

## **COURSE CKA3400: KITCHEN ORIENTATION**

**Level:** First Period Apprenticeship

**Prerequisite:** None

**Description:** Students develop skills and abilities in the food service industry as they develop safe and efficient work habits.

**Parameters:** Access to a commercial food preparation facility and to instruction from an individual with journeyman certification in the Cook trade.

**Outcomes:** The student will:

### **1. demonstrate professionalism in the work environment**

- 1.1 state the requirements and identify the responsibilities of the apprenticeship liaison officer
- 1.2 outline standards for industry professionalism, including:
  - 1.2.1 dress code
  - 1.2.2 addressing harassment issues
  - 1.2.3 professional conduct as it relates to the institution
- 1.3 identify study methods and reference tools
- 1.4 identify and follow emergency procedures and regulations

### **2. describe and demonstrate factors relating to safety and sanitation**

- 2.1 demonstrate an understanding of Hazard Analysis & Critical Control Points (HACCP) as it relates to the food industry
- 2.2 complete a provincial food safety program; e.g., FOODSAFE
- 2.3 practise appropriate workspace safety, including:
  - 2.3.1 prevention of accidents; e.g., workstation ergonomics, slip and trip hazards
  - 2.3.2 injury treatment; e.g., cuts, minor burns

### **3. apply skills and techniques for professionalism in the industry**

- 3.1 prepare a minimum of three recipes
- 3.2 participate in all kitchen brigade activities
- 3.3 use appropriate resources to:
  - 3.3.1 adhere to a detailed time line
  - 3.3.2 plan effectively
  - 3.3.3 prioritize tasks
  - 3.3.4 manage facilities, equipment and supplies
- 3.4 demonstrate the use of food preparation techniques, including:
  - 3.4.1 safety and sanitation
  - 3.4.2 measurement
  - 3.4.3 recipe terminology/modification
  - 3.4.4 use of available kitchen equipment
- 3.5 explain and demonstrate the ability to use the:
  - 3.5.1 metric system
  - 3.5.2 imperial system

**4. demonstrate basic competencies**

- 4.1 demonstrate fundamental skills to:
  - 4.1.1 communicate
  - 4.1.2 manage information
  - 4.1.3 use numbers
  - 4.1.4 think and solve problems
- 4.2 demonstrate personal management skills to:
  - 4.2.1 demonstrate positive attitudes and behaviours
  - 4.2.2 be responsible
  - 4.2.3 be adaptable
  - 4.2.4 learn continuously
  - 4.2.5 work safely
- 4.3 demonstrate teamwork skills to:
  - 4.3.1 work with others
  - 4.3.2 participate in projects and tasks

**5. create a transitional strategy to accommodate personal changes and build personal values**

- 5.1 identify short-term and long-term goals
- 5.2 identify steps to achieve goals

## **COURSE CKA3405: KITCHEN ORIENTATION – FOOD SERVICE**

**Level:** First Period Apprenticeship

**Prerequisite:** CKA3400: Kitchen Orientation

**Description:** Students continue to develop and refine those competencies developed in the food service industry related to kitchen brigade activities, use of resources and food preparation techniques.

**Parameters:** Access to a commercial food preparation facility and to instruction from an individual with journeyperson certification in the Cook trade.

**Outcomes:** The student will:

### **1. apply basic employability skills in food service**

- 1.1 demonstrate basic employability skills in food service; e.g., mathematics, writing, reading, speaking, listening, thinking
- 1.2 perform assigned tasks and responsibilities efficiently and effectively

### **2. analyze personal performance in relation to established standards**

- 2.1 identify regulations and regulatory bodies related to the credential
- 2.2 adhere to workplace policies and procedures related to health and safety
- 2.3 demonstrate standards of performance in terms of:
  - 2.3.1 quality of work
  - 2.3.2 quantity of work
- 2.4 analyze the work environment in terms of:
  - 2.4.1 location
  - 2.4.2 floor plan of work area
  - 2.4.3 analysis of work-flow patterns
  - 2.4.4 safety

### **3. demonstrate a positive work ethic**

- 3.1 list attitudes (standards of professionalism) that emphasize work ethic; e.g., positive attitude, staying power, teamwork, eagerness to learn, dedication to quality, skill
- 3.2 relate personal roles and responsibilities, considering:
  - 3.2.1 key responsibilities
  - 3.2.2 support functions/responsibilities
  - 3.2.3 code of ethics
- 3.3 describe personal work responsibilities and categorize them as:
  - 3.3.1 routine tasks (daily, weekly, monthly, yearly)
  - 3.3.2 nonroutine tasks (emergencies, etc.)
  - 3.3.3 tasks requiring personal judgement
  - 3.3.4 tasks requiring approval of supervisor
- 3.4 demonstrate the use of food preparation techniques, including:
  - 3.4.1 safety and sanitation
  - 3.4.2 measurement techniques
  - 3.4.3 recipe terminology/modification
  - 3.4.4 use of available kitchen equipment

- 4. practise leadership skills and professionalism in food service**
  - 4.1 participate in all kitchen brigade activities
  - 4.2 prioritize ways to use:
    - 4.2.1 resources
    - 4.2.2 information
    - 4.2.3 technology
- 5. demonstrate basic competencies**
  - 5.1 demonstrate fundamental skills to:
    - 5.1.1 communicate
    - 5.1.2 manage information
    - 5.1.3 use numbers
    - 5.1.4 think and solve problems
  - 5.2 demonstrate personal management skills to:
    - 5.2.1 demonstrate positive attitudes and behaviours
    - 5.2.2 be responsible
    - 5.2.3 be adaptable
    - 5.2.4 learn continuously
    - 5.2.5 work safely
  - 5.3 demonstrate teamwork skills to:
    - 5.3.1 work with others
    - 5.3.2 participate in projects and tasks
- 6. create a transitional strategy to accommodate personal change and build personal values**
  - 6.1 identify short-term and long-term goals
  - 6.2 identify steps to achieve goals

## **COURSE CKA3410: CULINARY FUNDAMENTALS**

**Level:** First Period Apprenticeship

**Prerequisite:** CKA3400: Kitchen Orientation

**Description:** Students develop an understanding of the professional kitchen, care in handling food, recipes, equipment and the importance of safe and efficient work habits.

**Parameters:** Access to a commercial food preparation facility and to instruction from an individual with journeyperson certification in the Cook trade.

**Outcomes:** The student will:

- 1. understand the changes in the food industry that affect the professional kitchen**
  - 1.1 describe the history of professional cooking
  - 1.2 explain the development of:
    - 1.2.1 classical brigade
    - 1.2.2 guild system
    - 1.2.3 forefathers of modern cooking
- 2. research common processes and methods of hazard assessment and controls**
  - 2.1 complete Workplace Hazardous Materials Information System (WHMIS) training successfully
  - 2.2 identify and correctly interpret hazardous product symbols
- 3. describe factors related to working in a professional kitchen**
  - 3.1 describe the functions and structure of traditional and modern kitchen workstations
  - 3.2 explain kitchen terminology
  - 3.3 identify and use tools and equipment found in a professional kitchen, including:
    - 3.3.1 hand tools
    - 3.3.2 knives
    - 3.3.3 measuring equipment
    - 3.3.4 processing equipment
    - 3.3.5 cooking equipment
    - 3.3.6 rethermalizing equipment
    - 3.3.7 dishwashing equipment
    - 3.3.8 beverage dispensing equipment
    - 3.3.9 exhaust fans, hoods and ventilation systems
- 4. apply skills and techniques for professionalism in the industry**
  - 4.1 prepare a minimum of three recipes
  - 4.2 participate in all kitchen brigade activities
  - 4.3 use appropriate resources to:
    - 4.3.1 adhere to a detailed time line
    - 4.3.2 plan effectively
    - 4.3.3 prioritize tasks
    - 4.3.4 manage facilities, equipment and supplies
  - 4.4 demonstrate the use of food preparation techniques, including:
    - 4.4.1 safety and sanitation
    - 4.4.2 measurement
    - 4.4.3 recipe terminology/modification
    - 4.4.4 use of available kitchen equipment

- 4.5 explain and demonstrate the ability to use the:
  - 4.5.1 metric system
  - 4.5.2 imperial system
- 5. demonstrate basic competencies**
  - 5.1 demonstrate fundamental skills to:
    - 5.1.1 communicate
    - 5.1.2 manage information
    - 5.1.3 use numbers
    - 5.1.4 think and solve problems
  - 5.2 demonstrate personal management skills to:
    - 5.2.1 demonstrate positive attitudes and behaviours
    - 5.2.2 be responsible
    - 5.2.3 be adaptable
    - 5.2.4 learn continuously
    - 5.2.5 work safely
  - 5.3 demonstrate teamwork skills to:
    - 5.3.1 work with others
    - 5.3.2 participate in projects and tasks
- 6. create a transitional strategy to accommodate personal changes and build personal values**
  - 6.1 identify short-term and long-term goals
  - 6.2 identify steps to achieve goals

## **COURSE CKA3420: BREAKFAST FOODS**

**Level:** First Period Apprenticeship

**Prerequisite:** CKA3410: Culinary Fundamentals

**Description:** Students develop knowledge and skills related to the preparation of breakfast foods and their accompaniments.

**Parameters:** Access to a commercial food preparation facility and to instruction from an individual with journeyman certification in the Cook trade.

**Outcomes:** The student will:

### **1. identify and compare various egg products, considering nutritive value, processing and handling**

- 1.1 describe a wide range of egg products with varying nutrients, including:
  - 1.1.1 fresh eggs; e.g., omega-3, free run/free range, organic, brown, liquid (processed)
  - 1.1.2 dried
  - 1.1.3 frozen
- 1.2 identify and resolve safety concerns for food and equipment
- 1.3 identify skills for purchasing and consumption, including understanding of:
  - 1.3.1 grading of eggs
  - 1.3.2 appropriate handling and storage
  - 1.3.3 best-before dates
  - 1.3.4 nutrition labels

### **2. describe the role of eggs in various cooking applications**

- 2.1 identify principles of egg cookery, including:
  - 2.1.1 the principles of protein cookery
  - 2.1.2 concerns regarding cooking temperature and prolonged cooking
- 2.2 identify the functions of eggs in cooking, including their use as a:
  - 2.2.1 thickening agent
  - 2.2.2 leavening agent
  - 2.2.3 emulsifying agent
  - 2.2.4 binding and/or coating agent

### **3. demonstrate the principles of egg cookery in the preparation and evaluation of a variety of products**

- 3.1 apply the use of dry and moist heat cooking methods, including:
  - 3.1.1 poached
  - 3.1.2 omelette
  - 3.1.3 fried
  - 3.1.4 scrambled
- 3.2 evaluate cooked products according to:
  - 3.2.1 nutritional value
  - 3.2.2 processing
  - 3.2.3 handling

- 4. identify and compare various milk products, considering nutritive value, processing and handling**
  - 4.1 describe a wide range of milk products with varying nutrients, including:
    - 4.1.1 milk
    - 4.1.2 cream
    - 4.1.3 butter
    - 4.1.4 buttermilk
    - 4.1.5 yogurt
    - 4.1.6 sour cream
  - 4.2 identify and resolve safety concerns for food and equipment
  - 4.3 identify skills for purchasing and consumption, including understanding of:
    - 4.3.1 appropriate handling and storage
    - 4.3.2 market forms; e.g., fresh, powdered, condensed
    - 4.3.3 best-before dates
    - 4.3.4 nutrition labels
- 5. identify and compare a variety of breakfast meats**
  - 5.1 describe the nutritional value of bacon, ham and sausage; e.g., protein, fat, cholesterol, preparation method
  - 5.2 identify methods and effects of cooking
  - 5.3 demonstrate safe handling and appropriate storage techniques
  - 5.4 prepare a variety of breakfast meats
- 6. prepare, compare and evaluate a variety of breakfast foods, accompaniments and beverages**
  - 6.1 identify and prepare breakfast cereals, breads and pastries, including:
    - 6.1.1 hot and cold cereal
    - 6.1.2 waffles
    - 6.1.3 pancakes and crepes
    - 6.1.4 French toast
  - 6.2 identify various breakfast accompaniments, including:
    - 6.2.1 syrups
    - 6.2.2 preserves
    - 6.2.3 flavoured butters and garnishes
  - 6.3 identify and prepare hot and cold breakfast beverages, including:
    - 6.3.1 coffee, including brewing time and temperatures
    - 6.3.2 tea
    - 6.3.3 assorted juices
- 7. apply skills and techniques for professionalism in the industry**
  - 7.1 prepare a minimum of three recipes
  - 7.2 participate in all kitchen brigade activities
  - 7.3 use appropriate resources to:
    - 7.3.1 adhere to a detailed time line
    - 7.3.2 plan effectively
    - 7.3.3 prioritize tasks
    - 7.3.4 manage facilities, equipment and supplies
  - 7.4 demonstrate the use of food preparation techniques, including:
    - 7.4.1 safety and sanitation
    - 7.4.2 measurement
    - 7.4.3 recipe terminology/modification
    - 7.4.4 use of available kitchen equipment
  - 7.5 explain and demonstrate the ability to use the:
    - 7.5.1 metric system
    - 7.5.2 imperial system



**8. demonstrate basic competencies**

8.1 demonstrate fundamental skills to:

- 8.1.1 communicate
- 8.1.2 manage information
- 8.1.3 use numbers
- 8.1.4 think and solve problems

8.2 demonstrate personal management skills to:

- 8.2.1 demonstrate positive attitudes and behaviours
- 8.2.2 be responsible
- 8.2.3 be adaptable
- 8.2.4 learn continuously
- 8.2.5 work safely

8.3 demonstrate teamwork skills to:

- 8.3.1 work with others
- 8.3.2 participate in projects and tasks

**9. create a transitional strategy to accommodate personal changes and build personal values**

9.1 identify short-term and long-term goals

9.2 identify steps to achieve goals



## **COURSE CKA3425: BREAKFAST – FOOD SERVICE**

**Level:** First Period Apprenticeship

**Prerequisite:** CKA3420: Breakfast Foods

**Description:** Students continue to develop and refine those competencies developed in the food service industry related to the preparation of breakfast foods and their accompaniments with the appropriate use of resources and food preparation techniques.

**Parameters:** Access to a commercial food preparation facility and to instruction from an individual with journey person certification in the Cook trade.

**Outcomes:** The student will:

### **1. apply basic employability skills in food service**

- 1.1 demonstrate basic employability skills in food service; e.g., mathematics, writing, reading, speaking, listening, thinking
- 1.2 perform assigned tasks and responsibilities efficiently and effectively

### **2. analyze personal performance in relation to established standards**

- 2.1 identify regulations and regulatory bodies related to the credential
- 2.2 adhere to workplace policies and procedures related to health and safety
- 2.3 demonstrate standards of performance in terms of:
  - 2.3.1 quality of work
  - 2.3.2 quantity of work
- 2.4 analyze the work environment in terms of:
  - 2.4.1 location
  - 2.4.2 floor plan of work area
  - 2.4.3 analysis of work-flow patterns
  - 2.4.4 safety

### **3. demonstrate a positive work ethic**

- 3.1 list attitudes (standards of professionalism) that emphasize work ethic; e.g., positive attitude, staying power, teamwork, eagerness to learn, dedication to quality, skill
- 3.2 relate personal roles and responsibilities, considering:
  - 3.2.1 key responsibilities
  - 3.2.2 support functions/responsibilities
  - 3.2.3 code of ethics
- 3.3 describe personal work responsibilities and categorize them as:
  - 3.3.1 routine tasks (daily, weekly, monthly, yearly)
  - 3.3.2 nonroutine tasks (emergencies, etc.)
  - 3.3.3 tasks requiring personal judgement
  - 3.3.4 tasks requiring approval of supervisor
- 3.4 demonstrate the use of food preparation techniques, including:
  - 3.4.1 safety and sanitation
  - 3.4.2 measurement techniques
  - 3.4.3 recipe terminology/modification
  - 3.4.4 use of available kitchen equipment

- 4. practise leadership skills and professionalism in food service**
  - 4.1 participate in all kitchen brigade activities
  - 4.2 prioritize ways to use:
    - 4.2.1 resources
    - 4.2.2 information
    - 4.2.3 technology
- 5. demonstrate basic competencies**
  - 5.1 demonstrate fundamental skills to:
    - 5.1.1 communicate
    - 5.1.2 manage information
    - 5.1.3 use numbers
    - 5.1.4 think and solve problems
  - 5.2 demonstrate personal management skills to:
    - 5.2.1 demonstrate positive attitudes and behaviours
    - 5.2.2 be responsible
    - 5.2.3 be adaptable
    - 5.2.4 learn continuously
    - 5.2.5 work safely
  - 5.3 demonstrate teamwork skills to:
    - 5.3.1 work with others
    - 5.3.2 participate in projects and tasks
- 6. create a transitional strategy to accommodate personal change and build personal values**
  - 6.1 identify short-term and long-term goals
  - 6.2 identify steps to achieve goals

## **COURSE CKA3430: ENTREMETIER**

**Level:** First Period Apprenticeship

**Prerequisite:** CKA3410: Culinary Fundamentals

**Description:** Students develop knowledge and skills related to the preparation of vegetables, fruits, potatoes, pasta and rice.

**Parameters:** Access to a commercial food preparation facility and to instruction from an individual with journey person certification in the Cook trade.

**Outcomes:** The student will:

### **1. demonstrate proper purchasing specifications and/or storing procedures**

- 1.1 classify vegetables and fruits into categories according to:
  - 1.1.1 the part of the plant
  - 1.1.2 moisture content
  - 1.1.3 flavour
  - 1.1.4 colour
- 1.2 identify purchasing specifications and quality characteristics for the following:
  - 1.2.1 vegetables
  - 1.2.2 fruits
  - 1.2.3 potatoes
  - 1.2.4 pasta
  - 1.2.5 rice
- 1.3 identify and describe proper rotation and storage procedures for all market forms of:
  - 1.3.1 vegetables
  - 1.3.2 fruits
  - 1.3.3 potatoes
  - 1.3.4 pasta and rice
- 1.4 describe the seasonal nature of many fruits and vegetables
- 1.5 interpret the grading system used with fresh, frozen and canned fruits and vegetables and how they are used in food preparation

### **2. prepare and cook fruits and vegetables**

- 2.1 practise the use of culinary terms
- 2.2 recognize and demonstrate traditional vegetable cuts, including:
  - 2.2.1 brunoise
  - 2.2.2 julienne
  - 2.2.3 batonnet
  - 2.2.4 paysanne
  - 2.2.5 chateau
  - 2.2.6 concasse
  - 2.2.7 chiffonade
- 2.3 identify, prepare and cook fruits and vegetables using the following methods:
  - 2.3.1 moist heat
  - 2.3.2 dry heat
  - 2.3.3 combination

- 2.4 describe preservation techniques to preserve colour, texture, flavour and nutritional value of fruits and cooked vegetables containing:
  - 2.4.1 white (flavones)
  - 2.4.2 green (chlorophyll)
  - 2.4.3 yellow (arytenoids)
  - 2.4.4 red, purple, blue (anthocyanins)
- 3. prepare and cook potato, pasta and rice**
  - 3.1 identify and cook a variety of potato products using both waxy and mealy potatoes
  - 3.2 identify and cook pasta and rice products, including:
    - 3.2.1 fresh and dry pasta products
    - 3.2.2 long-grain and short-grain rice
- 4. apply skills and techniques for professionalism in the industry**
  - 4.1 prepare a minimum of three recipes
  - 4.2 participate in all kitchen brigade activities
  - 4.3 use appropriate resources to:
    - 4.3.1 adhere to a detailed time line
    - 4.3.2 plan effectively
    - 4.3.3 prioritize tasks
    - 4.3.4 manage facilities, equipment and supplies
  - 4.4 demonstrate the use of food preparation techniques, including:
    - 4.4.1 safety and sanitation
    - 4.4.2 measurement
    - 4.4.3 recipe terminology/modification
    - 4.4.4 use of available kitchen equipment
  - 4.5 explain and demonstrate the ability to use the:
    - 4.5.1 metric system
    - 4.5.2 imperial system
- 5. demonstrate basic competencies**
  - 5.1 demonstrate fundamental skills to:
    - 5.1.1 communicate
    - 5.1.2 manage information
    - 5.1.3 use numbers
    - 5.1.4 think and solve problems
  - 5.2 demonstrate personal management skills to:
    - 5.2.1 demonstrate positive attitudes and behaviours
    - 5.2.2 be responsible
    - 5.2.3 be adaptable
    - 5.2.4 learn continuously
    - 5.2.5 work safely
  - 5.3 demonstrate teamwork skills to:
    - 5.3.1 work with others
    - 5.3.2 participate in projects and tasks
- 6. create a transitional strategy to accommodate personal changes and build personal values**
  - 6.1 identify short-term and long-term goals
  - 6.2 identify steps to achieve goals

## **COURSE CKA3435: ENTREMETIER – FOOD SERVICE**

**Level:** First Period Apprenticeship

**Prerequisite:** CKA3430: Entremetier

**Description:** Students continue to develop and refine those competencies developed in the food service industry related to the preparation of vegetables, fruits, potatoes, pasta and rice with the appropriate use of resources and food preparation techniques.

**Parameters:** Access to a commercial food preparation facility and to instruction from an individual with journey person certification in the Cook trade.

**Outcomes:** The student will:

### **1. apply basic employability skills in food service**

- 1.1 demonstrate basic employability skills in foodservice; e.g., mathematics, writing, reading, speaking, listening, thinking
- 1.2 perform assigned tasks and responsibilities efficiently and effectively

### **2. analyze personal performance in relation to established standards**

- 2.1 identify regulations and regulatory bodies related to the credential
- 2.2 adhere to workplace policies and procedures related to health and safety
- 2.3 demonstrate standards of performance in terms of:
  - 2.3.1 quality of work
  - 2.3.2 quantity of work
- 2.4 analyze the work environment in terms of:
  - 2.4.1 location
  - 2.4.2 floor plan of work area
  - 2.4.3 analysis of work-flow patterns
  - 2.4.4 safety

### **3. demonstrate a positive work ethic**

- 3.1 list attitudes (standards of professionalism) that emphasize work ethic; e.g., positive attitude, staying power, teamwork, eagerness to learn, dedication to quality, skill
- 3.2 relate personal roles and responsibilities, considering:
  - 3.2.1 key responsibilities
  - 3.2.2 support functions/responsibilities
  - 3.2.3 code of ethics
- 3.3 describe personal work responsibilities and categorize them as:
  - 3.3.1 routine tasks (daily, weekly, monthly, yearly)
  - 3.3.2 nonroutine tasks (emergencies, etc.)
  - 3.3.3 tasks requiring personal judgement
  - 3.3.4 tasks requiring approval of supervisor
- 3.4 demonstrate the use of food preparation techniques, including:
  - 3.4.1 safety and sanitation
  - 3.4.2 measurement techniques
  - 3.4.3 recipe terminology/modification
  - 3.4.4 use of available kitchen equipment

- 4. practise leadership skills and professionalism in food service**
  - 4.1 participate in all kitchen brigade activities
  - 4.2 prioritize ways to use:
    - 4.2.1 resources
    - 4.2.2 information
    - 4.2.3 technology
- 5. demonstrate basic competencies**
  - 5.1 demonstrate fundamental skills to:
    - 5.1.1 communicate
    - 5.1.2 manage information
    - 5.1.3 use numbers
    - 5.1.4 think and solve problems
  - 5.2 demonstrate personal management skills to:
    - 5.2.1 demonstrate positive attitudes and behaviours
    - 5.2.2 be responsible
    - 5.2.3 be adaptable
    - 5.2.4 learn continuously
    - 5.2.5 work safely
  - 5.3 demonstrate teamwork skills to:
    - 5.3.1 work with others
    - 5.3.2 participate in projects and tasks
- 6. create a transitional strategy to accommodate personal change and build personal values**
  - 6.1 identify short-term and long-term goals
  - 6.2 identify steps to achieve goals



## **COURSE CKA3440: PANTRY – SALADS & SANDWICHES**

**Level:** First Period Apprenticeship

**Prerequisite:** CKA3410: Culinary Fundamentals

**Description:** Students develop knowledge and skills related to the preparation of salads and sandwiches.

**Parameters:** Access to a commercial food preparation facility and to instruction from an individual with journeyman certification in the Cook trade.

**Outcomes:** The student will:

### **1. prepare and present salads and dressings**

- 1.1 identify the basic structure of salads, including:
  - 1.1.1 base
  - 1.1.2 body
  - 1.1.3 garnish
  - 1.1.4 dressing
- 1.2 identify salad classifications, including:
  - 1.2.1 appetizer
  - 1.2.2 main course
  - 1.2.3 accompaniment
  - 1.2.4 separate course (palate cleanser)
  - 1.2.5 dessert
  - 1.2.6 salad bar
  - 1.2.7 gelatin-based salads
- 1.3 identify guidelines for salad making and presentation, including:
  - 1.3.1 selecting ingredients
  - 1.3.2 cleaning/trimming
  - 1.3.3 cutting/drying
  - 1.3.4 storage/temperature
  - 1.3.5 assembly
  - 1.3.6 presentation
- 1.4 prepare the following dressings:
  - 1.4.1 permanent, emulsified; e.g., mayonnaise, tartar sauce
  - 1.4.2 temporary emulsification; e.g., vinaigrette
  - 1.4.3 cooked dressings
  - 1.4.4 dairy-based dressings
- 1.5 describe and prepare a variety of hot and cold salads, including:
  - 1.5.1 bound
  - 1.5.2 green
  - 1.5.3 fruit
  - 1.5.4 cooked
  - 1.5.5 pasta
  - 1.5.6 vegetable

- 2. identify and prepare sandwiches, spreads and fillings**
  - 2.1 describe and prepare a variety of sandwiches by:
    - 2.1.1 selecting bread; e.g., baked products
    - 2.1.2 preparing fillings, spreads and garnishes
    - 2.1.3 demonstrating assembly and cutting procedures
  - 2.2 apply various cooking techniques
  - 2.3 demonstrate appropriate presentation; e.g., plated sandwich bar
  - 2.4 determine appropriate wrapping and storage buffet
- 3. apply skills and techniques for professionalism in the industry**
  - 3.1 participate in all kitchen brigade activities
  - 3.2 determine appropriate resources to:
    - 3.2.1 adhere to a detailed time line
    - 3.2.2 plan effectively
    - 3.2.3 prioritize tasks
    - 3.2.4 manage facilities, equipment and supplies
  - 3.3 demonstrate the use of food preparation techniques, including:
    - 3.3.1 safety and sanitation
    - 3.3.2 measurement techniques
    - 3.3.3 recipe terminology/modification
    - 3.3.4 use of available kitchen equipment
- 4. demonstrate basic competencies**
  - 4.1 demonstrate fundamental skills to:
    - 4.1.1 communicate
    - 4.1.2 manage information
    - 4.1.3 use numbers
    - 4.1.4 think and solve problems
  - 4.2 demonstrate personal management skills to:
    - 4.2.1 demonstrate positive attitudes and behaviours
    - 4.2.2 be responsible
    - 4.2.3 be adaptable
    - 4.2.4 learn continuously
    - 4.2.5 work safely
  - 4.3 demonstrate teamwork skills to:
    - 4.3.1 work with others
    - 4.3.2 participate in projects and tasks
- 5. create a transitional strategy to accommodate personal changes and build personal values**
  - 5.1 identify short-term and long-term goals
  - 5.2 identify steps to achieve goals

## **COURSE CKA3445: PANTRY – FOOD SERVICE**

**Level:** First Period Apprenticeship

**Prerequisite:** CKA3440: Pantry – Salads & Sandwiches

**Description:** Students continue to develop and refine those competencies developed in the food service industry related to the preparation of salads and sandwiches with the appropriate use of resources and food preparation techniques.

**Parameters:** Access to a commercial food preparation facility and to instruction from an individual with journeyperson certification in the Cook trade.

**Outcomes:** The student will:

### **1. apply basic employability skills in food service**

- 1.1 demonstrate basic employability skills in food service; e.g., mathematics, writing, reading, speaking, listening, thinking
- 1.2 perform assigned tasks and responsibilities efficiently and effectively

### **2. analyze personal performance in relation to established standards**

- 2.1 identify regulations and regulatory bodies related to the credential
- 2.2 adhere to workplace policies and procedures related to health and safety
- 2.3 demonstrate standards of performance in terms of:
  - 2.3.1 quality of work
  - 2.3.2 quantity of work
- 2.4 analyze the work environment in terms of:
  - 2.4.1 location
  - 2.4.2 floor plan of work area
  - 2.4.3 analysis of work-flow patterns
  - 2.4.4 safety

### **3. demonstrate a positive work ethic**

- 3.1 list attitudes (standards of professionalism) that emphasize work ethic; e.g., positive attitude, staying power, teamwork, eagerness to learn, dedication to quality, skill
- 3.2 relate personal roles and responsibilities, considering:
  - 3.2.1 key responsibilities
  - 3.2.2 support functions/responsibilities
  - 3.2.3 code of ethics
- 3.3 describe personal work responsibilities and categorize them as:
  - 3.3.1 routine tasks (daily, weekly, monthly, yearly)
  - 3.3.2 nonroutine tasks (emergencies, etc.)
  - 3.3.3 tasks requiring personal judgement
  - 3.3.4 tasks requiring approval of supervisor
- 3.4 demonstrate the use of food preparation techniques, including:
  - 3.4.1 safety and sanitation
  - 3.4.2 measurement techniques
  - 3.4.3 recipe terminology/modification
  - 3.4.4 use of available kitchen equipment

- 4. practise leadership skills and professionalism in food service**
  - 4.1 participate in all kitchen brigade activities
  - 4.2 prioritize ways to use:
    - 4.2.1 resources
    - 4.2.2 information
    - 4.2.3 technology
- 5. demonstrate basic competencies**
  - 5.1 demonstrate fundamental skills to:
    - 5.1.1 communicate
    - 5.1.2 manage information
    - 5.1.3 use numbers
    - 5.1.4 think and solve problems
  - 5.2 demonstrate personal management skills to:
    - 5.2.1 demonstrate positive attitudes and behaviours
    - 5.2.2 be responsible
    - 5.2.3 be adaptable
    - 5.2.4 learn continuously
    - 5.2.5 work safely
  - 5.3 demonstrate teamwork skills to:
    - 5.3.1 work with others
    - 5.3.2 participate in projects and tasks
- 6. create a transitional strategy to accommodate personal change and build personal values**
  - 6.1 identify short-term and long-term goals
  - 6.2 identify steps to achieve goals

## **COURSE CKA3450: BAKESHOP**

**Level:** First Period Apprenticeship

**Prerequisite:** CKA3410: Culinary Fundamentals

**Description:** Students develop a basic understanding of basic baking, ingredients, recipes and equipment by creating muffins, biscuits, loaves and cookies.

**Parameters:** Access to a commercial food preparation facility and to instruction from an individual with journeyman certification in the Cook trade.

**Outcomes:** The student will:

### **1. identify ingredients and apply baking principles**

1.1 identify ingredients use in a bakeshop, including:

- 1.1.1 flours
- 1.1.2 sugars and sweeteners
- 1.1.3 starches
- 1.1.4 fat, shortenings and oil
- 1.1.5 dairy products
- 1.1.6 eggs
- 1.1.7 flavourings
- 1.1.8 leavening agents

1.2 identify and apply baking formulas (e.g., baker's percentages) to the following:

- 1.2.1 recipe conversions
- 1.2.2 scaling and measuring
- 1.2.3 mixing methods

### **2. demonstrate correct preparation methods in the production of a variety of baked products**

2.1 examine quick breads, categorizing them by their characteristics and preparation techniques, including:

- 2.1.1 muffin method
- 2.1.2 biscuit method
- 2.1.3 creaming method

2.2 demonstrate skills and techniques in the completion of baked products, including:

- 2.2.1 appropriate pan preparation
- 2.2.2 baking and determining doneness
- 2.2.3 altering and varying basic formulas according to instructions

2.3 prepare and evaluate a variety of quick breads, including:

- 2.3.1 muffins
- 2.3.2 biscuits
- 2.3.3 loaves

2.4 differentiate among the main types of cookies

2.5 prepare a variety of cookies; e.g., dropped, rolled, piped, refrigerated (ice box) wafer, bars/squares

2.6 identify quality standards

2.7 compensate for failures and defects

- 3. demonstrate basic decorating techniques**
  - 3.1 identify and prepare basic icings
  - 3.2 demonstrate piping techniques (borders)
- 4. prepare a variety of pies and fillings**
  - 4.1 prepare basic pie dough; e.g., flaky/mealy
  - 4.2 prepare crust; e.g., single, double, crumb
  - 4.3 prepare fillings; e.g., chiffon, cream, custard, fruit
- 5. explain and evaluate the value and quality of labour-saving products in the following forms:**
  - ready to use; e.g., pie fillings
  - ready to use; e.g., produce
  - ready to use; e.g., pastries
  - ready to use; e.g., salad dressings
- 6. apply skills and techniques for professionalism in the industry**
  - 6.1 prepare a minimum of three recipes
  - 6.2 participate in all kitchen brigade activities
  - 6.3 use appropriate resources to:
    - 6.3.1 adhere to a detailed time line
    - 6.3.2 plan effectively
    - 6.3.3 prioritize tasks
    - 6.3.4 manage facilities, equipment and supplies
  - 6.4 demonstrate the use of food preparation techniques, including:
    - 6.4.1 safety and sanitation
    - 6.4.2 measurement
    - 6.4.3 recipe terminology/modification
    - 6.4.4 use of available kitchen equipment
  - 6.5 explain and demonstrate the ability to use the:
    - 6.5.1 metric system
    - 6.5.2 imperial system
- 7. demonstrate basic competencies**
  - 7.1 demonstrate fundamental skills to:
    - 7.1.1 communicate
    - 7.1.2 manage information
    - 7.1.3 use numbers
    - 7.1.4 think and solve problems
  - 7.2 demonstrate personal management skills to:
    - 7.2.1 demonstrate positive attitudes and behaviours
    - 7.2.2 be responsible
    - 7.2.3 be adaptable
    - 7.2.4 learn continuously
    - 7.2.5 work safely
  - 7.3 demonstrate teamwork skills to:
    - 7.3.1 work with others
    - 7.3.2 participate in projects and tasks
- 8. create a transitional strategy to accommodate personal changes and build personal values**
  - 8.1 identify short-term and long-term goals
  - 8.2 identify steps to achieve goals

## **COURSE CKA3465: BAKESHOP – FOOD SERVICE**

**Level:** First Period Apprenticeship

**Prerequisite:** CKA3450: Bakeshop

**Description:** Students continue to develop and refine those competencies developed in the food service industry related to the preparation of a variety of baked goods with the appropriate use of resources and food preparation techniques.

**Parameters:** Access to a commercial food preparation facility and to instruction from an individual with journey person certification in the Cook trade.

**Outcomes:** The student will:

### **1. apply basic employability skills in food service**

- 1.1 demonstrate basic employability skills in food service; e.g., mathematics, writing, reading, speaking, listening, thinking
- 1.2 perform assigned tasks and responsibilities efficiently and effectively

### **2. analyze personal performance in relation to established standards**

- 2.1 identify regulations and regulatory bodies related to the credential
- 2.2 adhere to workplace policies and procedures related to health and safety
- 2.3 demonstrate standards of performance in terms of:
  - 2.3.1 quality of work
  - 2.3.2 quantity of work
- 2.4 analyze the work environment in terms of:
  - 2.4.1 location
  - 2.4.2 floor plan of work area
  - 2.4.3 analysis of work-flow patterns
  - 2.4.4 safety

### **3. demonstrate a positive work ethic**

- 3.1 list attitudes (standards of professionalism) that emphasize work ethic; e.g., positive attitude, staying power, teamwork, eagerness to learn, dedication to quality, skill
- 3.2 relate personal roles and responsibilities, considering:
  - 3.2.1 key responsibilities
  - 3.2.2 support functions/responsibilities
  - 3.2.3 code of ethics
- 3.3 describe personal work responsibilities and categorize them as:
  - 3.3.1 routine tasks (daily, weekly, monthly, yearly)
  - 3.3.2 nonroutine tasks (emergencies, etc.)
  - 3.3.3 tasks requiring personal judgement
  - 3.3.4 tasks requiring approval of supervisor
- 3.4 demonstrate the use of food preparation techniques, including:
  - 3.4.1 safety and sanitation
  - 3.4.2 measurement techniques
  - 3.4.3 recipe terminology/modification
  - 3.4.4 use of available kitchen equipment

- 4. practise leadership skills and professionalism in food service**
  - 4.1 participate in all kitchen brigade activities
  - 4.2 prioritize ways to use:
    - 4.2.1 resources
    - 4.2.2 information
    - 4.2.3 technology
- 5. demonstrate basic competencies**
  - 5.1 demonstrate fundamental skills to:
    - 5.1.1 communicate
    - 5.1.2 manage information
    - 5.1.3 use numbers
    - 5.1.4 think and solve problems
  - 5.2 demonstrate personal management skills to:
    - 5.2.1 demonstrate positive attitudes and behaviours
    - 5.2.2 be responsible
    - 5.2.3 be adaptable
    - 5.2.4 learn continuously
    - 5.2.5 work safely
  - 5.3 demonstrate teamwork skills to:
    - 5.3.1 work with others
    - 5.3.2 participate in projects and tasks
- 6. create a transitional strategy to accommodate personal changes and build personal values**
  - 6.1 identify short-term and long-term goals
  - 6.2 identify steps to achieve goals



## **COURSE CKA3470: YEAST PRODUCTS**

**Level:** First Period Apprenticeship

**Prerequisite:** CKA3410: Culinary Fundamentals

**Description:** Students describe the role of ingredients and use specialized skills in working with yeast.

**Parameters:** Access to a commercial food preparation facility and to instruction from an individual with journeyman certification in the Cook trade.

**Outcomes:** The student will:

### **1. identify and describe the factors involved in the preparation of yeast products**

- 1.1 identify ingredients and their roles in the preparation of bread products, including:
  - 1.1.1 flours
  - 1.1.2 sugar/sweeteners
  - 1.1.3 salt
  - 1.1.4 yeasts; e.g., compressed, rapid, instant, dry active
  - 1.1.5 liquids
  - 1.1.6 fats, shortening and oil
  - 1.1.7 eggs
  - 1.1.8 optional ingredients; e.g., raisins, dates, cheese, grains, flavoring
- 1.2 identify mixing methods employed in the preparation of yeast products
- 1.3 compare various shaping techniques and surface treatments used for bread products
- 1.4 describe bread products according to identified quality standards
- 1.5 identify appropriate storage and handling of baked bread products

### **2. identify the proper use of baking equipment**

- 2.1 demonstrate baking skills, including:
  - 2.1.1 accuracy in scaling/measurement techniques
  - 2.1.2 correct mixing procedures
  - 2.1.3 correct pan preparation
  - 2.1.4 baking and determining doneness
- 2.2 alter and vary basic recipes for ingredients/quantity

### **3. prepare and evaluate a variety of yeast breads**

- 3.1 prepare and bake loaves, including:
  - 3.1.1 pan formed
  - 3.1.2 hand formed
- 3.2 prepare and bake buns, including:
  - 3.2.1 crusty
  - 3.2.2 soft crust
- 3.3 prepare and bake frozen dough; e.g., pizza, cinnamon
- 3.4 alter and vary basic recipes for nutritional value
- 3.5 identify quality standards
- 3.6 compensate for failures and defects

- 4. apply skills and techniques for professionalism in the industry**
  - 4.1 participate in all kitchen brigade activities
  - 4.2 determine appropriate resources to:
    - 4.2.1 adhere to a detailed time line
    - 4.2.2 plan effectively
    - 4.2.3 prioritize tasks
    - 4.2.4 manage facilities, equipment and supplies
  - 4.3 demonstrate the use of food preparation techniques, including:
    - 4.3.1 safety and sanitation
    - 4.3.2 measurement techniques
    - 4.3.3 recipe terminology/modification
    - 4.3.4 use of available kitchen equipment
- 5. demonstrate basic competencies**
  - 5.1 demonstrate fundamental skills to:
    - 5.1.1 communicate
    - 5.1.2 manage information
    - 5.1.3 use numbers
    - 5.1.4 think and solve problems
  - 5.2 demonstrate personal management skills to:
    - 5.2.1 demonstrate positive attitudes and behaviours
    - 5.2.2 be responsible
    - 5.2.3 be adaptable
    - 5.2.4 learn continuously
    - 5.2.5 work safely
  - 5.3 demonstrate teamwork skills to:
    - 5.3.1 work with others
    - 5.3.2 participate in projects and tasks
- 6. create a transitional strategy to accommodate personal changes and build personal values**
  - 6.1 identify short-term and long-term goals
  - 6.2 identify steps to achieve goals

## **COURSE CKA3475: YEAST PRODUCTS – FOOD SERVICE**

**Level:** First Period Apprenticeship

**Prerequisite:** CKA3470: Yeast Products

**Description:** Students continue to develop and refine those competencies developed in the food service industry related to the preparation of yeast products with the appropriate use of resources and food preparation techniques.

**Parameters:** Access to a commercial food preparation facility and to instruction from an individual with journeyperson certification in the Cook trade.

**Outcomes:** The student will:

### **1. apply basic employability skills in food service**

- 1.1 demonstrate basic employability skills in food service; e.g., mathematics, writing, reading, speaking, listening, thinking
- 1.2 perform assigned tasks and responsibilities efficiently and effectively

### **2. analyze personal performance in relation to established standards**

- 2.1 identify regulations and regulatory bodies related to the credential
- 2.2 adhere to workplace policies and procedures related to health and safety
- 2.3 demonstrate standards of performance in terms of:
  - 2.3.1 quality of work
  - 2.3.2 quantity of work
- 2.4 analyze the work environment in terms of:
  - 2.4.1 location
  - 2.4.2 floor plan of work area
  - 2.4.3 analysis of work-flow patterns
  - 2.4.4 safety

### **3. demonstrate a positive work ethic**

- 3.1 list attitudes (standards of professionalism) that emphasize work ethic; e.g., positive attitude, staying power, teamwork, eagerness to learn, dedication to quality, skill
- 3.2 relate personal roles and responsibilities, considering:
  - 3.2.1 key responsibilities
  - 3.2.2 support functions/responsibilities
  - 3.2.3 code of ethics
- 3.3 describe personal work responsibilities and categorize them as:
  - 3.3.1 routine tasks (daily, weekly, monthly, yearly)
  - 3.3.2 nonroutine tasks (emergencies, etc.)
  - 3.3.3 tasks requiring personal judgement
  - 3.3.4 tasks requiring approval of supervisor
- 3.4 demonstrate the use of food preparation techniques, including:
  - 3.4.1 safety and sanitation
  - 3.4.2 measurement techniques
  - 3.4.3 recipe terminology/modification
  - 3.4.4 use of available kitchen equipment

- 4. practise leadership skills and professionalism in food service**
  - 4.1 participate in all kitchen brigade activities
  - 4.2 prioritize ways to use:
    - 4.2.1 resources
    - 4.2.2 information
    - 4.2.3 technology
- 5. demonstrate basic competencies**
  - 5.1 demonstrate fundamental skills to:
    - 5.1.1 communicate
    - 5.1.2 manage information
    - 5.1.3 use numbers
    - 5.1.4 think and solve problems
  - 5.2 demonstrate personal management skills to:
    - 5.2.1 demonstrate positive attitudes and behaviours
    - 5.2.2 be responsible
    - 5.2.3 be adaptable
    - 5.2.4 learn continuously
    - 5.2.5 work safely
  - 5.3 demonstrate teamwork skills to:
    - 5.3.1 work with others
    - 5.3.2 participate in projects and tasks
- 6. create a transitional strategy to accommodate personal changes and build personal values**
  - 6.1 identify short-term and long-term goals
  - 6.2 identify steps to achieve goals

## **COURSE CKA3480: SAUCIER 1**

**Level:** First Period Apprenticeship

**Prerequisite:** CKA3410: Culinary Fundamentals

**Description:** Students develop knowledge and skills related to working with stocks and various thickening agents in the preparation of soups.

**Parameters:** Access to a commercial food preparation facility and to instruction from an individual with journey person certification in the Cook trade.

**Outcomes:** The student will:

- 1. identify the ingredients used in the preparation of white and brown stocks**
  - 1.1 describe stock, including:
    - 1.1.1 basic stock ingredients
    - 1.1.2 preparations of stocks
    - 1.1.3 importance of stock in the preparation of soups and sauces
- 2. describe the key thickening and flavouring agents in the production of sauces and soups**
  - 2.1 define the function of sauces
  - 2.2 identify the key thickening agents used in the creation of sauces, including:
    - 2.2.1 roux
    - 2.2.2 beurre manié
    - 2.2.3 whitewash
    - 2.2.4 cornstarch
    - 2.2.5 slurry
    - 2.2.6 liaison
    - 2.2.7 ready to use/instant
  - 2.3 identify flavour builders for stocks, sauces and soups, including:
    - 2.3.1 mirepoix, matignon
    - 2.3.2 bouquet garni
    - 2.3.3 sachet bag containing herbs/spices
    - 2.3.4 studded onion
    - 2.3.5 onion brûlée
  - 2.4 identify binding agents, including:
    - 2.4.1 bread
    - 2.4.2 eggs
- 3. demonstrate correct techniques in the preparing and safe handling of stocks, sauces and soups**
  - 3.1 describe, prepare and evaluate basic stocks, including:
    - 3.1.1 white stock
    - 3.1.2 brown stock
    - 3.1.3 fish stock
    - 3.1.4 vegetable stock

- 3.2 describe, prepare, present and evaluate clear soups, including broth/bouillon and vegetable
- 3.3 explain and evaluate the value and quality of labour-saving products; e.g., ready to heat soups, sauces
- 3.4 demonstrate appropriate finishing and garnishing techniques
- 3.5 identify cooling, venting, handling and storage of stocks, soups and sauces
- 4. apply skills and techniques for professionalism in the industry**
  - 4.1 prepare a minimum of three recipes
  - 4.2 participate in all kitchen brigade activities
  - 4.3 use appropriate resources to:
    - 4.3.1 adhere to a detailed time line
    - 4.3.2 plan effectively
    - 4.3.3 prioritize tasks
    - 4.3.4 manage facilities, equipment and supplies
  - 4.4 demonstrate the use of food preparation techniques, including:
    - 4.4.1 safety and sanitation
    - 4.4.2 measurement
    - 4.4.3 recipe terminology/modification
    - 4.4.4 use of available kitchen equipment
  - 4.5 explain and demonstrate the ability to use the:
    - 4.5.1 metric system
    - 4.5.2 imperial system
- 5. demonstrate basic competencies**
  - 5.1 demonstrate fundamental skills to:
    - 5.1.1 communicate
    - 5.1.2 manage information
    - 5.1.3 use numbers
    - 5.1.4 think and solve problems
  - 5.2 demonstrate personal management skills to:
    - 5.2.1 demonstrate positive attitudes and behaviours
    - 5.2.2 be responsible
    - 5.2.3 be adaptable
    - 5.2.4 learn continuously
    - 5.2.5 work safely
  - 5.3 demonstrate teamwork skills to:
    - 5.3.1 work with others
    - 5.3.2 participate in projects and tasks
- 6. create a transitional strategy to accommodate personal changes and build personal values**
  - 6.1 identify short-term and long-term goals
  - 6.2 identify steps to achieve goals

## **COURSE CKA3490: SAUCIER 2**

**Level:** First Period Apprenticeship

**Prerequisite:** CKA3480: Saucier 1

**Description:** Students enhance their knowledge and skills related to the techniques and ingredients used in the preparation of traditional sauces and soups.

**Parameters:** Access to a commercial food preparation facility and to instruction from an individual with journeyman certification in the Cook trade.

**Outcomes:** The student will:

- 1. identify the ingredients used for the production of a complete repertoire of foundation sauces, their derivatives (small sauces) and soups**
  - 1.1 describe the role of sauces in classic cuisine
  - 1.2 explain the structure of sauces and demonstrate increased understanding of thickening agents
  - 1.3 identify ingredients used in a cross section of basic sauces and derivatives, including:
    - 1.3.1 velouté-derivative; e.g., mushroom sauce
    - 1.3.2 béchamel-derivative; e.g., Mornay sauce
    - 1.3.3 tomato-derivative; e.g., Spanish
    - 1.3.4 espagnole-derivative; e.g., brown sauce or demi-glace
    - 1.3.5 hollandaise-derivative; e.g., béarnaise
- 2. prepare, present and evaluate a repertoire of foundation sauces, their derivatives and soups**
  - 2.1 identify standards of quality for sauces and soups
  - 2.2 identify production techniques for a cross section of basic sauces and derivatives, including:
    - 2.2.1 velouté-derivative; e.g., mushroom sauce
    - 2.2.2 béchamel-derivative; e.g., Mornay sauce
    - 2.2.3 tomato-derivative; e.g., Spanish
    - 2.2.4 espagnole-derivative; e.g., demi-glace
    - 2.2.5 hollandaise-derivative; e.g., béarnaise
  - 2.3 display creativity and flair in the presentation of sauces and soups with appropriate foods, accompaniments and garnishes
- 3. prepare, present and evaluate gravy, au jus and jus lié**
- 4. apply skills and techniques for professionalism in the industry**
  - 4.1 prepare a minimum of three recipes
  - 4.2 participate in all kitchen brigade activities
  - 4.3 use appropriate resources to:
    - 4.3.1 adhere to a detailed time line
    - 4.3.2 plan effectively
    - 4.3.3 prioritize tasks
    - 4.3.4 manage facilities, equipment and supplies
  - 4.4 demonstrate the use of food preparation techniques, including:
    - 4.4.1 safety and sanitation
    - 4.4.2 measurement
    - 4.4.3 recipe terminology/modification
    - 4.4.4 use of available kitchen equipment

- 4.5 explain and demonstrate the ability to use the:
  - 4.5.1 metric system
  - 4.5.2 imperial system
- 5. demonstrate basic competencies**
  - 5.1 demonstrate fundamental skills to:
    - 5.1.1 communicate
    - 5.1.2 manage information
    - 5.1.3 use numbers
    - 5.1.4 think and solve problems
  - 5.2 demonstrate personal management skills to:
    - 5.2.1 demonstrate positive attitudes and behaviours
    - 5.2.2 be responsible
    - 5.2.3 be adaptable
    - 5.2.4 learn continuously
    - 5.2.5 work safely
  - 5.3 demonstrate teamwork skills to:
    - 5.3.1 work with others
    - 5.3.2 participate in projects and tasks
- 6. create a transitional strategy to accommodate personal changes and build personal values**
  - 6.1 identify short-term and long-term goals
  - 6.2 identify steps to achieve goals



## **COURSE CKA3495: SAUCIER – FOOD SERVICE**

**Level:** First Period Apprenticeship

**Prerequisite:** CKA3490: Saucier 2

**Description:** Students continue to develop and refine those competencies developed in the food service industry related to the preparation of stocks, sauces, soups and their accompaniments with the appropriate use of resources and food preparation techniques.

**Parameters:** Access to a commercial food preparation facility and to instruction from an individual with journeyman certification in the Cook trade.

**Outcomes:** The student will:

### **1. apply basic employability skills in food service**

- 1.1 demonstrate basic employability skills in food service; e.g., mathematics, writing, reading, speaking, listening, thinking
- 1.2 perform assigned tasks and responsibilities efficiently and effectively

### **2. analyze personal performance in relation to established standards**

- 2.1 identify regulations and regulatory bodies related to the credential
- 2.2 adhere to workplace policies and procedures related to health and safety
- 2.3 demonstrate standards of performance in terms of:
  - 2.3.1 quality of work
  - 2.3.2 quantity of work
- 2.4 analyze the work environment in terms of:
  - 2.4.1 location
  - 2.4.2 floor plan of work area
  - 2.4.3 analysis of work-flow patterns
  - 2.4.4 safety

### **3. demonstrate a positive work ethic**

- 3.1 list attitudes (standards of professionalism) that emphasize work ethic; e.g., positive attitude, staying power, teamwork, eagerness to learn, dedication to quality, skill
- 3.2 relate personal roles and responsibilities, considering:
  - 3.2.1 key responsibilities
  - 3.2.2 support functions/responsibilities
  - 3.2.3 code of ethics
- 3.3 describe personal work responsibilities and categorize them as:
  - 3.3.1 routine tasks (daily, weekly, monthly, yearly)
  - 3.3.2 nonroutine tasks (emergencies, etc.)
  - 3.3.3 tasks requiring personal judgement
  - 3.3.4 tasks requiring approval of supervisor
- 3.4 demonstrate the use of food preparation techniques, including:
  - 3.4.1 safety and sanitation
  - 3.4.2 measurement techniques
  - 3.4.3 recipe terminology/modification
  - 3.4.4 use of available kitchen equipment

- 4. practise leadership skills and professionalism in food service**
  - 4.1 participate in all kitchen brigade activities
  - 4.2 prioritize ways to use:
    - 4.2.1 resources
    - 4.2.2 information
    - 4.2.3 technology
- 5. demonstrate basic competencies**
  - 5.1 demonstrate fundamental skills to:
    - 5.1.1 communicate
    - 5.1.2 manage information
    - 5.1.3 use numbers
    - 5.1.4 think and solve problems
  - 5.2 demonstrate personal management skills to:
    - 5.2.1 demonstrate positive attitudes and behaviours
    - 5.2.2 be responsible
    - 5.2.3 be adaptable
    - 5.2.4 learn continuously
    - 5.2.5 work safely
  - 5.3 demonstrate teamwork skills to:
    - 5.3.1 work with others
    - 5.3.2 participate in projects and tasks
- 6. create a transitional strategy to accommodate personal changes and build personal values**
  - 6.1 identify short-term and long-term goals
  - 6.2 identify steps to achieve goals

## **COURSE CKA3500: MEAT COOKERY**

**Level:** First Period Apprenticeship

**Prerequisite:** CKA3410: Culinary Fundamentals

**Description:** Students develop knowledge and skills related to the purchasing, grading, handling, storage and preparation of meat and meat products.

**Parameters:** Access to a commercial food preparation facility and to instruction from an individual with journeyperson certification in the Cook trade.

**Outcomes:** The student will:

- 1. describe market forms of meat, such as beef, lamb, pork, veal, game**
  - 1.1 describe and prepare the key divisions (wholesale cuts) and the fabricated cuts of the carcass
  - 1.2 identify the degree of tenderness of each cut
- 2. identify grading, quality factors and purchasing factors for meat**
  - 2.1 identify the importance for the inspection and grading of meat
  - 2.2 describe factors that affect the tenderness of meat
- 3. recognize the nutritional components of meat**
  - 3.1 describe the nutritional importance of meat, including consideration of the following:
    - 3.1.1 complete protein
    - 3.1.2 varying levels and types of fat
    - 3.1.3 iron
  - 3.2 describe current health concerns about meat
- 4. identify and describe the effect of heat on liquids, proteins and fats in meat**
  - 4.1 categorize and describe the various types of dry-heat and moist-heat cooking used with meat, focusing on:
    - 4.1.1 preserving tenderness in tender cuts
    - 4.1.2 developing tenderness in less tender cuts
    - 4.1.3 maximizing yields
    - 4.1.4 determining portion sizes
    - 4.1.5 achieving optimum flavour and palatability
    - 4.1.6 identifying and achieving correct doneness according to internal temperature
  - 4.2 describe roasting, in the preparation and evaluation of meats, emphasizing:
    - 4.2.1 criteria for evaluating quality and determining suitability of meats for roasting
    - 4.2.2 methods for enhancing flavour and palatability
    - 4.2.3 oven and temperature choice
    - 4.2.4 carry-over cooking and how to determine doneness and satisfy a variety of tastes
  - 4.3 describe broiling and pan-broiling, focusing on:
    - 4.3.1 suitability of meats for broiling and/or pan-broiling
    - 4.3.2 achieving and determining correct doneness in varied thicknesses of meats
    - 4.3.3 seasoning
  - 4.4 explain and evaluate the value and quality of labour-saving products; e.g., par-baked products, portion meats, fish, poultry

- 5. demonstrate and resolve safety concerns, related to both food and equipment, significant to basic meat cookery**
  - 5.1 identify and demonstrate appropriate personal hygiene in the preparation of meat products
  - 5.2 identify and demonstrate appropriate meat handling and preparation
  - 5.3 identify and demonstrate appropriate meat storage; e.g., refrigeration, freezing, packaging
  - 5.4 demonstrate methods for cleaning and sanitizing all equipment used in the preparation of meat
  - 5.5 relate the perishable nature of meat and the prevention of food-borne illnesses; e.g., cross-contamination
- 6. demonstrate appropriate cooking methods, and holding and serving techniques**
  - 6.1 prepare a variety of meats using the following methods:
    - 6.1.1 dry heat, including roasting/baking, broiling, grilling, pan-broiling, sautéing, pan-frying and griddling
    - 6.1.2 moist heat, including poaching, simmering, broiling, steaming and stewing
  - 6.2 select and use appropriate seasonings, flavourings and marinades
  - 6.3 identify the effects of heat and cold on seasonings, flavourings and marinades
  - 6.4 assess the effect of sweet, sour, bitter and salty on taste
  - 6.5 explain and demonstrate appropriate holding and serving techniques of meats and/or variety meats, including:
    - 6.5.1 holding and resting
    - 6.5.2 testing and doneness
    - 6.5.3 carving and slicing
    - 6.5.4 presentation
- 7. apply skills and techniques for professionalism in the industry**
  - 7.1 prepare a minimum of three recipes
  - 7.2 participate in all kitchen brigade activities
  - 7.3 use appropriate resources to:
    - 7.3.1 adhere to a detailed time line
    - 7.3.2 plan effectively
    - 7.3.3 prioritize tasks
    - 7.3.4 manage facilities, equipment and supplies
  - 7.4 demonstrate the use of food preparation techniques, including:
    - 7.4.1 safety and sanitation
    - 7.4.2 measurement
    - 7.4.3 recipe terminology/modification
    - 7.4.4 use of available kitchen equipment
  - 7.5 explain and demonstrate the ability to use the:
    - 7.5.1 metric system
    - 7.5.2 imperial system
- 8. demonstrate basic competencies**
  - 8.1 demonstrate fundamental skills to:
    - 8.1.1 communicate
    - 8.1.2 manage information
    - 8.1.3 use numbers
    - 8.1.4 think and solve problems
  - 8.2 demonstrate personal management skills to:
    - 8.2.1 demonstrate positive attitudes and behaviours
    - 8.2.2 be responsible
    - 8.2.3 be adaptable
    - 8.2.4 learn continuously
    - 8.2.5 work safely

- 8.3 demonstrate teamwork skills to:
  - 8.3.1 work with others
  - 8.3.2 participate in projects and tasks
- 9. create a transitional strategy to accommodate personal changes and build personal values**
  - 9.1 identify short-term and long-term goals
  - 9.2 identify steps to achieve goals



## **COURSE CKA3515: MEAT COOKERY – FOOD SERVICE**

**Level:** First Period Apprenticeship

**Prerequisite:** CKA3500: Meat Cookery

**Description:** Students continue to develop and refine those competencies developed in the food service industry related to the preparation of purchasing, grading, handling, storage and preparation of meat and meat products with the appropriate use of resources and food preparation techniques.

**Parameters:** Access to a commercial food preparation facility and to instruction from an individual with journeyman certification in the Cook trade.

**Outcomes:** The student will:

### **1. apply basic employability skills in food service**

- 1.1 demonstrate basic employability skills in food service; e.g., mathematics, writing, reading, speaking, listening, thinking
- 1.2 perform assigned tasks and responsibilities efficiently and effectively

### **2. analyze personal performance in relation to established standards**

- 2.1 identify regulations and regulatory bodies related to the credential
- 2.2 adhere to workplace policies and procedures related to health and safety
- 2.3 demonstrate standards of performance in terms of:
  - 2.3.1 quality of work
  - 2.3.2 quantity of work
- 2.4 analyze the work environment in terms of:
  - 2.4.1 location
  - 2.4.2 floor plan of work area
  - 2.4.3 analysis of work-flow patterns
  - 2.4.4 safety

### **3. demonstrate a positive work ethic**

- 3.1 list attitudes (standards of professionalism) that emphasize work ethic; e.g., positive attitude, staying power, teamwork, eagerness to learn, dedication to quality, skill
- 3.2 relate personal roles and responsibilities, considering:
  - 3.2.1 key responsibilities
  - 3.2.2 support functions/responsibilities
  - 3.2.3 code of ethics
- 3.3 describe personal work responsibilities and categorize them as:
  - 3.3.1 routine tasks (daily, weekly, monthly, yearly)
  - 3.3.2 nonroutine tasks (emergencies, etc.)
  - 3.3.3 tasks requiring personal judgement
  - 3.3.4 tasks requiring approval of supervisor
- 3.4 demonstrate the use of food preparation techniques, including:
  - 3.4.1 safety and sanitation
  - 3.4.2 measurement techniques
  - 3.4.3 recipe terminology/modification
  - 3.4.4 use of available kitchen equipment

- 4. practise leadership skills and professionalism in food service**
  - 4.1 participate in all kitchen brigade activities
  - 4.2 prioritize ways to use:
    - 4.2.1 resources
    - 4.2.2 information
    - 4.2.3 technology
- 5. demonstrate basic competencies**
  - 5.1 demonstrate fundamental skills to:
    - 5.1.1 communicate
    - 5.1.2 manage information
    - 5.1.3 use numbers
    - 5.1.4 think and solve problems
  - 5.2 demonstrate personal management skills to:
    - 5.2.1 demonstrate positive attitudes and behaviours
    - 5.2.2 be responsible
    - 5.2.3 be adaptable
    - 5.2.4 learn continuously
    - 5.2.5 work safely
  - 5.3 demonstrate teamwork skills to:
    - 5.3.1 work with others
    - 5.3.2 participate in projects and tasks
- 6. create a transitional strategy to accommodate personal changes and build personal values**
  - 6.1 identify short-term and long-term goals
  - 6.2 identify steps to achieve goals



## **COURSE CKA3520: POULTRY, FISH & SEAFOOD**

**Level:** First Period Apprenticeship

**Prerequisite:** CKA3410: Culinary Fundamentals

**Description:** Students develop knowledge and skills related to the selection, handling and preparation of poultry, fish and seafood.

**Parameters:** Access to a commercial food preparation facility and to instruction from an individual with journey person certification in the Cook trade.

**Outcomes:** The student will:

- 1. describe market forms of poultry, fish and seafood**
  - 1.1 describe the many domestic and game birds available as inspected and graded products in Alberta
  - 1.2 categorize fish and seafood, considering:
    - 1.2.1 important commercial varieties
    - 1.2.2 basic market forms
- 2. identify grading, quality factors and purchasing factors for poultry, fish and seafood**
  - 2.1 compare various poultry and seafood products available, considering:
    - 2.1.1 composition and structure
    - 2.1.2 range of convenience products
    - 2.1.3 grading
  - 2.2 identify criteria for distinguishing fish and seafood quality and freshness
- 3. describe the nutritional value of poultry, fish and seafood**
  - 3.1 describe the nutritional importance of poultry, fish and seafood, including consideration of the following:
    - 3.1.1 complete protein
    - 3.1.2 varying levels and types of fat
  - 3.2 identify the effect of various preparation methods on nutritional value
- 4. demonstrate a variety of skills and preparatory techniques related to the cooking of poultry and seafood**
  - 4.1 demonstrate appropriate techniques for cutting poultry
  - 4.2 demonstrate basic cutting techniques for fish and seafood
  - 4.3 demonstrate the use of both flat and round fish in the production of ready-to-cook fish products
- 5. identify and resolve safety concerns, related to both food and equipment, significant to poultry, fish and seafood**
  - 5.1 identify and demonstrate appropriate personal hygiene in the preparation of poultry, fish and seafood
  - 5.2 identify and demonstrate appropriate poultry, fish and seafood handling and preparation
  - 5.3 identify and demonstrate appropriate poultry, fish and seafood storage; e.g., safeguarding against odour, refrigeration, freezing, packaging
  - 5.4 demonstrate methods for cleaning and sanitizing all equipment used in the preparation of poultry, fish and seafood
  - 5.5 relate the perishable nature of poultry, fish and seafood and the prevention of food-borne illnesses; e.g., cross-contamination

**6. demonstrate appropriate cooking methods, and holding and serving techniques for poultry and seafood**

- 6.1 demonstrate a repertoire of moist and dry heat cooking methods, highlighting:
  - 6.1.1 methods well suited to poultry; e.g., roasting, stewing
  - 6.1.2 popular preferences; e.g., frying, deep-frying
  - 6.1.3 methods well suited to seafood; e.g., frying, baking, deep-frying
- 6.2 compare the effect of moist and dry heat cooking methods on various forms of:
  - 6.2.1 poultry
  - 6.2.2 seafood
- 6.3 select and use seasonings, flavourings and marinades
- 6.4 identify the effects of heat and cold on seasonings, flavourings and marinades
- 6.5 assess the effect of sweet, sour, bitter and salty on taste
- 6.6 demonstrate appropriate holding and serving techniques for poultry, including:
  - 6.6.1 holding and resting
  - 6.6.2 testing and doneness; e.g., physical characteristics, temperature, taste, firmness
  - 6.6.3 carving and slicing
  - 6.6.4 presentation
- 6.7 demonstrate appropriate holding and serving techniques for seafood, including:
  - 6.7.1 testing and doneness
  - 6.7.2 presentation
  - 6.7.3 accompaniments and garnishes

**7. apply skills and techniques for professionalism in the industry**

- 7.1 participate in all kitchen brigade activities
- 7.2 use appropriate resources to:
  - 7.2.1 adhere to a detailed time line
  - 7.2.2 plan effectively
  - 7.2.3 prioritize tasks
  - 7.2.4 manage facilities, equipment and supplies
- 7.3 demonstrate the use of food preparation techniques, including:
  - 7.3.1 safety and sanitation
  - 7.3.2 measurement
  - 7.3.3 recipe terminology/modification
  - 7.3.4 use of available kitchen equipment
- 7.4 explain and demonstrate the ability to use the:
  - 7.4.1 metric system
  - 7.4.2 imperial system

**8. demonstrate basic competencies**

- 8.1 demonstrate fundamental skills to:
  - 8.1.1 communicate
  - 8.1.2 manage information
  - 8.1.3 use numbers
  - 8.1.4 think and solve problems

- 8.2 demonstrate personal management skills to:
  - 8.2.1 demonstrate positive attitudes and behaviours
  - 8.2.2 be responsible
  - 8.2.3 be adaptable
  - 8.2.4 learn continuously
  - 8.2.5 work safely
- 8.3 demonstrate teamwork skills to:
  - 8.3.1 work with others
  - 8.3.2 participate in projects and tasks
- 9. create a transitional strategy to accommodate personal changes and build personal values**
  - 9.1 identify short-term and long-term goals
  - 9.2 identify steps to achieve goals



## **COURSE CKA3525: POULTRY, FISH & SEAFOOD – FOOD SERVICE**

**Level:** First Period Apprenticeship

**Prerequisite:** CKA3520: Poultry, Fish & Seafood

**Description:** Students continue to develop and refine those competencies developed in the food service industry related to the preparation of poultry, fish and seafood and their accompaniments with the appropriate use of resources and food preparation techniques.

**Parameters:** Access to a commercial food preparation facility and to instruction from an individual with journeyman certification in the Cook trade.

**Outcomes:** The student will:

### **1. apply basic employability skills in food service**

- 1.1 demonstrate basic employability skills in food service; e.g., mathematics, writing, reading, speaking, listening, thinking
- 1.2 perform assigned tasks and responsibilities efficiently and effectively

### **2. analyze personal performance in relation to established standards**

- 2.1 identify regulations and regulatory bodies related to the credential
- 2.2 adhere to workplace policies and procedures related to health and safety
- 2.3 demonstrate standards of performance in terms of:
  - 2.3.1 quality of work
  - 2.3.2 quantity of work
- 2.4 analyze the work environment in terms of:
  - 2.4.1 location
  - 2.4.2 floor plan of work area
  - 2.4.3 analysis of work-flow patterns
  - 2.4.4 safety

### **3. demonstrate a positive work ethic**

- 3.1 list attitudes (standards of professionalism) that emphasize work ethic; e.g., positive attitude, staying power, teamwork, eagerness to learn, dedication to quality, skill
- 3.2 relate personal roles and responsibilities, considering:
  - 3.2.1 key responsibilities
  - 3.2.2 support functions/responsibilities
  - 3.2.3 code of ethics
- 3.3 describe personal work responsibilities and categorize them as:
  - 3.3.1 routine tasks (daily, weekly, monthly, yearly)
  - 3.3.2 nonroutine tasks (emergencies, etc.)
  - 3.3.3 tasks requiring personal judgement
  - 3.3.4 tasks requiring approval of supervisor
- 3.4 demonstrate the use of food preparation techniques, including:
  - 3.4.1 safety and sanitation
  - 3.4.2 measurement techniques
  - 3.4.3 recipe terminology/modification
  - 3.4.4 use of available kitchen equipment

- 4. practise leadership skills and professionalism in food service**
  - 4.1 participate in all kitchen brigade activities
  - 4.2 prioritize ways to use:
    - 4.2.1 resources
    - 4.2.2 information
    - 4.2.3 technology
- 5. demonstrate basic competencies**
  - 5.1 demonstrate fundamental skills to:
    - 5.1.1 communicate
    - 5.1.2 manage information
    - 5.1.3 use numbers
    - 5.1.4 think and solve problems
  - 5.2 demonstrate personal management skills to:
    - 5.2.1 demonstrate positive attitudes and behaviours
    - 5.2.2 be responsible
    - 5.2.3 be adaptable
    - 5.2.4 learn continuously
    - 5.2.5 work safely
  - 5.3 demonstrate teamwork skills to:
    - 5.3.1 work with others
    - 5.3.2 participate in projects and tasks
- 6. create a transitional strategy to accommodate personal changes and build personal values**
  - 6.1 identify short-term and long-term goals
  - 6.2 identify steps to achieve goals