonstrate knowledge to select equipment and tools by size and type according to therapeutic diet recipe specification.
- Select the appropriate sized equipment as required
 - Select appropriate small wares for meat/poultry production
 - Set up ice bath/appropriate work station for preparation/cooling of meat/poultry product
 - Select correct equipment and tools for small and large quantity meat/poultry preparation
 - Clean tools and equipment to required industry and provincial health and safety standards

- 3.5.3 Identify cuts and assess quality and freshness, colour, smell, texture, and fat content to ensure quality of product in accordance with standardized therapeutic diets.
- Identify the fabricated cuts of beef and veal commonly used in institutional food service
 - Identify the fabricated cuts of pork commonly used in institutional food service
 - Identify the fabricated cuts of lamb commonly used in institutional food service
 - Identify the cuts of poultry commonly used in the institutional food service
 - Assess quality of meat and poultry by checking:
 - State the inspected and approved grade of meat (HACCP approved facilities)
 - Recognize firmness, colour, smell, texture, and fat content
- 3.5.4 Demonstrate the preparation of meat and poultry by marinating, stuffing, and adding ingredients in required sequence and in accordance with therapeutic diet recipes.
- Identify meat/poultry ingredients unsuitable for specific therapeutic diets/allergies
 - Follow the direction of the nutrition manager/dietitian when selecting meat/poultry
 - Defrost frozen meat/poultry products in accordance with provincial food handling and sanitation codes
 - Prepare meat/poultry by marinating, stuffing, and adding ingredients in required sequence
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare, cook, hold, and present meat and poultry
- 3.5.5 Demonstrate steaming, boiling, stewing, braising and poaching meat and poultry to ensure that the meat or poultry are ready at specified time in accordance with standardized therapeutic diet recipes.
- Identify correct moist/moist and dry heat combination method for the type of meat specified
 - Apply correct moist/moist and dry heat combination methods to cook type of meat specified
 - Cook meat/poultry at correct temperature
 - Cook meat/poultry to correct doneness by the specified time
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to steam, boil, stew, braise, and poach meat and poultry

3.5.6 Demonstrate broiling, roasting, baking, and grilling meat and poultry to ensure that the meat and poultry are ready at specified time in accordance with standardized therapeutic diet recipes.

- Identify the correct dry heat method for the type of meat used
- Apply the correct dry heat method to cook the meat/poultry as specified
- Cook meat/poultry at correct temperature
- Cook meat/poultry to correct doneness at the specified time
- Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to broil, roast, bake, and grill meat and poultry

3.5.7 Demonstrate stir-frying meat and poultry to ensure that the meat and poultry is ready at specified time in accordance with standardized therapeutic diet recipes.

- Perform the correct stir-fry method of cooking for meat/poultry
- Stir fry meat/poultry in correct sequence to ensure correct doneness for the specified time

3.5.8 Demonstrate finishing techniques for meat and poultry

- Hold meat/poultry for service at the proper temperature
- Serve meat/poultry at the proper temperature
- Prepare the correct garnish for finishing meat/poultry dishes
- Serve/package the correct portion sizes of meat/poultry as required
- Select, use and clean the correct tools and equipment for serving meat/poultry dishes
- Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to finish, hold, and present meat and poultry

S1673.6 Prepare Fruits and Vegetables

Cross Reference to Training Standard: U5631; U5632; U5633; U5639; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate the ability to work effectively in a team and prepare fruits and vegetables using practical applications and culinary techniques for food preparation and service in an institutional setting to the required standard.

LEARNING OUTCOMES AND CONTENT

- 3.6.1 Demonstrate knowledge to read and interpret recipes of determining amount, volume, ingredients, and method of preparation of fruits and vegetables in accordance with standardized therapeutic diet recipes.
- Determine weight/volume and type of fruit/vegetable required
 - Determine correct cooking method as required
 - Interpret and adjust fruit/vegetable based recipes to the specific therapeutic diet
 - Convert total yield of fruit/vegetable based recipe to higher or lower amounts/yield
 - Calculate conversions from imperial to metric amounts and vice versa
 - Read and use production sheets to meet production deadlines
 - Follow the nutrition manager/dietitian's directions to achieve the required specifications for production of fruit/vegetable therapeutic diet recipes
 - Recall and accurately adjust portion size for appetizer and main courses or to nutrition managers/dieticians recommendation
- 3.6.2 Demonstrate knowledge in selecting equipment and tools by size and type according to recipe specifications.
- Select the appropriate sized equipment for required cooking method
 - Select appropriate small wares for fruit/vegetable production
 - Set up ice bath/appropriate work station for safe preparation/cooling of fruits/vegetables
 - Select and use correct equipment and tools for small and large quantity recipes
 - Clean tools and equipment to meet the required provincial health and safety standards

- 3.6.3 Identify and select fruits and vegetables according to variety, and assessing quality and recognizing freshness by colour, appearance, firmness or smell in accordance with standardized therapeutic diet recipes.
- Identify a variety of fresh fruits commonly used in institutional food service
 - Identify a variety of convenience fruit products commonly used in institutional food service
 - Identify a variety of fresh vegetables commonly used in institutional food service
 - Identify a variety of convenience vegetable products commonly used in institutional food service
 - Select the appropriate fresh or convenience fruit/vegetable product as required
 - Recognize optimally fresh fruit/vegetables by checking colour, firmness, appearance and smell
- 3.6.4 Prepare fruits and vegetables by washing and peeling in accordance with standardized therapeutic recipes.
- Identify fruit/vegetable ingredients for the recipe unsuitable for specific therapeutic diets/allergies
 - Follow the direction of the nutrition manager/dietitian when selecting fruits/vegetables
 - Substitute unsuitable ingredients for suitable/non-harmful ingredients when preparing fruit/vegetable recipes with the nutrition manager/dietitian and facility policies and procedures
 - Defrost frozen fruit/vegetable convenience products correctly and in accordance with the provincial food handling and sanitation codes
 - Wash fruits/vegetables
 - Peel fruits/vegetables
 - De-seed fruits/vegetables
 - Pare fruits/vegetables
 - Core fruits and vegetables
 - Soak dried beans
 - Cut and pit avocados
 - Use acidulated water to preserve colour where needed
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, multi-stage environments to prepare fruits and vegetables

- 3.6.5 Cut fruits and vegetables to desired shapes in accordance with standardized therapeutic recipes
- Cut broccoli and cauliflower spear, florets
 - Cut a variety of fruits and vegetables uniformly into:
 - Julienne
 - Brunoise
 - Baton
 - Small Dice
 - Large dice
 - Macedoine
 - Paysanne
 - Minimize waste when preparing vegetables
- 3.6.6 Blanch, boil, stew, braise and poach fruit and vegetable dishes at predetermined temperatures and times to ensure consistent colour, flavour, crispness and tenderness to maintain maximum quality in accordance with standardized therapeutic diet recipes
- Identify the correct moist/moist and dry heat combination method for the type of fruit/vegetable used
 - Apply the correct moist/moist and dry heat combination methods to cook the fruit/vegetable
 - Cook fruit/vegetable at the correct temperature to ensure correct doneness at the specified time
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, multi-stage environments to blanch, boil, stew, braise, poach fruit and vegetables
- 3.6.7 Glaze, roast, grill and bake fruit and vegetables at predetermined temperatures and times to ensure consistent colour, flavour, crispness and tenderness to maintain maximum quality in accordance with standardized therapeutic diet recipes
- Identify the correct dry heat method for the type of fruit/vegetable
 - Apply the correct dry heat method to cook the fruit/vegetable
 - Cook fruits/vegetables at correct temp. to ensure correct doneness at specified time
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, multi-stage environments to glaze, roast, grill and bake fruit and vegetables
- 3.6.8 Stir-fry fruit and vegetable dishes at predetermined temperature and times to ensure consistent colour, flavour, crispness and tenderness to maintain maximum quality in accordance with standardized therapeutic diet recipes
- Perform the correct stir-fry method of cooking for fruit/vegetable
 - Stir fry fruits/vegetables in correct sequence to ensure correct doneness at specified time
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, multi-stage environments to stir fry fruit and vegetable dishes

3.6.9 Finish fruits and vegetables with required garnishes or sauces at specified temperatures and times in accordance with standardized therapeutic diet recipes

- Hold fruit/vegetable dishes for service at the proper temperature
- Serve fruits and vegetables at the proper temperature
- Prepare the correct garnish for finishing fruit/vegetable dishes
- Serve/package the correct portion sizes of fruits/vegetables in service as required
- Select, use and clean tools and equipment for serving fruit and vegetable dishes
- Perform bulk cooking methods in conventional, cook chill, cook freeze, multi-stage environments to hold, serve and present fruits and vegetables

S1673.7 Prepare Starches and Grains

Cross Reference to Training Standard: U5631; U5632; U5633; U5640; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate the ability to work effectively in a team and prepare starches and grains using practical applications and culinary techniques for food preparation and service in an institutional setting to the required standard.

LEARNING OUTCOMES AND CONTENT

- 3.7.1 Demonstrate knowledge to read and interpret recipes by determining amount, volume, ingredients, and method of preparation of starches and grains in accordance with standardized therapeutic diet recipes.
- Determine weight/volume and type of starch/grain required
 - Determine correct cooking methods for starches/grains from the recipe
 - Interpret and adjust starch and grain based recipes to the specific therapeutic diet
 - Convert total yield of starch/grain based recipes to higher or lower amounts/yield
 - Calculate conversions from imperial to metric amounts and vice versa
 - Read and use production sheets to meet production deadlines
 - Work effectively with the nutrition manager/dietitian to achieve the required specifications for production
 - Adjust portion size for appetizer and main courses to meet specifications
- 3.7.2 Demonstrate knowledge in selecting equipment and tools by size and type to prepare starches and grains according to recipes specifications.
- Select the appropriate sized equipment for the cooking method specified
 - Select appropriate small wares for the food preparation required
 - Set up ice bath/appropriate work station for safe preparation/cooling of product
 - Select correct equipment and tools for small and large quantity recipes
 - Clean tools and equipment to meet provincial health and safety standards

- 3.7.3 Identify and select starches and grains according to variety and shape and by assessing quality by colour, texture, and size while checking cleanliness of product in accordance with therapeutic diet recipes.
- Identify a variety of fresh starches commonly used in institutional food service
 - Identify a variety of convenience starch products commonly used in institutional food service
 - Identify a variety of grain products commonly used in institutional food service
 - Identify a variety of convenience grain products commonly used in institutional food service
 - Select the appropriate fresh or convenience grain/vegetable product as required
 - Recognize optimally fresh starches/grains by checking colour, firmness, appearance, packaging, and smell
- 3.7.4 Demonstrate the preparation of ingredients by washing, cutting, measuring, and shaping in required sequence in accordance with standardized therapeutic diet recipes.
- Identify starch/grain ingredients unsuitable for specific therapeutic diets/allergies
 - Follow the direction of the nutrition manager/dietitian when selecting starches/grains
 - Defrost frozen starch/grain convenience products in accordance with provincial food handling and sanitation codes
 - Weigh starches/grains
 - Wash starches/grains
 - Rinse starches/grains
 - Soak starches/grains
 - Peel starches
 - Pare starches
 - Soak dried beans
 - Measure and shape starch/grain products as specified in the recipe
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare starches and grains
- 3.7.5 Demonstrate cooking starches and grains by using appropriate methods in accordance with standardized therapeutic diet recipes.
- Boil, bake, bake au gratin, sauté, pan fry potatoes
 - Boil and bake pasta
 - Simmer, steam, use risotto and pilaf methods, boil grains
 - Prepare potato dishes: duchesse, mashed, roasted, and their derivatives
 - Prepare rice dishes: risotto, pilaf, and boiled
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to cook starches and grains

- 3.7.6 Demonstrate cooking, baking, and stuffing basic pasta dishes in accordance with standardized therapeutic diet recipes.
- Apply correct cooking methods to a variety of pasta dishes: stuffed, layered, and basic
 - Prepare pasta dishes: baked, noodle, stuffed, and dumpling (gnocchi)
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to cook baked, stuffed, and basic pasta dishes
- 3.7.7 Demonstrate finishing starches and adding garnish to required dish at specified temperature and time in accordance with standardized therapeutic diet recipes.
- Hold starch/grain dishes for service at the proper temperature
 - Serve starches/grains at the proper temperature
 - Prepare the correct garnish for finishing starch/grain dishes
 - Serve/package the correct portion sizes of starch/grains in service as specified
 - Select, use, and clean the correct tools and equipment for serving starches/grain
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to hold and present starches and grain dishes

S1673.8 Prepare Salads and Dressings

Cross Reference to Training Standard: U5631; U5632; U5633; U5641; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate the ability to work effectively in a team and prepare salads and dressings using practical applications and culinary techniques for food preparation and service in an institutional setting to the required standard.

LEARNING OUTCOMES AND CONTENT

- 3.8.1 Demonstrate knowledge to read and interpret recipes to determine amount, volume, ingredients, and method of preparation of salads and dressings in accordance with standardized therapeutic diet recipes.
- Determine weight/volume and type of fruit/vegetable required for salad preparation
 - Determine correct cooking method as prescribed in the recipe
 - Interpret and adjust salad/dressing recipes to the specific therapeutic diet
 - Convert total yield of salad/dressing recipe to higher or lower amounts/yield
 - Calculate conversions from imperial to metric amounts and vice versa
 - Read and use production sheets to meet production deadlines
 - Follow the nutrition manager/dietitian's directions to achieve the required specifications for production of salads/dressings for therapeutic diet recipes
 - Adjust portion size for appetizer and main courses as specified by dietician/kitchen manager
- 3.8.2 Demonstrate knowledge in selecting equipment and tools by size and type to prepare salads and dressings according to recipe specifications.
- Select the appropriate sized equipment for the cooking method specified
 - Select appropriate small wares for the food preparation required
 - Set up ice bath/appropriate work station for safe preparation/cooling of product
 - Select correct equipment and tools for small and large quantity recipes
 - Clean tools and equipment to meet provincial health and safety standards

3.8.3 Identify and select ingredients for salads and dressings according to variety and size and by assessing quality and recognizing freshness by colour, appearance, firmness, crispness, and smell in accordance with standardized therapeutic diet recipes.

- Identify a variety of fresh salad and dressing ingredients commonly used in institutional food service
- Identify a variety of convenience salad and dressing products commonly used in institutional food service
- Select the appropriate fresh or convenience salad/dressing product as required
- Select the correct size/amount of salad/dressing ingredient to meet recipe specification
- Recognize optimally fresh salad/dressing ingredients/products by checking: colour, firmness, appearance, crispness, packaging, and smell
- Store ingredients for salad/dressing for optimum freshness and to meet provincial food handling and sanitation codes

3.8.4 Demonstrate the preparation of ingredients for salads and dressings by washing, peeling, cutting, mixing, cooking, or marinating and by using required equipment and tools in accordance with standardized therapeutic diet recipes.

- Defrost frozen salad/dressing convenience products in accordance with provincial food handling and sanitation codes
- Weigh and measure salad/dressing ingredients
- Wash salad/dressing ingredients
- Rinse salad/dressing ingredients
- Soak salad/dressing ingredients
- Peel salad/dressing ingredients
- Pare salad/dressing ingredients
- Cut salad ingredients: julienne, chiffonade, baton, brunoise, small dice, large dice, macedoine, paysanne, tourney, torn, and mince
- Mix salads (simple and compound) to meet recipe specification
- Measure and shape starch/grain products as specified in the recipe
- Marinate ingredients for salads according to recipe specification
- Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare salads and dressings

- 3.8.5 Demonstrate the preparation of simple salads (including lettuce, vegetable, and legume) in accordance with standardized therapeutic diet recipes.
- Define “simple salad”
 - Prepare a variety of salad greens: cut romaine, red leaf, and green leaf; core and cut iceberg lettuce; remove rib from spinach and kale; and wash and dry greens
 - Prepare a variety of vegetables for salads: raw, blanched, roasted, marinated
 - Prepare legumes for salads: soaking, boiling, marinating, dressing, mixing, and seasoning
 - Prepare simple salads for small and large quantity service
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, multi-stage environments to prepare simple salads
- 3.8.6 Demonstrate the preparation of compound salads (including fish, meat, vegetable, grain, and fruit) in accordance with standardized diet recipes.
- Define “compound salad”
 - Prepare fish for salads (fresh and convenience): ceviche, curing, marinating, poaching, steaming, and mixing
 - Prepare meat for salads: pulling, mixing, roasting, searing, marinating
 - Prepare vegetables for salads: raw, blanched, roasted, marinated
 - Prepare fruit for salads: raw, marinated, blended
 - Prepare grains for salads: boil, steam
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare compound salads
- 3.8.7 Demonstrate the preparation of dressing by combining ingredients and by mixing, blending, and emulsifying to achieve required texture and consistency in accordance with standardized therapeutic diet recipes.
- Mix dressings to achieve vinaigrette, permanent, and semi-permanent emulsions
 - Define emulsion
 - Perform bulk/large quantity preparation methods to prepare salad dressings
- 3.8.8 Demonstrate finishing salads with required dressings and garnishes in accordance with standardized therapeutic diet recipes.
- Mix salads as required for finished product specification
 - Hold salad/dressing dishes for service at the proper temperature
 - Serve salads/dressings at the proper temperature
 - Prepare the specified garnish for finishing salad/dressing dishes
 - Serve/package the correct portion sizes of salad/dressing in service as specified
 - Select, use, and clean the correct tools and equipment for serving starches/grain
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to hold and present salads and dressings

S1673.9 Prepare Eggs and Dairy Products

Cross Reference to Training Standard: U5631; U5632; U5633; U5642; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate the ability to work effectively in a team and prepare eggs and dairy products using practical applications and culinary techniques for food preparation and service in an institutional setting to the required standard.

LEARNING OUTCOMES AND CONTENT

- 3.9.1 Demonstrate knowledge to read and interpret recipes to determine amount, volume, ingredients, and method of preparation of eggs and dairy products in accordance with standardized therapeutic diet recipes
- Determine weight/volume and type of egg/dairy product required for food preparation
 - Determine correct cooking method as prescribed in the recipe
 - Interpret and adjust egg/dairy in recipe to the specific therapeutic diet
 - Convert total yield of egg/dairy in recipe to higher or lower amounts/yield
 - Calculate conversions from imperial to metric amounts and vice versa
 - Read and use production sheets to meet production deadlines
 - Follow the nutrition manager/dietitian's directions to achieve the required specifications for production of egg/dairy product for therapeutic diet recipes
 - Adjust portion size for appetizer and main courses as specified
- 3.9.2 Demonstrate knowledge in selecting equipment and tools by size and type to prepare egg and dairy products according to recipe specifications.
- Select the appropriate sized equipment for the cooking method specified
 - Select appropriate small wares for the food preparation required
 - Set up ice bath/appropriate work station for safe preparation/cooling of product
 - Select correct equipment and tools for small and large quantity recipes
 - Clean tools and equipment to meet provincial health and safety standards

- 3.9.3 Identify and select eggs and dairy products according to size, grade, type, variety, fat content, moisture content, smell, and firmness and by recognizing quality by colour, texture, and appearance in accordance with standardized therapeutic diet recipes.
- Identify a variety of fresh egg/dairy ingredients commonly used in institutional food service: size, grade, type, variety, fat content, moisture content
 - Identify a variety of convenience egg/dairy products commonly used in institutional food service: size, grade, type, variety, fat content, moisture content
 - Select the appropriate fresh or convenience egg/dairy product as required
 - Select the correct size/amount of egg/dairy product to meet recipe specification
 - Recognize optimally fresh egg/dairy products by checking: colour, firmness, texture, appearance, packaging, and smell
 - Store egg/dairy products for optimum freshness and to meet provincial food handling and sanitation codes
- 3.9.4 Demonstrate the preparation of 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.
- Defrost frozen egg/dairy convenience products in accordance with provincial food handling and sanitation codes
 - Weigh and measure egg/dairy ingredients
 - Cut egg/dairy ingredients: grate, shred, chop, slice, dice, peel, separate, melt, trim, whip
 - Mix egg/dairy products (fresh or convenience) to meet recipe specification
 - Shape egg/dairy ingredients to meet specification set by nutrition manager/dietitian
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments by cutting, chopping, grating, slicing, dicing, shredding, peeling, separating, melting, trimming, whipping, measuring, and weighing egg and dairy products
- 3.9.5 Demonstrate the preparation of egg and dairy dishes (including fried, scrambled, omelette, quiche, poached, and boiled) at predetermined temperatures and times in accordance with standardized therapeutic diet recipes.
- Prepare eggs: fry, boil, poach, scramble, shirred for large and small quantity production
 - Use correct temperatures to cook egg dishes to the required doneness
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments by frying, scrambling, omelette, quiche, poaching, boiling egg and dairy products

- 3.9.6 Demonstrate the preparation of breakfast items (including crepes, French toast, waffles, and pancakes) at predetermined temperatures and times in accordance with standardized therapeutic diet recipes.
- Prepare crepes, French toast, pancakes, and waffles for small and large quantity production
 - Use correct temperatures to cook breakfast items to the required doneness
 - Prepare fillings and condiments for breakfast items to meet specification for small and large quantity production
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare French toast, crepes, waffles, and pancakes
- 3.9.7 Demonstrate finishing egg and dairy products with required garnishes at specific temperatures and times to maintain quality of appearance, taste, and texture of the product in accordance with standardized therapeutic diet recipes.
- Hold egg/dairy product for service at the proper temperature
 - Serve egg/dairy product at the proper temperature
 - Prepare the correct garnish for finishing egg/dairy dishes
 - Serve/package the correct portion sizes of egg/dairy in service as specified
 - Select, use, and clean the correct tools and equipment for serving starches/grain
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to hold and present egg and dairy products

S1673.10 Prepare Sandwiches and Hors D’oeuvres

Cross Reference to Training Standard: U5631; U5632; U5633; U5644; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate the ability to work effectively in a team and prepare sandwiches and hors d’oeuvres using practical applications and culinary techniques for food preparation and service in an institutional setting to the required standard.

LEARNING OUTCOMES AND CONTENT

- 3.10.1 Demonstrate knowledge in reading and interpreting recipes to determine amount, volume, ingredients and method of preparation of sandwiches and hors d’oeuvres in accordance with standardized therapeutic diet recipes.
- Determine weight/volume and type of ingredients for required for sandwich/hors d’oeuvres preparation
 - Determine correct cooking method as prescribed in the recipe
 - Interpret and adjust sandwich/hors d’oeuvres recipes to the specific therapeutic diet
 - Convert total yield of sandwich/hors d’oeuvres recipe to higher or lower amounts/yield
 - Calculate conversions from imperial to metric amounts and vice versa
 - Read and use production sheets to meet production deadlines
 - Follow the nutrition manager/dietitian’s directions to achieve the required specifications for production of sandwich/hors d’oeuvres for therapeutic diet recipes
 - Adjust portion size for appetizer and main courses as specified by dietician/food service manager
- 3.10.2 Demonstrate knowledge in selecting equipment and tools by size and type to prepare sandwiches and hors d’oeuvres according to recipe specifications.
- Select the appropriate sized equipment for the cooking method specified
 - Select appropriate small wares for the food preparation required
 - Set up ice bath/appropriate work station for safe preparation/cooling of product
 - Select correct equipment and tools for small and large quantity recipes
 - Clean tools and equipment to meet provincial health and safety standards

3.10.3 Identify and select ingredients for preparing sandwiches and hors d'oeuvres in accordance with standardized therapeutic diet recipes.

- Identify a variety of fresh sandwich/hors d'oeuvres ingredients commonly used in institutional food service
- Identify a variety of convenience sandwich/hors d'oeuvres products/ingredients commonly used in institutional food service
- Select appropriate fresh or convenience sandwich/hors d'oeuvres ingredient as required
- Select the correct size/amount of sandwich/hors d'oeuvre ingredient to meet recipe specification
- Recognize optimally fresh sandwich/hors d'oeuvres ingredients by checking: colour, firmness, texture, appearance, packaging, and smell and other
- Store sandwich/hors d'oeuvres ingredient for optimum freshness and to meet provincial food handling and sanitation codes

3.10.4 Demonstrate the preparation of hot sandwiches, cold sandwiches, and wraps (including basic filled, fancy, and open-faced sandwiches) in accordance with standardized therapeutic diet recipes.

- Describe different styles of hot sandwiches: basic hot closed, grilled, Panini, Monte Cristo, open faced, pizza, calzone, wrap, taco, quesadilla, burrito
- Describe the major types of cold sandwiches: cold closed sandwiches, basic cold sandwiches, multi-layered cold sandwiches, tea sandwiches, cold open-faced sandwiches
- Prepare mise en place for sandwich assembly for large and small quantity production: prepare fillings, ingredients, spreads, and breads
- Assemble a variety of hot and cold sandwiches for large and small quantity production
- Store sandwiches (if required) at the correct temperature
- Communicate with the dietician/kitchen manager to prepare hot and cold sandwiches and wraps to required specification
- Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare hot and cold sandwiches and wraps

3.10.5 Demonstrate assembling, finishing, and presenting sandwiches and hors d'oeuvres with required garnish at required serving temperature in accordance with standardized therapeutic diet recipes.

- Hold sandwich/hors d'oeuvres product for service at the proper temperature
- Serve sandwich/hors d'oeuvres product at the proper temperature
- Prepare the correct garnish for finishing sandwich/hors d'oeuvres dishes
- Serve/package the correct portion sizes of sandwich/hors d'oeuvres in service as specified
- Select, use and clean the correct tools and equipment for serving sandwich/hors d'oeuvres
- Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to assemble, finish and present sandwiches and hors d'oeuvres

S1673.11 Prepare Meals for Special Diets

Cross Reference to Training Standard: U5631; U5633; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate a working knowledge of nutrition for special diet food preparation in a variety of institutional workplace settings.

LEARNING OUTCOMES AND CONTENT

- 3.11.1 Demonstrate the preparation of meals for therapeutic diets (including diabetic/controlled energy, gluten free, allergenic, lactose free, low fat, restricted sodium and renal diets) in accordance with standardized therapeutic diet recipes.
- Describe the types of diabetes and their differences
 - Describe the reasons for low caloric, lactose free, low fat, restricted sodium, and renal diets
 - Describe major differences between nutritional requirements of therapeutic diets and regular diets
 - Demonstrate a working knowledge of the fundamentals of basic nutrition
 - Demonstrate a working knowledge of Canada's Food Guide
 - Explain the BMI (Body Mass Index)
 - Define "standardized therapeutic diet recipe"
 - Read and interpret various standardized therapeutic diet recipes
 - Understand risks of improper interpretation of standardized therapeutic diet recipes
- 3.11.2 Demonstrate the preparation of meals for texturization (including regular, soft, minced, chopped, and puréed) by using blenders, mixers, mincing machines, and food processors in accordance with standardized therapeutic diet recipes.
- Define texturization as it refers to food products
 - Demonstrate a working knowledge of the safe operation, sanitation, set up and pack-down of blenders, mixers, mincing machines, and food processors to product specification
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare, cook, hold, and present food while adhering to the Sanitation Code and safety procedures
 - Understand the importance of the various types of texturization for therapeutic diets
 - Recall the type of texturization required for different therapeutic diets
 - Describe the preparation procedures for texturization of a variety of therapeutic diet recipes
 - Perform the correct calculations to adjust recipes and convert recipes as specified
 - Discuss concerns for meal preparation for the elderly, people with food intolerances, infants, eating disorders, and pregnant women.

- 3.11.3 Demonstrate the preparation of fluid consistency by adding specified ingredients (including honey, nectar, and pudding) and by using blenders in accordance with standardized therapeutic diet recipes.
- Demonstrate a working knowledge of fluid preparation to specification as required
 - Demonstrate a working knowledge of the safe use and cleaning of blenders for fluid preparation for institutional fluid preparation
 - Understand the nutritional requirements for fluid preparation for a variety of therapeutic diets
 - Perform the correct calculations to adjust recipes and convert recipes as specified
- 3.11.4 Identify cultural, religious, and ethnic food preparation practices meals for diverse diets in accordance with standardized therapeutic diets.
- Describe dietary requirements and limitations for a variety of cultural, religious, and ethnic groups
 - Demonstrate a working knowledge of the preparation of standardized recipes according to specific cultural, religious, and ethnic dietary requirements
 - Recall specific preparation requirements for cultural, religious, and ethnic groups
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare, cook, hold, and present food for cultural, religious, and ethnic practices in accordance with standardized therapeutic diets

S1673.12 Perform Occupational Skills

Cross Reference to Training Standard: U5631; U5633

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate an understanding of the correct safe working practices, techniques, and occupationally specific skills as regulated by city, provincial, and national health and safety codes, Acts, and regulations.

LEARNING OUTCOMES AND CONTENT

- 3.13.1 Demonstrate a working knowledge of the use and maintenance of all small wares.
- Describe correct use, cleaning, and storage of small wares
 - Design procedures for breakages, including reporting
 - Identify kitchen tools, including knives, hand tools, cooking utensils
 - Describe safe knife use, including honing and sharpening
- 3.13.2 Demonstrate a working knowledge of preparing foods using moist and dry cooking methods for volume food production.
- Use and understand correct terminology for methods of moist and dry heat cookery
 - Describe techniques and methods for large quantity food production
 - Demonstrate understanding of recipes for large quantity production
 - Describe presentation and sequence of buffet style service
 - Select and use the appropriate tools and equipment for large quantity food production
 - List appropriate weights, measures, and conversions as necessary
 - Recall appropriate methods of cookery as required to complete specified recipe
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare, cook, hold, and present food while adhering to the national Sanitation Code and provincial *Health Protection and Promotion Act* and *Food Safety and Quality Act*
- 3.13.3 Demonstrate a working knowledge of cooling foods using quantity cooling methods
- Use rapid cooling apparatus as required
 - Prepare ice bath for cooling foods
 - Describe procedures for cooling food products, including transferring from hot to cold containers, stirring, and portioning

- 3.13.4 Demonstrate a working knowledge of storing cooked and uncooked food
- Explain the importance of storing raw foods separately from cooked foods
 - Describe ways to store food in order to minimize cross contamination
 - Recall the correct temperatures for storing meat, fish, dairy, and vegetable products
- 3.13.5 Demonstrate knowledge of holding food for service
- Recall correct temperature for holding hot and cold foods
 - Understand and use standard logging procedures

S1673.13 Safe Working Practices and Techniques

Cross Reference to Training Standard: U5631; U5633

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate an understanding of the correct safe working practices, techniques, and occupationally specific skills as regulated by city, provincial, and national health and safety codes, Acts, and regulations.

LEARNING OUTCOMES AND CONTENT

- 3.12.1 Demonstrate a working knowledge of the principles of safe food handling.
- Describe ways to conduct safe food handling
 - Define non-food contaminants: chemical, viral, and other
 - List the types of bacteria causing foodborne illness
 - Describe the symptoms of foodborne illness and how they are transmitted
 - Discuss industry-specific control measures for foodborne illnesses
 - Describe three specific foodborne illnesses
- 3.12.2 Demonstrate a working knowledge of the principle of personal hygiene.
- Define personal hygiene
 - Discuss the importance of personal hygiene
 - Explain the reasons for personal hygiene
 - Explore ways to maintain personal hygiene
- 3.12.3 Identify and define the terms in the national Sanitation Code and provincial *Health Protection and Promotion Act* and *Food Safety and Quality Act*.
- Describe the government food health inspection departments and their areas of control
- 3.12.4 Demonstrate a working knowledge of good housekeeping.
- Maintain a safe, clean work area
 - Discuss ways to minimize injury
 - Discuss occupational health and safety
 - Identify safety and sanitation requirements
 - Design a cleaning schedule and demonstrate ways to communicate safe procedures
 - Design an integrated pest management (IPM) schedule

- 3.12.5 Demonstrate a working knowledge of meal delivery systems and isolation procedures.
- Describe different types of meal delivery systems for Institutional settings such as hospitals (including isolation), long term care, schools, and large volume operations
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare, cook, hold, and present food whilst adhering to the Sanitation Code and safety procedures
 - Demonstrate knowledge of standard Hazard Analysis Critical Control Points (HACCP)
- 3.12.6 Demonstrate knowledge of the selection, maintenance, and wearing of protective clothing.
- 3.12.7 Demonstrate maintenance of kitchen tools and equipment.
- Identify, operate and clean the main types of equipment used for Institutional cooking
 - Select the correct equipment appropriate to the task
- 3.12.8 Demonstrate a working knowledge of receiving and storing perishable and non-perishable food items.
- Describe sanitary practices for food transportation
 - Describe proper receiving storing and handling of potentially hazardous foods
 - Minimize exposure of received goods to potential risks (physical, chemical and biological)
- 3.12.9 Demonstrate a working knowledge of basic management function.
- Demonstrate understanding of policies and procedures as they relate to total quality management
- 3.12.10 Demonstrate a working knowledge of maintaining food at recommended temperature.
- State the correct temperatures in Fahrenheit and Celsius for minimizing growth of pathogens
 - State the required temperatures for preparing, cooking, holding, and reheating of foods
 - Discuss principles of temperature control
- 3.12.11 Describe the purpose of emergency management in accordance with facility emergency procedures and government legislation.
- Discuss and describe the importance of emergency procedures and training
 - Explore planning procedures for emergencies
 - List different types of emergencies, as well as how to plan and train for them (cause and response)
 - List and describe evaluating emergencies (documentation and language)
 - Demonstrate protocols for foodborne illness outbreak management

INSTITUTIONAL COOK

Number: **S1674**

Reportable Subject: **INSTITUTIONAL FOOD THEORY**

Duration: Total 45 hours Theory 45 hours Practical 0 hours

Prerequisites: None

Reportable subjects:

S1674.1	Prepare stocks
S1674.2	Prepare Soups
S1674.3	Prepare Basic Sauces
S1674.4	Prepare Seafood
S1674.5	Prepare Meat and Poultry
S1674.6	Prepare Fruits and Vegetables
S1674.7	Prepare Starches and Grains
S1674.8	Prepare Salads and Dressings
S1674.9	Prepare Eggs and Dairy Products
S1674.10	Prepare Sandwiches and Hors D'oeuvres
S1674.11	Prepare Meals for Special Diet
S1674.12	Perform Occupational Skills
S1674.13	Safe Working Practices and Techniques

Evaluation and Testing:

- Group Project
- Mid-term Exam
- Online learning/Research (optional)
- Final Practical Exam
- Quizzes (optional)

Mark Distribution

Group Project	Mid-Term Exam	Final Assessment
25%	25%	50%

S1674.1 Prepare Stocks

Cross Reference to Training Standard: U5631; U5632; U5633; U5634; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate knowledge of food receiving, storage, handling, preparation, and culinary techniques for food preparation and service in an institutional setting to the required standard.

LEARNING OUTCOMES AND CONTENT

- 4.1.1 Identify and select ingredients to ensure quality of stocks.
- Define mirepoix
 - Recall the correct ingredients for mirepoix
 - Adjust mirepoix amount according to required recipe yield
 - Identify the correct ingredients for the required recipe
- 4.1.2 Demonstrate the preparation of ingredients according to a therapeutic diet standard.
- Define the term mirepoix
 - Define and use the term: blanch
 - Define and use the terms: brown and browning
 - Select correct weights of ingredients for required recipes
 - Recall correct liquid to mirepoix ratio
 - Communicate with the dietician/kitchen manager to achieve the correct therapeutic diet standard required for stocks
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare stocks
- 4.1.3 Demonstrate knowledge to read and interpret recipes.
- Understand, interpret, and adjust stock recipes to specification
 - Convert total yield of recipe to higher or lower amounts/yield
 - Calculate conversions from imperial to metric amounts and vice versa
- 4.1.4 Demonstrate the preparation of white stock according to therapeutic diet standard.
- Recall correct procedure for the preparation of white stock
 - Use correct bone to mirepoix ratio for the required yield
 - Explain and use the terms: skim, scum, simmer, body, flavor, gelatinization, and strain
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare white stock

- 4.1.5 Demonstrate the preparation of brown stock according to therapeutic diet standard.
- Recall correct procedure for the preparation of brown stock
 - Use correct bone to mirepoix ratio for the required yield
 - Define the terms: skim, scum, simmer, body, flavor, gelatinization, and strain
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare brown stock
- 4.1.6 Demonstrate the preparation of vegetable stock according to therapeutic diet standard.
- Recall correct procedure for the preparation of vegetable stock
 - Use correct bone to mirepoix ratio for the required yield
 - Define the terms: skim, scum, simmer, body, flavor, gelatinization, and strain
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare vegetable stock
- 4.1.7 Demonstrate specific knowledge of selecting equipment and tools according to recipes specifications.
- Identify the appropriately sized kettle or stockpot according to required yield
 - Identify appropriate small wares for the required task
 - Describe the set up for an ice bath/appropriate cooling station for safe cooling of stocks
 - Identify equipment and tools for both small or large quantity food preparation

S1674.2 Prepare Soups

Cross Reference to Training Standard: U5631; U5632; U5633; U5635; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate knowledge of food receiving, storage, handling, preparation, and culinary techniques for food preparation and service in an institutional setting to the required standard.

LEARNING OUTCOMES AND CONTENT

- 4.2.1 Demonstrate knowledge to read and interpret recipes according to therapeutic diet recipes.
- Adjust soup recipes specific to the specific therapeutic diet
 - Convert total yield of soup recipe to higher or lower amounts/yield
 - Calculate conversions from imperial to metric amounts and vice versa
 - Read and use production sheets to meet production deadlines
 - Describe the main categories of soups
 - Accurately adjust correct portion size for appetizer and main courses
- 4.2.2 Demonstrate knowledge of selecting equipment and tools by type and size according to recipe specifications.
- Identify the appropriate sized kettle/pot according to required yield
 - Identify appropriate small wares for the required task
 - Identify correct equipment and tools for small and large quantity soup preparation
- 4.2.3 Identify and select ingredients to ensure quality of soup.
- Identify ingredients suitable for soup production for specified therapeutic diet
 - Identify ingredients in a recipe not suitable for a specific therapeutic diet
 - Recognize unsuitable ingredients for soup recipes in accordance with therapeutic diets
 - Identify the ingredients required to prepare: clear soup, vegetable soup, consommé, cream soup, purée soup, bisque, chowder, and potage
- 4.2.4 Demonstrate the preparation of ingredients in accordance with standardized therapeutic recipes.
- Describe food washing procedures for industry food handling and sanitation standards
 - Explain the terms: peel, pare, and cut
 - Demonstrate how to measure/weigh ingredients for soup preparation
 - Communicate with the dietician/kitchen manager to achieve the correct therapeutic diet standard required for stocks
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare ingredients for soups

- 4.2.5 Demonstrate the preparation of basic soups in accordance with standardized recipes.
- Describe and identify three basic categories of soups: clear soups, thick/purée soups, and specialty/special diet soups
 - Describe how to cook ingredients in sequence to achieve uniform doneness
 - Recall procedures for preparation of: clear soups, thick soups (including cream soups), specialty/national and special diet soups, and basic soups to the required yield of the recipe
 - Describe the types of thickening agents used for soup production
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare basic soups
- 4.2.6 Demonstrate the preparation of cream soups by cooking ingredients in sequence to ensure uniform cooking and to ensure that soup is ready at a specified time in accordance with standardized therapeutic diet recipes.
- Describe and identify the main characteristics of cream based soups
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare cream soups
- 4.2.7 Demonstrate the preparation of purée soups by cooking ingredients in sequence to ensure uniform cooking and to ensure soup is ready at a specified time in accordance with standardized therapeutic diet recipes.
- Describe and identify the main characteristics of purée soups
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare purée soups
- 4.2.8 Demonstrate the preparation of clear soups by cooking ingredients in sequence to ensure uniform cooking and to ensure that soup is ready at a specified time in accordance with standardized therapeutic diet recipes.
- Describe and identify the main characteristics of clear soups
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare clear soups
- 4.2.9 Demonstrate the techniques to finish soup, as required; serve, using required serving procedures; and add specific garnish within a required time and temperature and in accordance with standardized therapeutic diet recipes.
- Recall correct temperatures for holding and serving soups
 - Describe garnish used to finish soups
 - Recall industry standard portion sizes for institutional food service
 - Identify the types of packaging used in institutional food service
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to hold and present soups

S1674.3 Prepare Basic Sauces

Cross Reference to Training Standard: U5631; U5632; U5633; U5636; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate knowledge of food receiving, storage, handling, preparation, and culinary techniques for food preparation and service in an institutional setting to the required standard.

LEARNING OUTCOMES AND CONTENT

- 4.3.1 Demonstrate knowledge to read and interpret recipes of preparation of sauces in accordance with standardized therapeutic diet recipes.
- Interpret and adjust sauce recipes to the specific therapeutic diet
 - Convert total yield of sauce recipe to higher or lower amounts/yield
 - Calculate conversions from imperial to metric amounts and vice versa
 - Read and use production sheets to meet production deadlines for sauces
 - Recall recipe procedures for the leading sauces
 - Recall recipe procedures for cold sauces and dressings
- 4.3.2 Demonstrate knowledge of selecting equipment and tools by size and type according to recipes specifications.
- Identify the appropriate sized kettle/pot according to required yield
 - Identify appropriate small wares for the sauce production
 - Identify correct equipment and tools for small and large quantity sauce preparation
- 4.3.3 Identify and select ingredients to ensure that the quality of the sauce meets recipe standards in accordance with standardized therapeutic recipes.
- Identify ingredients suitable for sauce production
 - Identify ingredients in a sauce recipe not suitable for a specific therapeutic diet
 - Identify the correct ingredients required to prepare:
 - White Sauces, their derivatives – reduction
 - Brown Sauces, their derivatives – reduction
 - Tomato – derivatives
 - Glace
 - Mayonnaise – derivatives
 - Hollandaise – derivatives
 - Vinaigrette – derivatives

- 4.3.4 Demonstrate the preparation of ingredients by washing, peeling, measuring, and cutting in accordance with standardized recipes and production sheets.
- Describe food washing procedure required for sauce production
 - Weigh and/or measure ingredients for sauces to the recipe/production sheet specification
 - Describe the different vegetable cuts used in sauce preparation
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare ingredients for sauces
- 4.3.5 Demonstrate the preparation of thickening agents, including roux, 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.
- Identify the correct ingredients for roux, beurre manie, slurry, starchy vegetable, and other starches required for thickening sauces
 - Weigh/measure ingredients required for the specific roux as specified
 - Identify the correct thickening agent to achieve correct viscosity as specified by the nutrition manager/dietitian
- 4.3.6 Demonstrate the preparation of sauces (including white, brown, tomato, cold, and hot) emulsified by adding ingredients in sequence to ensure that the sauce is uniformly cooked in accordance with standardized therapeutic diet recipes.
- Identify the main characteristics of the sauces
 - Identify correct culinary techniques and procedures for preparation of the sauces
 - Recognize the correct thickening agent to achieve desired viscosity for sauces
- 4.3.7 Demonstrate finishing, applying, and serving sauce to specific dish at required time and temperature in accordance with standardized therapeutic diet recipes.
- Recall correct temperatures for holding and serving sauces
 - Describe garnish for finishing sauces
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to hold and present soups
 - Recall industry standard portion sizes for institutional food service
 - Identify the types of packaging used in institutional food service
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to finish and apply/serve sauces

S1674.4 Prepare Seafood

Cross Reference to Training Standard: U5631; U5632; U5633; U5637; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate knowledge of food receiving, storage, handling, preparation, and culinary techniques for food preparation and service in an institutional setting to the required standard.

LEARNING OUTCOMES AND CONTENT

- 4.4.1 Demonstrate knowledge to read and interpret recipes for preparing seafood in accordance with standardized therapeutic diet recipes.
- Determine weight/volume and type of seafood required
 - Determine correct cooking method as specified
 - Interpret and adjust seafood recipes to the specific therapeutic diet
 - Convert total yield of seafood recipe to higher or lower amounts/yield
 - Calculate conversions from imperial to metric amounts and vice versa
 - Read and use production sheets to meet production deadlines
 - Adjust portion size for appetizer and main courses
- 4.4.2 Demonstrate knowledge of selecting equipment and tools by size and type according to recipe specifications.
- Identify appropriately sized equipment for yield required
 - Identify appropriate small wares, including knives for seafood production
 - Identify correct equipment and tools for small and large quantity recipes
- 4.4.3 Demonstrate the selection and preparation of seafood by marinating/curing in accordance with standardized therapeutic diet recipes.
- Identify commonly used seafood products for food service
 - Identify fish/shellfish unsuitable for specific therapeutic diets/allergies
 - Identify fresh seafood by checking smell, appearance, and movement (if live)
 - Explain how to defrost frozen seafood in accordance with provincial food handling and sanitation codes
 - Describe preparation of fish by:
 - Scaling
 - Pan dress flat fish and round fish
 - Fillet round fish and flat fish
 - Pull/remove pin bones
 - Portion/cut fillets
 - Peel, de-vein, and butterfly shrimp

- Clean and de-beard mussels
- Prepare live lobster for boiling or sautéing and remove meat from lobster
- Open clams and oysters
- Describe cooking seafood according to the standardized therapeutic diet recipe by:
 - Broiling, grilling, baking
 - Steaming, poaching, simmering, boiling
 - Sautéing and frying
 - Marinating, curing
- Recall correct temperature for storing, holding, and serving seafood products
- Describe garnish for finishing seafood dishes
- Recall correct portion sizes to specification for institutional food service or as determined by nutrition manager/dietitian
- Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare, cook, hold and utilize seafood

S1674.5 Prepare Meat and Poultry

Cross Reference to Training Standard: U5631; U5632; U5633; U5638; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate knowledge of food receiving, storage, handling, preparation, and culinary techniques for food preparation and service in an institutional setting to the required standard.

LEARNING OUTCOMES AND CONTENT

- 4.5.1 Demonstrate knowledge to read and interpret recipes by determining amount, volume, ingredients, and method of preparing meat and poultry in accordance with standardizing therapeutic diet recipes.
- Determine weight/volume and type of meat/poultry required
 - Determine correct cooking method
 - Interpret and adjust meat/poultry recipes to the specific therapeutic diet
 - Convert total yield of meat/poultry recipe to higher or lower amounts/yield
 - Calculate conversions from imperial to metric amounts and vice versa
 - Read and use production sheets to meet production deadlines
 - Follow nutrition manager/dietitian to achieve required specifications
 - Adjust portion size for appetizer and main courses as required
- 4.5.2 Demonstrate knowledge of selecting equipment and tools by size and type according to therapeutic diet recipe specification
- Identify the appropriately sized equipment as required
 - Identify appropriate small wares for meat/poultry production
 - Identify correct equipment and tools for small and large quantity meat/poultry preparation
- 4.5.3 Identify cuts and assess quality and freshness, colour, smell, texture, and fat content to ensure quality of product in accordance with standardized therapeutic diets.
- Identify the fabricated cuts of beef and veal commonly used in institutional food service
 - Identify the fabricated cuts of pork commonly used in institutional food service
 - Identify the fabricated cuts of lamb commonly used in institutional food service
 - Identify the cuts of poultry commonly used in the institutional food service
 - Assess quality of meat and poultry by checking firmness, colour, smell, texture, fat content and by using inspected and approved grade of meat (HACCP approved facilities)

- 4.5.4 Demonstrate the preparation of meat and poultry by marinating, stuffing, and adding ingredients in required sequence in accordance with therapeutic diet recipes.
- Identify meat/poultry ingredients unsuitable for specific therapeutic diets/allergies
 - Explain how to defrost frozen meat/poultry products correctly
 - Define: marinating, stuffing, adding ingredients in required sequence
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare meat and poultry dishes by marinating, stuffing, and adding ingredients in required sequence
- 4.5.5 Demonstrate steaming, boiling, stewing, braising, and poaching meat and poultry ensuring that meat and poultry is ready at specified time in accordance with standardized therapeutic diet recipes.
- Identify correct moist/moist and dry heat combination methods for the type of meat specified
 - Identify moist/moist and dry heat combination methods to cook type of meat/poultry specified
 - Recall correct temperatures for required doneness of meat/poultry
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare meat and poultry dishes by steaming, boiling, stewing, braising, and poaching
- 4.5.6 Demonstrate broiling, roasting, baking, and grilling meat and poultry by ensuring that meat and poultry are ready at specified time in accordance with standardized therapeutic diet recipes.
- Identify the correct dry heat method for the type of meat used
 - Identify dry heat method to cook the type of meat/poultry specified
 - Recall correct temperatures for required doneness of meat/poultry
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare meat and poultry dishes by broiling, roasting, baking, and grilling
- 4.5.7 Demonstrate stir-frying meat and poultry by ensuring that meat and poultry is ready at specified time in accordance with standardized therapeutic diet recipes.
- Explain stir-fry method of cooking for meat/poultry
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to stir fry meat and poultry
- 4.5.8 Demonstrate finishing meat and poultry.
- Recall correct temperatures for holding and serving meat/poultry
 - Describe garnish for finishing meat/poultry
 - Recall industry standard portion sizes for institutional food service
 - Identify the types of packaging used in institutional food service
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to hold and serve meat and poultry dishes

S1674.6 Prepare Fruits and Vegetables

Cross Reference to Training Standard: U5631; U5632; U5633; U5639; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate knowledge of food receiving, storage, handling, preparation, and culinary techniques for food preparation and service in an institutional setting to the required standard.

LEARNING OUTCOMES AND CONTENT

- 4.6.1 Demonstrate knowledge to read and interpret recipes by determining amount, volume, ingredients, and method of preparation for fruits and vegetables in accordance with standardized therapeutic diet recipes.
- Determine weight/volume and type of fruit/vegetable required
 - Determine cooking method as required
 - Interpret and adjust fruit/vegetable based recipes to the specific therapeutic diet
 - Convert total yield of fruit/vegetable based recipe to higher or lower amounts/yield
 - Calculate conversions from imperial to metric amounts and vice versa
 - Read and use production sheets to meet production deadlines
 - Adjust portion size for appetizer and main courses to specification
- 4.6.2 Demonstrate knowledge in selecting equipment and tools by size and type according to recipe specifications.
- Identify the appropriately sized equipment for required cooking method
 - Identify appropriate small wares for fruit/vegetable production
 - Identify equipment and tools for small and large quantity recipes
- 4.6.3 Identify and select fruits and vegetables according to variety, by assessing quality, and by recognizing freshness by colour, appearance, firmness, or smell in accordance with standardized therapeutic diet recipes.
- Identify a variety of fresh and convenience fruits commonly used in institutional food service
 - Identify a variety of fresh and convenience vegetables commonly used in institutional food service
 - Recognize optimally fresh fruit/vegetables by checking colour, firmness, appearance, and smell

- 4.6.4 Demonstrate the preparation of fruits and vegetables by washing and peeling in accordance with standardized therapeutic recipes.
- Identify fruit/vegetable ingredients for the recipe unsuitable for specific therapeutic diets/allergies
 - Explain procedures for washing, peeling, de-seeding, coring, and paring fruits/vegetables
 - Explain procedure for rehydrating dry bean products
 - Describe bulk preparation methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare fruits and vegetables by washing and peeling
- 4.6.5 Demonstrate cutting fruits and vegetables to desired shapes in accordance with standardized therapeutic recipes.
- Describe the following: florets, julienne, brunoise, baton, small dice, large dice, macedoine, paysanne
- 4.6.6 Demonstrate blanching, boiling, stewing, braising, and poaching fruit and vegetable dishes at predetermined temperatures and times to ensure consistent colour, flavour, crispness, tenderness, and quality in accordance with standardized therapeutic diet recipes.
- Identify the moist/moist and dry heat combination method for the type of fruit/vegetable used
 - Identify the moist/moist and dry heat combination methods to cook the fruit/vegetable
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to blanch, boil, stew, braise and poach fruits and vegetables
- 4.6.7 Demonstrate glazing, roasting, grilling, and baking fruit and vegetables at predetermined temperatures and times to ensure consistent colour, flavour, crispness, tenderness, and quality in accordance with standardized therapeutic diet recipes.
- Identify the dry heat method for the type of fruit/vegetable
 - Recall correct temperatures to ensure doneness of fruits/vegetables
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to glaze, roast, grill, and bake fruits and vegetables
- 4.6.8 Demonstrate stir-frying fruit and vegetable dishes at predetermined temperature and times to ensure consistent colour, flavour, crispness, tenderness, and quality in accordance with standardized therapeutic diet recipes.
- Describe the correct stir-fry method of cooking for fruit/vegetable
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to stir-fry fruits and vegetables

- 4.6.9 Demonstrate finishing fruits and vegetables with required garnishes or sauces at specified temperatures and times in accordance with standardized therapeutic diet recipes.
- Recall correct temperatures for holding and serving fruits/vegetables
 - Describe garnish for finishing fruits/vegetables
 - Recall industry standard portion sizes for institutional food service
 - Identify the types of packaging used in institutional food service
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to hold and present fruits and vegetables

S1674.7 Prepare Starches and Grains

Cross Reference to Training Standard: U5631; U5632; U5633; U5640; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate knowledge of food receiving, storage, handling, preparation, and culinary techniques for food preparation and service in an institutional setting to the required standard.

LEARNING OUTCOMES AND CONTENT

- 4.7.1 Demonstrate knowledge to read and interpret recipes by determining amount, volume, ingredients, and method of preparation for starches and grains in accordance with standardized therapeutic diet recipes.
- Determine weight/volume and type of starch/grain required
 - Determine cooking methods for starches/grains from the recipe
 - Interpret and adjust starch and grain based recipes to the specific therapeutic diet
 - Convert total yield of starch/grain based recipes to higher or lower amounts/yield
 - Calculate conversions from imperial to metric amounts and vice versa
 - Read and use production sheets to meet production deadlines
 - Adjust portion size for appetizer and main courses to meet specifications
- 4.7.2 Demonstrate knowledge in selecting equipment and tools by size and type to prepare starches and grains according to recipes specifications.
- Identify the appropriately sized equipment for the cooking method specified
 - Identify appropriate small wares for the food preparation required
 - Identify correct equipment and tools for small and large quantity recipes
- 4.7.3 Identify and select starches and grains according to variety and shape and by assessing quality by colour, texture, and size while checking cleanliness of product in accordance with therapeutic diet recipes.
- Identify a variety of fresh and convenience starches commonly used in institutional food service
 - Identify a variety of fresh and convenience grain products commonly used in institutional food service
 - Recognize optimally fresh starches/grains by checking colour, firmness, appearance, packaging, and smell

- 4.7.4 Demonstrate the preparation of ingredients by washing, cutting, measuring, and shaping in required sequence and in accordance with standardized therapeutic diet recipes.
- Identify starch/grain ingredients unsuitable for specific therapeutic diets/allergies
 - Explain procedures for weighing, washing, rinsing, soaking, peeling, and paring starches
 - Describe bulk preparation methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare starches and grains
- 4.7.5 Demonstrate techniques for cooking starches and grains by using appropriate methods in accordance with standardized therapeutic diet recipes.
- Explain the following cooking methods for potatoes: boiling, baking, baking au gratin, sautéing, pan frying
 - Explain the following cooking methods for pasta: boiling, baking
 - Explain the following cooking methods for grains: simmering, steaming, risotto method, pilaf method, boiling
 - Describe potato dishes: duchesse, mashed, roasted, and their derivatives
 - Describe rice dishes: risotto, pilaf, boiled
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare and cook starches and grains
- 4.7.6 Demonstrate the techniques for cooking baked, stuffed, and basic pasta dishes in accordance with standardized therapeutic diet recipes.
- Identify correct cooking methods for a variety of pasta dishes: stuffed, layered, and basic
 - Describe pasta dishes: baked, noodle, stuffed, dumpling (gnocchi)
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to cook baked and stuffed pasta recipes
- 4.7.7 Demonstrate techniques for finishing starches by adding garnish to required dish at specified temperature and time in accordance with standardized therapeutic diet recipes.
- Recall correct temperatures for holding and serving starches and grains
 - Describe garnish for finishing starches and grains
 - Recall industry standard portion sizes for institutional food service
 - Identify the types of packaging used in institutional food service
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to hold and present starches and grains

S1674.8 Prepare Salads and Dressings

Cross Reference to Training Standard: U5631; U5632; U5633; U5641; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate knowledge of food receiving, storage, handling, preparation, and culinary techniques for food preparation and service in an institutional setting to the required standard.

LEARNING OUTCOMES AND CONTENT

- 4.8.1 Demonstrate knowledge to read and interpret recipes by determining amount, volume, ingredients, and method of preparation for salads and dressings in accordance with standardized therapeutic diet recipes.
- Determine weight/volume and type of fruit/vegetable required for salad preparation
 - Determine correct cooking method as prescribed in the recipe
 - Interpret and adjust salad/dressing recipes to the specific therapeutic diet
 - Convert total yield of salad/dressing recipe to higher or lower amounts/yield
 - Calculate conversions from imperial to metric amounts and vice versa
 - Read and use production sheets to meet production deadlines
 - Adjust portion size for appetizer and main courses as specified
- 4.8.2 Demonstrate knowledge in selecting equipment and tools by size and type to prepare salads and dressings according to recipe specifications.
- Identify the appropriately sized equipment for the cooking method specified
 - Identify appropriate small wares for the food preparation required
 - Identify correct equipment and tools for small and large quantity recipes
- 4.8.3 Identify and select ingredients for salads and dressings according to variety and size, by assessing quality, and by recognizing freshness by colour, appearance, firmness, crispness, and smell in accordance with standardized therapeutic diet recipes.
- Identify a variety of fresh salad and dressing ingredients commonly used in institutional food service
 - Identify a variety of convenience salad and dressing products commonly used in institutional food service
 - Recognize optimally fresh salad/dressing ingredients/products by checking: colour, firmness, appearance, crispness, packaging, and smell
 - Explain how to store ingredients for salads/dressings

- 4.8.4 Demonstrate the preparation of ingredients for salads and dressings by washing, peeling, cutting, mixing, cooking, or marinating and using required equipment and tools in accordance with standardized therapeutic diet recipes.
- Explain how to weigh, measure, rinse, soak, peel, pare
 - Explain how to cut salad ingredients: julienne, chiffonade, baton, brunoise, small dice, large dice, macedoine, paysanne, tourney, torn, mince
 - Describe the most common simple and compound salads
 - Define the terms: marinate and marinade
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare ingredients for salads and dressings
- 4.8.5 Demonstrate the preparation of simple salads (including lettuce, vegetable, and legume) in accordance in accordance with standardized therapeutic diet recipes.
- Define “simple salad”
 - Explain how to prepare a variety of vegetables for salads: raw, blanched, roasted, marinated
 - Explain how to prepare legumes for salads: soaking, boiling, marinating, dressing, mixing, seasoning
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare simple salads
- 4.8.6 Demonstrate the preparation of compound salads (including fish, meat, vegetable, grain, and fruit) in accordance with standardized diet recipes.
- Define “compound salad”
 - Explain how to prepare fish for salads (fresh and convenience): ceviche, curing, marinating, poaching, steaming, mixing
 - Explain how to prepare meat for salads: pulling, mixing, roasting, searing, marinating
 - Explain how to prepare vegetables for salads: raw, blanched, roasted, marinated
 - Explain how to prepare fruit for salads: raw, marinated, blended
 - Explain how to prepare grains for salads: boil, steam
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare compound salads
- 4.8.7 Demonstrate the preparation of dressing by combining ingredients and mixing, blending, and emulsifying to achieve required texture and consistency in accordance with standardized therapeutic diet recipes.
- Define emulsion
 - Explain the procedure for creating an emulsion
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare dressings

- 4.8.8 Demonstrate finishing salads with required dressings and garnishes in accordance with standardized therapeutic diet recipes.
- Recall correct temperatures for holding and serving salads/dressings
 - Describe garnish for finishing salads/dressings
 - Recall industry standard portion sizes for institutional food service
 - Identify the types of packaging used in institutional food service
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare hold and presents salads

S1674.9 Prepare Eggs and Dairy Products

Cross Reference to Training Standard: U5631; U5632; U5633; U5642; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate knowledge of food receiving, storage, handling, preparation, and culinary techniques for food preparation and service in an institutional setting to the required standard.

LEARNING OUTCOMES AND CONTENT

- 4.9.1 Demonstrate knowledge to read and interpret recipes by determining amount, volume, ingredients, and method of preparing of egg and dairy products in accordance with standardized therapeutic diet recipes.
- Determine weight/volume and type of egg/dairy product required for food preparation
 - Determine correct cooking method as prescribed in the recipe
 - Interpret and adjust egg/dairy in recipe to the specific therapeutic diet
 - Convert total yield of egg/dairy in recipe to higher or lower amounts/yield
 - Calculate conversions from imperial to metric amounts and vice versa
 - Read and use production sheets to meet production deadlines
 - Adjust portion size for appetizer and main courses as specified
- 4.9.2 Demonstrate knowledge in selecting equipment and tools by size and type to prepare egg and dairy products according to recipe specifications
- Identify the appropriately sized equipment for the cooking method specified
 - Identify appropriate small wares for the food preparation required
- 4.9.3 Identify and select eggs and dairy products according to size, grade, type, variety, fat content, moisture content, smell, and firmness and by recognizing quality by colour, texture, and appearance in accordance with standardized therapeutic diet recipes.
- Identify a variety of fresh egg/dairy ingredients commonly used in institutional food service: size, grade, type, variety, fat content, moisture content
 - Identify a variety of convenience egg/dairy products commonly used in institutional food service: size, grade, type, variety, fat content, moisture content
 - Recognize optimally fresh egg/dairy products by checking: colour, firmness, texture, appearance, packaging, and smell

- 4.9.4 Demonstrate the preparation of 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.
- Describe how to weigh and measure egg/dairy ingredients
 - Describe the egg/dairy product preparation terms: grate, shred, chop, slice, dice, peel, separate, melt, trim, whip
 - Explain how to mix egg/dairy products (fresh or convenience) to meet recipe specification or to nutrition manager/dietician specifications
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare egg and dairy products by cutting, chopping, grating, slicing, dicing, shredding, peeling, separating, melting, trimming, whipping, measuring, and weighing
- 4.9.5 Demonstrate the preparation of egg and dairy dishes (including fried, scrambled, omelette, quiche, poached, and boiled) at predetermined temperatures and times in accordance with standardized therapeutic diet recipes.
- Describe the following egg preparations and procedures for large and small quantity production: fry, boil, poach, scramble, and shirred
 - State correct temperatures to cook egg dishes to the required doneness
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare fried, scrambled, omelette, quiche, poached, and boiled egg dishes
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare egg dairy dishes
- 4.9.6 Demonstrate the preparation of breakfast items (including crepes, French toast, waffles and pancakes) at predetermined temperatures and times in accordance with standardized therapeutic diet recipes.
- Explain how to prepare crepes, French toast, pancakes, and waffles for small and large quantity production
 - State correct temperatures to cook breakfast items to the required doneness
 - Describe fillings and condiments for breakfast items to meet specification for small and large quantity production
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare crepes, French toast, pancakes, and waffles
- 4.9.7 Demonstrate techniques to finish egg and dairy products with required garnishes at specific temperatures and times to maintain quality of appearance, taste, and texture of the product in accordance with standardized therapeutic diet recipes.
- Recall correct temperatures for holding and serving salads/dressings
 - Describe garnish for finishing salads/dressings
 - Recall industry standard portion sizes for institutional food service
 - Identify the types of packaging used in institutional food service
 - Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to hold or present egg and dairy products

S1674.10 Prepare Sandwiches and Hors D'oeuvres

Cross Reference to Training Standard: U5631; U5632; U5633; U5644; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate knowledge of food receiving, storage, handling, preparation, and culinary techniques for food preparation and service in an institutional setting to the required standard.

LEARNING OUTCOMES AND CONTENT

- 4.10.1 Demonstrate knowledge to read and interpret recipes by determining amount, volume, ingredients, and method of preparation for sandwiches and hors d'oeuvres in accordance with standardized therapeutic diet recipes.
- Determine weight/volume of ingredients required for sandwich/hors d'oeuvres preparation
 - Determine correct cooking method as prescribed by the recipe
 - Adjust sandwich/hors d'oeuvres recipes to a specific therapeutic diet
 - Convert total yield of sandwich/hors d'oeuvres recipe to higher or lower amounts/yield
 - Calculate conversions from imperial to metric amounts and vice versa
 - Read and use production sheets to meet production deadlines
 - Adjust portion size for appetizer and main courses as specified
- 4.10.2 Demonstrate knowledge in selecting equipment and tools by size and type to prepare sandwiches and hors d'oeuvres according to recipe specifications.
- Identify the appropriately sized equipment for the cooking method specified
 - Identify appropriate small wares for the food preparation required
 - Identify correct equipment and tools for small and large quantity recipes
- 4.10.3 Identify and select ingredients for preparing sandwiches and hors d'oeuvres in accordance with standardized therapeutic diet recipes.
- Describe food handling Acts and regulations, as well as Sanitation Code.
 - Identify a variety of fresh sandwich/hors d'oeuvres ingredients commonly used in institutional food service
 - Identify a variety of convenience sandwich/hors d'oeuvres products/ingredients commonly used in institutional food service
 - Recognize optimally fresh sandwich/hors d'oeuvres ingredients by checking: colour, firmness, texture, appearance, packaging, and smell
 - Store sandwich/hors d'oeuvres ingredient for optimum freshness and to meet provincial food handling regulations

4.10.4 Demonstrate the preparation of hot sandwiches, cold sandwiches, and wraps (including basic filled, fancy, and open-faced sandwiches) in accordance with standardized therapeutic diet recipes.

- Describe the different styles of hot sandwiches: basic hot closed, grilled, Panini, Monte Cristo, open faced, pizza, calzone, wrap, taco, quesadilla, burrito
- Describe the major types of cold sandwiches: cold closed sandwiches, basic cold sandwiches, multi-layered cold sandwiches, tea sandwiches, cold open-faced sandwiches
- Describe mise en place for sandwich assembly for large and small quantity production: prepare fillings, ingredients, spreads, and breads
- Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare hot and cold sandwiches and wraps

4.10.5 Demonstrate the assembly, finishing, and presentation of sandwiches and hors d'oeuvres with required garnish at required serving temperature in accordance with standardized therapeutic diet recipes.

- Recall correct temperatures for holding and sandwiches/hors d'oeuvres
- Identify types of garnish for finishing sandwiches/hors d'oeuvres
- Recall industry standard portion sizes for institutional food service
- Identify the types of packaging used in institutional food service
- Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to finish and present sandwiches and hors d'oeuvres

1674.11 Prepare Meals for Special Diets

Cross Reference to Training Standard: U5631; U5633; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate a working knowledge of nutrition for special diet food preparation in a variety of institutional workplace settings.

LEARNING OUTCOMES AND CONTENT

- 4.11.1 Demonstrate the preparation of meals for therapeutic diets (including diabetic/controlled energy, gluten free, allergenic, lactose free, low fat, restricted sodium and renal diets) in accordance with standardized therapeutic diet recipes.
- Describe the types of diabetes and their differences
 - Describe the reasons for low caloric, lactose free, low fat, restricted sodium, and renal diets
 - Describe major differences between nutritional requirements of therapeutic diets and regular diets
 - Demonstrate a working knowledge of the fundamentals of basic nutrition
 - Demonstrate a working knowledge of Canada's Food Guide
 - Explain the BMI (Body Mass Index)
 - Define "standardized therapeutic diet recipe"
 - Read and interpret various standardized therapeutic diet recipes
 - Understand risks of improper interpretation of standardized therapeutic diet recipes
- 4.11.2 Demonstrate the preparation of meals for texturization (including regular, soft, minced, chopped, and puréed) by using blenders, mixers, mincing machines, and food processors in accordance with standardized therapeutic diet recipes.
- Define texturization as it refers to food products
 - Demonstrate a working knowledge of the safe operation, sanitation, set up, and pack-down of blenders, mixers, mincing machines, and food processors to product specification
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare, cook, hold, and present food while adhering to the national Sanitation Code and safety procedures
 - Understand the importance of the various types of texturization for therapeutic diets
 - Recall the type of texturization required for different therapeutic diets
 - Describe the preparation procedures for texturization of a variety of therapeutic diet recipes
 - Perform the correct calculations to adjust recipes and convert recipes as specified
 - Discuss concerns for meal preparation for the elderly, people with food intolerances, infants, eating disorders, and pregnant women.

- 4.11.3 Demonstrate the preparation of fluid consistency by adding specified ingredients (including honey, nectar, and pudding) and by using blenders in accordance with standardized therapeutic diet recipes.
- Demonstrate a working knowledge of fluid preparation to specification as required
 - Demonstrate a working knowledge of the safe use and cleaning of blenders for fluid preparation for institutional fluid preparation
 - Understand the nutritional requirements for fluid preparation for a variety of therapeutic diets
 - Perform the correct calculations to adjust recipes and convert recipes as specified
- 4.11.4 Identify cultural, religious, and ethnic food preparation practices meals for diverse diets in accordance with standardized therapeutic diets.
- Describe dietary requirements and limitations for a variety of cultural, religious, and ethnic groups
 - Demonstrate a working knowledge of the preparation of standardized recipes according to specific cultural, religious, and ethnic dietary requirements
 - Recall specific preparation requirements for cultural, religious and ethnic groups
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare, cook, hold, and present food for cultural, religious, and ethnic food preparation practices in accordance with standardized therapeutic diets

S1674.12 Perform Occupational Skills

Cross Reference to Training Standard: U5631; U5633

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate an understanding of the correct safe working practices, techniques, and occupational specific skills as regulated by city, provincial, and national health and safety codes, Acts, and regulations.

LEARNING OUTCOMES AND CONTENT

4.13.1 Demonstrate a working knowledge of the use and maintenance all small wares.

- Describe correct use, cleaning, and storage of small wares
- Design procedures for breakages, including reporting
- Identify kitchen tools, including knives, hand tools, cooking utensils.
- Describe safe knife use, including honing and sharpening

4.13.2 Demonstrate a working knowledge of preparing foods using moist and dry cooking methods for volume food production.

- Use and understand correct terminology for methods of moist and dry heat cookery
- Describe techniques and methods for large quantity food production
- Demonstrate understanding of recipes for large quantity production
- Describe presentation and sequence of buffet style service
- Select and use the appropriate tools and equipment for large quantity food production
- List appropriate weights, measures, and conversions as necessary
- Recall appropriate methods of cookery as required to complete specified recipe
- Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare, cook, hold, and present food whilst adhering to the national Sanitation Code, provincial regulations, and safety procedures

4.13.3 Demonstrate a working knowledge of cooling foods using quantity cooling methods.

- Use rapid cooling apparatus as required
- Prepare ice bath for cooling foods
- Describe procedures for cooling food products, including transferring from hot to cold containers, stirring, and portioning

4.13.4 Demonstrate a working knowledge of storing cooked and uncooked food.

- Explain the importance of storing raw foods separately from cooked foods
- Describe ways to store food in order to minimize cross-contamination
- Recall the correct temperatures for storing meat, fish, dairy, and vegetable products

4.13.5 Demonstrate knowledge of holding food for service.

- Recall correct temperature for holding hot and cold foods
- Understand and use standard logging procedures

S1674.13 Safe Working Practices and Techniques

Cross Reference to Training Standard: U5631; U5633

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate an understanding of the correct safe working practices, techniques and occupational specific skills as regulated by city, provincial, and national health and safety codes, Acts, and regulations.

LEARNING OUTCOMES AND CONTENT

- 4.12.1 Demonstrate a working knowledge of the principles of safe food handling.
- Describe ways to conduct safe food handling
 - Define non-food contaminants: chemical, viral and other
 - List the types of bacteria causing foodborne illness
 - Describe the symptoms of foodborne illness and how it is transmitted
 - Discuss industry-specific control measures for foodborne illnesses
 - Describe three specific foodborne illnesses
- 4.12.2 Demonstrate a working knowledge of the principle of personal hygiene.
- Define personal hygiene
 - Discuss the importance of personal hygiene
 - Explain the reasons for personal hygiene
 - Explore ways to maintain personal hygiene
- 4.12.3 Identify and define the terms in the national Sanitation Code and provincial *Health Protection and Promotion Act* and *Food Safety and Quality Act*.
- Describe the government food health inspection departments and their areas of control
- 4.12.4 Demonstrate a working knowledge of good housekeeping.
- Maintain a safe, clean work area
 - Discuss ways to minimize injury
 - Discuss occupational health and safety
 - Identify safety and sanitation requirements
 - Design a cleaning schedule and demonstrate ways to communicate safe procedures
 - Design an integrated pest management (IPM) schedule

- 4.12.5 Demonstrate a working knowledge of meal delivery systems and isolation procedures.
- Describe different types of meal delivery systems for institutional settings; such as, hospitals (including isolation), long term care, schools, and large volume operations
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare, cook, hold, and present food whilst adhering to the national Sanitation Code and provincial *Health Protection and Promotion Act* and *Food Safety and Quality Act*
 - Demonstrate knowledge of standard Hazard Analysis Critical Control Points (HACCP)
- 4.12.6 Demonstrate knowledge of the selection, maintenance, and wearing of protective clothing.
- 4.12.7 Demonstrate the maintenance of kitchen tools and equipment.
- Identify, operate, and clean the main types of equipment used for institutional cooking
 - Select the correct equipment appropriate to the task
- 4.12.8 Demonstrate a working knowledge of receiving and storing perishable and non-perishable food items.
- Describe sanitary practices for food transportation
 - Describe proper receiving storing and handling of potentially hazardous foods
 - Minimize exposure of received goods to potential risks (physical, chemical, and biological)
- 4.12.9 Demonstrate a working knowledge of basic management function.
- Demonstrate understanding of policies and procedures as they relate to total quality management
- 4.12.10 Demonstrate a working knowledge of maintaining food at recommended temperature.
- State the correct temperatures in Fahrenheit and Celsius for minimizing growth of pathogens
 - State the required temperatures for preparing, cooking, holding, and reheating of foods
 - Discuss principles of temperature control
- 4.12.11 Explain the purpose of emergency management in accordance with facility emergency procedures and government legislation.
- Discuss and describe the importance of emergency procedures and training
 - Explore planning procedures for emergencies
 - List different types of emergencies, as well as how to plan and train for them (cause and response)
 - List and describe evaluating emergencies (documentation and language)
 - Demonstrate protocols for foodborne illness outbreak management

INSTITUTIONAL COOK

Number: **S1675**

Reportable Subject: **INSTITUTIONAL BAKING TECHNIQUES**

Duration: Total 45 hours Theory 15 hours Practical 30 hours

Prerequisites: None

Reportable subjects: S1675 .1 Prepare Baked Goods, Pastry and Desserts
S1675 .2 Prepare Meals for Special Diet
S1675 .3 Perform Occupational Skills
S1675 .4 Safe Working Practices and Techniques

Evaluation and Testing: Instructor Demonstration
Baking and Pastry Laboratory
Final Theory Exam

Mark Distribution

Sanitation Safety and Equipment	Bake Laboratory and Team Work	Final Theory Assessment
25%	40%	35%

S1675.1 Prepare Baked Goods, Pastry, and Desserts

Cross Reference to Training Standard: U5631; U5632; U5633; U5643; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to work effectively in a team and to demonstrate a working knowledge and practical application of preparation, production, and service of baked goods, pastry, and desserts in an institutional setting to the required standard.

LEARNING OUTCOMES AND CONTENT

- 5.1.1 Demonstrate knowledge to read and interpret recipes by determining amount, volume, ingredients, and method of preparation for baked goods, pastry, and desserts in accordance with standardized therapeutic diet recipes.
- Determine weight/volume and type of ingredients for required for baked goods, pastry, and dessert preparation
 - Determine correct baking method as prescribed in the recipe
 - Interpret and adjust formula to the specific therapeutic diet
 - Convert total yield of formula to higher or lower amounts/yield
 - Calculate conversions from imperial to metric amounts and vice versa
 - Read and use production sheets to meet production deadlines
 - Follow the nutrition manager/dietitian's directions to achieve the required specifications
 - Adjust portion size for baked goods, pastry, or desserts as specified
- 5.1.2 Demonstrate knowledge in selecting equipment and tools by size and type to prepare baked goods, pastry, and desserts according to recipes specifications.
- Select the appropriately sized equipment for the baking method specified
 - Select appropriate small wares for the baking preparation required
 - Select correct equipment and tools for small and large quantity recipes
 - Clean tools and equipment to meet provincial health and safety standards
- 5.1.3 Identify and select ingredients for baked goods, pastry, and desserts according to required use and recipe specifications in accordance with standardized therapeutic diet recipes.
- Identify a variety of ingredients commonly used in institutional food service baking
 - Select fresh or convenience ingredient as required
 - Select the correct size/amount of ingredient to meet formula specification
 - Store ingredients for optimum freshness and to meet provincial food handling and national Sanitation Code

5.1.4 Demonstrate the preparation of ingredients for baked goods, pastry, and desserts by measuring, melting, rolling, poaching, kneading, and proofing in required sequence in accordance with standardized therapeutic diet recipes.

- Prepare ingredients for pie dough: scale, measure
- Prepare equipment for pies, tarts, flans: prepare pie shell, rings, bake sheets
- Prepare fillings for pies, tarts, flans to correct texture
- Poach ingredients to specification for desserts
- Melt and temper chocolate to specification
- Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare baked good, pastry and desserts by measuring, melting, rolling, poaching, kneading, and proofing

5.1.5 Demonstrate the preparation of quick breads and desserts (including cookies, pies, tarts, flans, bread puddings, and rice puddings) by baking, poaching, stewing, sautéing, steaming, and boiling ingredients in sequence at a predetermined temperature and time to ensure maximum appearance, texture, taste, colour, and quality in accordance with standardized therapeutic diet recipes.

- Prepare basic pie dough: scale, mix, roll, blind bake, and finish
- Prepare equipment for pies, tarts, flans: pie shell, rings, bake sheets
- Prepare fillings for pies, tarts, flans to correct texture
- Assemble pies, tarts, flans in both small and large quantity
- Bake pies, tarts, flans to specification
- Heat/cook convenience baked good, pastry, and desserts to specification
- Poach ingredients to specification
- Melt and temper chocolate to specification
- Prepare cookie dough: scale/measure, mix, pipe/portion
- Prepare equipment for cookie dough: piping bag, bake sheet, scoop
- Pipe/portion cookie dough to meet specification
- Bake cookie dough to correct doneness
- Prepare sponge: scale and measure, whip, mix
- Bake sponge: lady fingers, Swiss roll, genoise
- Prepare choux paste to correct consistency: scale, measure, cook, bake, (freeze)
- Prepare tools and equipment for choux paste preparation
- Assemble choux paste products: profiteroles, éclair
- Prepare ingredients for quick-breads: scale, sift, mix, scoop/portion
- Prepare equipment and tools for quick-bread preparation: muffin trays, bake-sheets, portion scoop, bowls, Hobart
- Bake quick-breads to specification
- Prepare ingredients for desserts: stew, poach, boil, sauté, and steam
- Roll and cut puff pastry products to specification
- Bake puff pastry products to specification
- Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare quick breads and desserts

5.1.6 Demonstrate the preparation of creams and puddings (including pastry cream, fruit sauces, and baked custard) by adding required ingredients in sequence at predetermined temperature and time to ensure maximum appearance, taste, texture, taste, colour, and quality in accordance with standardized therapeutic diet recipes.

- Prepare ingredients for custard fillings: measure
- Prepare ingredients for hot and cold fruit sauces: measure
- Prepare ingredients for pastry cream, Bavarian cream
- Bake custards to correct consistency as specified
- Set cream products by refrigeration as specified
- Cook ingredients for fruits sauces to required viscosity
- Purée fruits for coulis to specification
- Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to prepare creams and puddings

5.1.7 Demonstrate finishing techniques for baked goods, pastry, and desserts by glazing and decorating and using required equipment, tools, and methods in accordance with standardized diet recipes.

- Cool baked goods correctly
- Present baked products using contemporary presentations on platters and for a la carte
- Finish baked goods showing uniformity of product
- Decorate cookies to meet recipe specification
- Glaze, fill, and assemble choux paste products, baked products, and desserts
- Frost cakes to meet specification
- Garnish desserts and baked goods to meet specification
- Describe bulk cooking methods for conventional, cook chill, cook freeze, and multi-stage environments to finish baked goods, pastry, and desserts

S1675.2 Prepare Baked Goods, Pastry, and Desserts for Special Diets

Cross Reference to Training Standard: U5631; U5633; U5643; U5645

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate a working knowledge of nutrition for special diet food preparation in a variety of institutional workplace settings.

LEARNING OUTCOMES AND CONTENT

- 5.2.1 Demonstrate the preparation of meals for therapeutic diets, including diabetic/controlled energy, gluten free, allergenic, lactose free, low fat, restricted sodium, and renal diets in accordance with standardized therapeutic diet recipes.
- Describe the types of diabetes and their differences
 - Describe the reasons for low caloric, lactose free, low fat, restricted sodium, and renal diets
 - Describe major differences between nutritional requirements of therapeutic diets and regular diets
 - Demonstrate a working knowledge of the fundamentals of basic nutrition
 - Demonstrate a working knowledge of Canada's Food Guide
 - Explain the BMI (Body Mass Index)
 - Define "standardized therapeutic diet recipe"
 - Read and interpret various standardized therapeutic diet recipes
 - Understand risks of improper interpretation of standardized therapeutic diet recipes
- 5.2.2 Demonstrate the preparation of meals for texturization (including regular, soft, minced, chopped, and puréed) by using blenders, mixers, mincing machines, and food processors in accordance with standardized therapeutic diet recipes.
- Define texturization as it refers to food products
 - Demonstrate a working knowledge of the safe operation, sanitation, set up, and pack-down of blenders, mixers, mincing machines, and food processors to product specification
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare, cook, hold, and present food while adhering to the national Sanitation Code and safety procedures
 - Understand the importance of the various types of texturization for therapeutic diets
 - Recall the type of texturization required for different therapeutic diets
 - Describe the preparation procedures for texturization of a variety of therapeutic diet recipes
 - Perform the correct calculations to adjust recipes and convert recipes as specified
 - Discuss concerns for meal preparation for the elderly, people with food intolerances, infants, eating disorders, and pregnant women.

- 5.2.3 Demonstrate the preparation of fluid consistency by adding specified ingredients (including honey, nectar, and pudding) and by using blenders in accordance with standardized therapeutic diet recipes.
- Demonstrate a working knowledge of fluid preparation to specification as required
 - Demonstrate a working knowledge of the safe use and cleaning of blenders for fluid preparation for institutional fluid preparation
 - Understand the nutritional requirements for fluid preparation for a variety of therapeutic diets
 - Perform the correct calculations to adjust recipes and convert recipes as specified
- 5.2.4 Identify cultural, religious, and ethnic food preparation practices meals for diverse diets in accordance with standardized therapeutic diets.
- Describe dietary requirements and limitations for a variety of cultural, religious, and ethnic groups
 - Demonstrate a working knowledge of the preparation of standardized recipes according to specific cultural, religious, and ethnic dietary requirements
 - Recall specific preparation requirements for cultural, religious, and ethnic groups
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare, cook, hold, and present food for cultural, religious, and ethnic practices in accordance with standardized therapeutic diets

S1675.3 Perform Occupational Skills

Cross Reference to Training Standard: U5631; U5633

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate an understanding of the correct safe working practices, techniques, and occupationally specific skills as regulated by city, provincial and national health and safety codes, Acts, and regulations.

LEARNING OUTCOMES AND CONTENT

- 5.4.1 Demonstrate a working knowledge of using and maintaining all small wares.
- Describe correct use, cleaning, and storage of small wares
 - Design procedures for breakages including reporting
 - Identify kitchen tools including knives, hand tools, cooking utensils.
 - Describe safe knife use including honing and sharpening
- 5.4.2 Demonstrate a working knowledge of preparing foods using moist and dry cooking methods for volume food production.
- Use and understand terminology for methods of moist and dry heat cookery
 - Describe techniques and methods for large quantity food production
 - Demonstrate understanding of recipes for large quantity production
 - Describe presentation and sequence of buffet style service
 - Select and use the appropriate tools and equipment for large quantity food production
 - List appropriate weights, measures, and conversions as necessary
 - Recall appropriate methods of cookery as required to complete specified recipe
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare, cook, hold and present food whilst adhering to the national Sanitation Code and safety procedures
- 5.4.3 Demonstrate a working knowledge of cooling foods using quantity cooling methods.
- Use rapid cooling apparatus as required
 - Prepare ice bath for cooling foods
 - Describe procedures for cooling food products including transferring from hot to cold containers, stirring, and portioning

- 5.4.4 Demonstrate a working knowledge of storing cooked and uncooked food.
- Explain the importance of storing raw foods separately from cooked foods
 - Describe ways to store food in order to minimize cross contamination
 - Recall the correct temperatures for storing meat, fish, dairy, and vegetable products
- 5.4.5 Demonstrate knowledge of holding food for service
- Recall correct temperature for holding hot and cold foods
 - Understand and use standard logging procedures

S1675.4 Safe Working Practices and Techniques

Cross Reference to Training Standard: U5631; U5633

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate an understanding of the correct safe working practices, techniques, and occupational specific skills as regulated by city, provincial, and national health and safety codes, Acts, and regulations.

LEARNING OUTCOMES AND CONTENT

- 5.3.1 Demonstrate a working knowledge of the principles of safe food handling.
- Describe ways to conduct safe food handling
 - Define non-food contaminants: chemical, viral, and other
 - List the types of bacteria causing foodborne illness
 - Describe the symptoms of foodborne illness and how they are transmitted
 - Discuss industry specific control measures for foodborne illnesses
 - Describe three specific foodborne illnesses
- 5.2.2 Demonstrate a working knowledge of the principle of personal hygiene.
- Define personal hygiene
 - Discuss the importance of personal hygiene
 - Explain the reasons for personal hygiene
 - Explore ways to maintain personal hygiene
- 3.12.4 5.2.3 Identify and define the terms in the national Sanitation Code and provincial *Health Protection and Promotion Act* and *Food Safety and Quality Act*.
- Describe the government food health inspection departments and their areas of control
- 5.2.4 Demonstrate a working knowledge of good housekeeping.
- Maintain a safe, clean work area
 - Discuss ways to minimizing injury
 - Discuss occupational health and safety
 - Identify safety and sanitation requirements
 - Design a cleaning schedule and demonstrate ways to communicate safe procedures
 - Design an integrated pest management (IPM) schedule

- 5.2.5 Demonstrate a working knowledge of meal delivery systems and isolation procedures.
- Describe different types of meal delivery systems for institutional settings; such as, hospitals (including isolation), long term care, schools, and large volume operations
 - Perform bulk cooking methods in conventional, cook chill, cook freeze, and multi-stage environments to prepare, cook, hold, and present food while adhering to the national Sanitation Code and safety procedures
 - Demonstrate knowledge of standard Hazard Analysis Critical Control Points (HACCP)
- 5.2.6 Demonstrate knowledge of the selection, maintenance, and wearing of protective clothing.
- 5.2.7 Demonstrate the maintenance of kitchen tools and equipment.
- Identify, operate, and clean the main types of equipment used for institutional cooking
 - Select the correct equipment appropriate to the task
- 5.2.8 Demonstrate a working knowledge of receiving and storing perishable and non-perishable food items.
- Describe sanitary practices for food transportation
 - Describe proper receiving storing and handling of potentially hazardous foods
 - Minimize exposure of received goods to potential risks (physical, chemical, and biological)
- 5.2.9 Demonstrate a working knowledge of basic management function.
- Demonstrate understanding of policies and procedures as they relate to total quality management
- 5.2.10 Demonstrate a working knowledge of maintaining food at recommended temperature.
- State the correct temperatures in Fahrenheit and Celsius for minimizing growth of pathogens
 - State the required temperatures for preparing, cooking, holding, and reheating of foods.
 - Discuss principles of temperature control
- 5.2.11 Describe the purpose of emergency management in accordance with facility emergency procedures and government legislation.
- Discuss and describe the importance of emergency procedures and training
 - Explore planning procedures for emergencies
 - List different types of emergencies; how to plan and train for them (cause and response)
 - List and describe evaluating emergencies (documentation and language)
 - Demonstrate protocols for foodborne illness outbreak management

INSTITUTIONAL COOK

Number: **S1676**

Reportable Subject: **PROFESSIONAL COMMUNICATIONS**

Duration: Total 30 hours Theory 30 hours Practical 0 hours

Prerequisites: None

Reportable subjects: S1676.1 Communicate in the Workplace

Evaluation and Testing: Group Project
Assignment #1
Assignment#2
Final Exam

Mark Distribution

Group Project	Assignment #1	Assignment #2	Final Assessment
25%	25%	25%	25%

S1676.1 Communicate in the Workplace

Cross Reference to Training Standard: U5632

GENERAL LEARNING OUTCOMES

Upon successful completion, the apprentice is able to demonstrate the ability to work effectively in a team and to select and apply the correct mode of communication to the required standard according to the situation in an institutional setting.

LEARNING OUTCOMES AND CONTENT

- 6.1.1 Demonstrate a working knowledge of writing reports and correspondence.
- Open a blank online word document
 - Create a Word document, report, and letter
 - Use spell check
 - Use online thesaurus
 - Use grammar check
 - Insert graphics, pictures, and hyperlinks
 - Save a document to specified computer file
 - Open saved document
 - Review and edit text
 - Attach document to email
 - Send attachment in an email
 - Insert pictures into a document
 - Write a business email
 - Open a basic spreadsheet
 - Insert data into a basic spreadsheet
 - Insert formulas into a basic spreadsheet
 - Create a spreadsheet
 - Save a spreadsheet into a specified file
 - Preview and print selected files
 - Open attachments sent in emails
 - Format spreadsheets and word documents
 - Use basic software tools: cut, paste, insert, copy, insert column, insert table
 - Use professional language for workplace correspondence

6.1.2 Interpersonal Communication

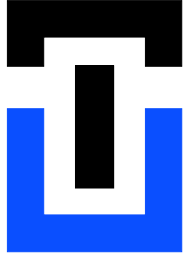
- Identify the different types of roles in the institutional work environment (Dietitian, Kitchen Manager, etc.)
- Speak clearly and concisely
- Listen attentively
- Seek validation to ensure understanding
- Convey information/opinion accurately
- Understand reasons for communication with specific work colleagues and supervisors
- Follow professional workplace etiquette
- Know when to communicate with colleagues, supervisor, and dietitian
- Follow workplace policies and procedures

6.1.3 Coach and mentor co-workers

- Engage in constructive feedback
- Convey instruction clearly and accurately
- Promote facility policies and procedures to co-workers
- Uses verbal communications skills in coaching co-workers
- Uses practical demonstrations when coaching co-workers

Summary of Recommended Equipment for Level 1

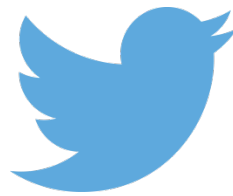
Gas Electric Oven	Industry Standard Pots
Salamander	Industry Standard Pans
Steam Kettle: Large Volume	Conduction Cooking Equipment
Tilt Pan	Computer, Printer, AV Equipment
Steamer/ Kombitherm Oven	Food Storage Equipment
Immersion Blender: Large Quantity	Smallwares: Whisk, Spatula, Knives, Steele, Spoons, Rubber Spatula, Thermometer, Ladle, Wooden Spoons, etc.
Robot Coupe/Food Processor	Bowl Cutter
Bar Blender	Deep Fryer
Commercial Mixer: Large Quantity	Mincer
Measuring Devices/Scales/Portioning Tools	Dishwasher
Tammis, Chinois, Colander	Transport Equipment: Rach and Roll Trolley, Queen Mary Trolley, Utility Trolley
Bake Sheets, Roasting Pans, Hotel Pans	Cleaning Equipment: Mop, Bucket, Broom, etc.
Mixing Bowls, Including Large Volume Mixing Bowls	Computer Software: Excel, Word, Kitchen or Nutritional Software
Large Volume Handheld Equipment: Paddle and Whisk	Griddle
Cryovac/Food Packaging Machine	Grill



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