



Cook

Guide to Course Content

2022

Online: www.saskapprenticeship.ca

Recognition:

To promote transparency and consistency, this document has been adapted from the 2020 Cook Red Seal Occupational Standard (Employment and Social Development Canada).

The Cook Red Seal Occupational Standard (RSOS), describing the “full-scope” of the trade, can be found at www.red-seal.ca

STRUCTURE OF THE GUIDE TO COURSE CONTENT

To facilitate understanding of the occupation, this guide to course content contains the following sections:

Description of the Cook trade: an overview of the trade's duties and training requirements.

Essential Skills Summary: an overview of how each of the nine essential skills is applied in this trade.

Elements of harmonization of apprenticeship training: includes adoption of Red Seal trade name, number of levels of apprenticeship, total training hours (on-the-job and in-school) and consistent sequencing of technical training content. Implementation for harmonization will take place progressively. Level one to be implemented in 2020/2021, level two in 2021/2022, and level three in 2022/2023.

Task Matrix: a chart which outlines graphically the major work activities, tasks and sub-tasks of this standard detailing the essential skills and the level of training where the content is covered.

Major Work Activity (MWA): the largest division within the standard that is comprised of a distinct set of trade activities.

Task: distinct actions that describe the activities within a major work activity.

Sub-task: distinct actions that describe the activities within a task.

Training Profile Chart: a chart which outlines the model for Saskatchewan Apprenticeship and Trade Certification Commission (SATCC) technical training.

Technical Training Course Content for the Cook trade: a chart which outlines the model for SATCC technical training sequencing. For the harmonized level of training, a cross reference to the Harmonized apprenticeship technical training sequencing, at the learning outcome level, is provided.

Appendix A: Post Harmonization Training Profile Chart: a chart which outlines the finalized model for SATCC technical training sequencing with a cross reference to the Harmonized apprenticeship technical training sequencing, at the topic level.

DESCRIPTION OF THE **COOK** TRADE

Cooks prepare, season, and cook soups, meats, fish, poultry, vegetables, and desserts. They make sauces, gravies, and salads. They perform some meat cutting and prepare basic baked goods.

“Cook” is this trade’s official “Red Seal” occupational title approved by the Canadian Council of Directors of Apprenticeship (CCDA); it is also the trade name used by all provinces and territories in Canada.

Cooks prepare, cook, season, and present a wide variety of foods such as meat, fish, poultry, game, pasta, pulses, grains, nuts, dairy products, eggs, vegetables, fruit, stocks, soups, sauces, salads, desserts, and baked goods. They provide complete meals or individual dishes. Cooks may plan menus, determine the size of food portions, and estimate food requirements and cost, as well as monitor and order supplies, and oversee others in the preparation, cooking, and handling of food.

They must also be thoroughly familiar with safety requirements, safe work practices and with health regulations pertaining to food handling, preparation, and service.

Areas of specialization vary according to where the cook is employed. Cooks may also specialize in ethnic food preparation, or in preparing meals according to dietary and varying nutritional requirements. Cooks are generally employed in the hospitality and tourism sector (e.g., restaurants, hotels, resorts, catering establishments, country clubs and aboard ships) or in institutional settings (e.g. hospitals, nursing homes, educational institutes, correctional facilities, camps and military bases).

While some cooks may have conventional work schedules, most cooks work shift work, including early mornings, late evenings, holidays and weekends, and the number of hours worked each week varies depending on the type of position and establishment the cook is employed at.

Cooks often come under a great deal of pressure to provide quick and quality service. They must, at all times, maintain quality of food and ensure that food safety and sanitation guidelines be followed. Workplaces are clean and well lit but can be hot and space restricted. Cooks must be able to stand for extended periods, to function in close quarters, and to lift heavy objects such as pots and heavy bags. Occupational hazards include burns, cuts, slips and falls. Cooks who work at camps in remote areas must be able to work under adverse environmental conditions and can be away from home for extended periods.

Creativity, a keen sense of taste and smell, interest in precision work and a good memory for details are key attributes for people entering this trade. Cooks must be able to remember recipes and be able to adapt them to available supplies and the current needs. They must be conscious of health information such as dietary requirements and allergies. Cooks must also be able to work independently, as part of a team, have good organizational skills, and have the ability to multi-task to effectively do their jobs. Other important abilities for cooks include solid mathematical, communication and consumer service skills. Cooks should be versatile enough to assist with any task that needs doing within the kitchen.

With experience, cooks may act as mentors and trainers to apprentices in the trade. They can also move into other positions such as kitchen managers, chefs, banquet managers, instructors, sales, food service administrators and coordinators, general managers, or food writers. They can also own their own business.

Training Requirements: To graduate from each level of the apprenticeship program, an apprentice must successfully complete the required technical training and compile enough on-the-job experience to total at least 1800 hours each year. Total trade time required is 5400 hours and at least 3years in the trade.

There are three levels of hybrid (online and in-school) technical training delivered by Saskatchewan Polytechnic in Saskatoon:

- Level One: 20 weeks online 100 hours practical (scheduled over 5 weekends during training)
- Level Two: 20 weeks online 100 hours practical (scheduled over 5 weekends during training)
- Level Three: 20 weeks online 100 hours practical (scheduled over 5 weekends during training)

The information contained in this guide to course content details the technical training delivered for each level of apprenticeship. An apprentice spends approximately 15% of their apprenticeship term in a technical training institute learning the technical and theoretical aspects of the trade. The hours and percentages of technical and practical training may vary according to class needs and progress.

The content of the technical training components is subject to change without notice.

Entrance Requirements for Apprenticeship Training

Your grade twelve transcripts (with no modified classes) or GED 12 is your guarantee that you meet the educational entrance requirements for apprenticeship in Saskatchewan. In fact, employers prefer and recommend apprentices who have completed high school. This ensures the individual has all of the necessary skills required to successfully complete the apprenticeship program and receive journey person certification.

Individuals with “modified” or “general” classes in math or science do not meet our entry requirements. These individuals are required to take an entrance assessment prescribed by the SATCC.

English is the language of instruction in all apprenticeship programs and is the common language for business in Saskatchewan. Before admission, all apprentices and/or “upgraders” must be able to understand and communicate in the English language. Applicants whose first language is not English must have a minimum Canadian Language Benchmark Assessment of six (CLB6).

Note: A CLB assessment is valid for a one-year period from date of issue.

Designated Trade Name	Math Credit at the Indicated Grade Level ^❶	Science Credit at Grade Level
Cook	Grade 10	Grade 10
<p>^❶ - (One of the following) WA – Workplace and Apprenticeship; or F – Foundations; or P – Pre-calculus, or a Math at the indicated grade level (Modified and General Math credits are not acceptable.).</p> <p>*Applicants who have graduated in advance of 2015-2016, or who do not have access to the revised Science curricula will require a Science at the minimum grade level indicated by trade.</p> <p>For information about high school curriculum, including Math and Science course names, please see: http://www.curriculum.gov.sk.ca/#</p> <p>Individuals not meeting the entrance requirements will be subject to an assessment and any required training</p>		

ESSENTIAL SKILLS SUMMARY

Essential skills are needed for work, learning and life. They provide the foundation for learning all other skills and enable people to evolve with their jobs and adapt to workplace change.

Through extensive research, the Government of Canada and other national and international agencies have identified and validated nine essential skills. These skills are used in nearly every occupation and throughout daily life in different ways.

A series of CCDA-endorsed tools have been developed to support apprentices in their training and to be better prepared for a career in the trades. The tools can be used independently or with the assistance of a tradesperson, trainer, employer, teacher, or mentor to:

- understand how essential skills are used in the trades;
- learn about individual essential skills strengths and areas for improvement; and
- improve essential skills and increase success in an apprenticeship program.

The tools are available online or for order at: www.esdc.gc.ca/eng/jobs/les/profiles/index.shtml

The application of these skills may be described throughout this document within the competency statements which support each subtask of the trade. The following are summaries of the requirements in each of the essential skills, taken from the essential skills profile. A link to the complete essential skills profile can be found at: www.red-seal.ca.

READING

Cooks read a variety of documents such as cookbooks, recipes, manuals, and banquet event orders (BEO). With regard to health and safety information, they use notices, food recalls or allergy alerts and other food safety information. Cooks read warnings and instructions written on signs, labels, and packaging. Cooks may also read trade publications to learn about food service and hospitality trends and technological advances in commercial kitchens. They may read legal agreements such as contracts and confidentiality agreements.

DOCUMENT USE

Cooks scan labels on product packaging to locate data such as cooking times, potential allergens, and ingredients. They interpret safety data sheets (SDS), safety symbols and icons. Cooks locate information and data found in a variety of tables pertaining to work schedules, food orders, cooking times, quantities of food, logs, invoices, and costs. Equipment manuals are used to instruct on proper use, cleaning, and the use of personal protective equipment (PPE).

WRITING

Cooks write reminders and notes to co-workers to explain changes in meal preparation routines and food safety procedures. They may also write instructions about specific delivery and handling of food or write brief comments on recipes about cooking times or changes in ingredients. Cooks may write incident reports or requests for equipment upgrades. They write sign-in and sign-out sheets and daily logs to record temperature tracking and sanitation sign offs. Prep sheets are written with daily tasks and routines, identified completions and inventory information. It is important that cooks accurately label and date products for storage.

ORAL COMMUNICATION

Cooks discuss work assignments with co-workers. They speak with consumers to take orders, and discuss their opinions on recipes and meals. Cooks may make product suggestions and participate in product development meetings. Cooks may explain procedures and safety protocols to kitchen and food servers. They may participate in interdepartmental meetings to harmonize the operations of the organization. They may provide mentoring and coaching to other members of the brigade.

NUMERACY

Cooks measure and convert weight and volume of ingredients between imperial and metric systems. They calculate ingredient quantities when modifying recipes. Cooks estimate the yield of bulk items to determine the number of servings. They estimate the time required to prepare food and organize their tasks to meet deadlines. Cooks may calculate the cost of menu items and inventory.

THINKING

Cooks may choose ingredients and decide how to modify recipes and food preparation practices to meet consumers' requirements. They must also assess the quality, appearance, and taste of the food they produce. Cooks decide the order of food preparation and housekeeping tasks. To ensure a smooth workflow and maximum efficiency, they may plan tasks, and review and modify work priorities and deadlines on a regular basis. Cooks coordinate their work with other co-workers. They are required to problem solve on the fly and to work under pressure. They think strategically about issues such as quality, profitability and sustainability.

DIGITAL TECHNOLOGY

Cooks may use calculators to complete tasks such as cost or ingredient calculation. They may use hardware (tablets, laptops, smartphones, etc.) and software or databases to monitor inventory of ingredients and supplies, to place orders, to input or retrieve recipes, take table reservations and to write memos, reports, and digital logging. Cooks use digitally controlled kitchen equipment to prepare food. They may use digital technology to seek and offer advice and to access training courses and seminars offered by suppliers, associations, or employers. They regularly use the Internet to post and search for recipes, trends, inspiration, and information related to cooking.

WORKING WITH OTHERS

Cooks usually work within an integrated team that may include other cooks, chefs, kitchen staff, stewards, servers, and management. Cooks must work with each member of the team at all times to ensure operations run smoothly. They coordinate their activities with others to ensure optimum use of time, work space, food supplies and equipment. They also work with outside personnel such as vendors, delivery people, inspectors, and contractors.

CONTINUOUS LEARNING

Cooks should stay abreast of trade trends. To advance in the trade, they need to access a variety of resources such as professional associations, seminars, core training sessions, food supplier demonstrations, trade shows and workshops. They may participate in events such as community activities, conferences, and cooking competitions.

ELEMENTS OF HARMONIZATION FOR APPRENTICESHIP TRAINING

At the request of industry, the Harmonization Initiative was launched in 2013 to *substantively align* apprenticeship systems across Canada by making training requirements more consistent in the Red Seal trades. Harmonization aims to improve the mobility of apprentices, support an increase in their completion rates and enable employers to access a larger pool of apprentices.

As part of this work, the Canadian Council of the Directors of Apprenticeship (CCDA) identified four main harmonization priorities in consultation with industry and training stakeholders:

1. Trade name

The official Red Seal name for this trade is Cook.

2. Number of Levels of Apprenticeship

The number of levels of technical training recommended for the Cook trade is three.

3. Total Training Hours during Apprenticeship Training

The total hours of training, including both on-the-job and in-school training for the Cook trade is 5400.

4. Consistent sequencing of training content (at each level) using the most recent Occupational Standard

Implementation for harmonization was implemented progressively. Level one was implemented in 2020/2021, level two in 2021/2022, and level three in 2022/2023. See Appendix A for the finalized curriculum comparisons.

White boxes are “Topics,” grey boxes are “In Context”. In context means learning that has already taken place and is being applied to the applicable task. Learning outcomes for in context topics are accomplished in other topics in that level.

Level 1 (2020/2021 implementation)	Level 2 (2021/2022 implementation)	Level 3 (2022/2023 implementation)
	Context	Context
	Food Safety Procedures	Food Safety Procedures
	Vegetables	
	Fruit	Fruit
		Soups
		Thickening and Binding Agents
		Cake Assembly
Safety-Related Functions		
Food Safety Procedures		
Tools and Equipment		
Organizes Work		Organizes Work
Information Management		Information Management
Manages Products		
Trade Activities	Trade Activities	Trade Activities
		Adaptive Cooking
Communications		Mentoring
Herbs and Spices		
Vegetables		
Fruit		
Stocks & Soups		
Soups (Introduction)	Soups	
Thickening and Binding Agents	Thickening and Binding Agents	
	Sauces	Sauces
Cheese, Dairy, Plant-Based Dairy alternatives		Cheese, Dairy, Plant-Based Dairy alternatives
Eggs and Egg-Based Dishes		
Pastas and Noodles (Dry)	Pastas and Noodles (Fresh)	

Level 1 (2020/2021 implementation)	Level 2 (2021/2022 implementation)	Level 3 (2022/2023 implementation)
	Dumplings	
Grains and Pulses		
Seeds and Nuts		
	Alternative Proteins	Alternative Proteins
Meats	Meats	Game Meats
Poultry	Poultry	Game Birds
		Variety Meats
Fin Fish	Fin Fish	
	Seafood	Seafood
Sandwiches		
Salads		
Dressings		Condiments and Preserves
		Hors D'oeuvres and Finger Foods
		Charcuterie and Cured Products
		Gels and Glazes
	Marinades, Rubs and Brines	
Dough-Based Products	Dough-Based Products	Dough-Based Products
Batter-Based Products	Batter-Based Products	Batter-Based Products
	Creams, Mousses, Frozen Desserts, Fillings, Icings, Toppings and Sugar Works	Creams, Mousses, Frozen Desserts, Fillings, Icings, Toppings and Sugar Works
	Cake Assembly	
	Savoury and Sweet Pastries and Pies	Savoury and Sweet Pastries and Pies
		Chocolate

COOK TASK MATRIX

This chart outlines the major work activities, tasks and sub-tasks from the 2020 Cook Red Seal Occupational Standard. Each sub-task details the corresponding essential skill and level of training where the content is covered. *

* Sub-tasks with numbers in the boxes is where the content is delivered in training. The Task Matrix Chart was updated every year until Harmonization implementation was completed. Level one was implemented in 2020/2021, level two in 2021/2022, and level three in 2022/2023. See Appendix A for the finalized curriculum comparisons.

A – Hygiene, sanitation, and safety

A-1 Performs safety-related functions 40%	1.01 Maintains safe work environment 1 (2, 3 in context)	1.02 Uses personal protective equipment (PPE) and safety equipment 1 (2, 3 in context)	1.03 Maintains personal hygiene 1 (2, 3 in context)		
A-2 Practices food safety procedures 60%	2.01 Maintains safe condition and temperature of raw and finished product 1 (2, 3 in context)	2.02 Cools food rapidly 1 (2, 3 in context)	2.03 Re-thermalizes foods 1 (2, 3 in context)	2.04 Prevents cross-contamination 1 (2, 3 in context)	2.05 Cleans tools and equipment 1 (2, 3 in context)
2.05 Sanitizes tools and equipment 1 (2, 3 in context)					

B – Common occupational skills

B-3 Uses tools and equipment 15%	3.01 Uses knives 1	3.02 Uses pots, pans, and utensils 1	3.03 Uses equipment and appliances 1
B-4 Organizes work 14%	4.01 Organizes kitchen workplace 1, 3	4.02 Schedules production 3	

B-5 Manages information 11%	5.01 Plans menu and mise en place 3	5.02 Uses documentation 1		
B-6 Manages products 17%	6.01 Orders products 3	6.02 Receives products 1	6.03 Stores products 1	6.04 Maintains inventory 1
B-7 Performs trade activities 16%	7.01 Uses recipes 1	7.02 Performs portion control 1	7.03 Presents finished product 1, 2, 3	7.04 Prepares convenience foods 1
B-8 Prepares food according to health and dietary restrictions 15%	8.01 Adapts kitchen practices to dietary requirements 3	8.02 Selects ingredients to meet dietary requirements 3	8.03 Modifies recipes to meet dietary requirements 3	8.04 Prepares food to respect eating regimes 3
B-9 Uses communication and mentoring techniques 12%	9.01 Uses communication techniques 1	9.02 Uses mentoring techniques 3		

C – Produce

C-10 Prepares herbs and spices 25%	10.01 Selects herbs and spices 1 (2 in context)	10.02 Cleans herbs 1 (2 in context)	10.03 Processes herbs and spices 1 (2 in context)		
C-11 Prepares vegetables 42%	11.01 Selects vegetables 1 (2 in context)	11.02 Cleans vegetables 1 (2 in context)	11.03 Processes vegetables 1 (2 in context)	10.04 Cooks vegetables 1 (2 in context)	10.05 Finishes vegetables 1 (2 in context)
C-12 Prepares fruit 33%	12.01 Selects fruit 1 (2, 3 in context)	12.02 Cleans fruit 1 (2, 3 in context)	12.03 Processes fruit 1 (2, 3 in context)	12.04 Cooks fruit 1 (2, 3 in context)	12.05 Finishes fruit 1 (2, 3 in context)

D – Stocks, broths, and soups

D-13 Prepares stocks and broths 49%	13.01 Selects stock and broth ingredients 1, 2	13.02 Processes stock and broth ingredients 1, 2	13.03 Cooks stocks and broths 1, 2	
D-14 Prepares thickening and binding agents 51%	14.01 Selects thickening and binding agents 1 (3 in context)	14.02 Processes thickening and binding agents 1 (3 in context)		
D-14 Prepares soups 33%	14.01 Selects soup ingredients 1, 2 (3 In Context)	14.02 Processes soup ingredients 1, 2 (3 In Context)	14.03 Cooks soups 1, 2 (3 In Context)	14.03 Finishes soups 1, 2 (3 In Context)

E – Sauces

E-15 Prepares sauces	15.01 Selects thickening and binding ingredients 1, 2	15.02 Processes thickening and binding ingredients 1, 2		
E-16 Prepares sauces	16.01 Selects sauce ingredients 2	16.02 Processes sauce ingredients 2, 3	16.03 Cooks sauces 2, 3	16.04 Finishes sauces 2, 3

F – Cheese, dairy, plant-based dairy alternatives, eggs, and egg products

F-17 Uses cheese, dairy products, and plant-based dairy alternative products 49%	17.01 Selects cheese, dairy, and plant-based dairy alternative ingredients 1, 3	17.02 Processes cheese, dairy, and plant-based dairy alternative ingredients 1, 3	17.03 Finishes cheese, dairy, and plant-based dairy alternative ingredients 3	
F-18 Prepares eggs and egg-based dishes 51%	18.01 Selects ingredients for eggs and egg-based dishes 1	18.02 Processes ingredients for eggs and egg-based dishes 1	18.03 Cooks eggs and egg-related dishes 1	18.04 Finishes eggs and egg-based dishes 1

G – Pastas, noodles, stuffed pastas, and dumplings

G-19 Prepares pastas and noodles 58%	19.01 Selects stuffed pasta and dumpling ingredients 1, 2	19.02 Processes stuffed pasta and dumpling 1, 2	19.03 Cooks stuffed pasta and dumpling 1, 2	19.04 Finishes stuffed pasta and dumpling 1, 2
G-20 Prepares stuffed pastas and dumplings 42%	20.01 Selects assembled pastas 2	20.02 Processes assembled pastas 2	20.03 Cooks assembled pastas 2	20.04 Finishes assembled pastas dishes 2

H – Grains, pulses, seeds, nuts, and alternative proteins

H-21 Prepares grains and pulses 39%	21.01 Selects grains and pulses 1	21.02 Processes grains and pulses 1	21.03 Cooks grains and pulses 1
H-22 Prepares seeds and nuts 25%	22.01 Selects seeds and nuts 1	22.02 Processes seeds and nuts 1	22.03 Cooks seeds and nuts 1
H-23 Prepares alternative proteins 36%	23.01 Selects alternative proteins 2, 3	23.02 Processes alternative proteins 3	23.03 Cooks soy alternative proteins 3

I – Meats, game, poultry, game birds and variety meats

I-24 Prepares meat and game meats 46%	24.01 Selects meats and game meat 1, 2, 3	24.02 Processes meats and game meats 1, 2, 3	24.03 Cooks meat and game meats 1, 2, 3	24.04 Finishes meats and game meats 1, 2, 3
I-25 Prepares poultry and game birds 39%	25.01 Selects poultry and game birds 1, 2, 3	25.02 Processes poultry and game birds 1, 2, 3	25.03 Cooks poultry and game birds 1, 2, 3	25.04 Finishes poultry and game birds 1, 2, 3

I-26 Prepares variety meats
15%

26.01 Selects variety meats
3

26.02 Processes variety meats
3

26.03 Cooks variety meats
3

26.04 Finishes variety meats
3

J – Fish and seafood

J-27 Prepares fin fish
47%

27.01 Selects fin fish
1, 2

27.02 Processes fin fish
1, 2

27.03 Cooks fin fish
1, 2

27.04 Finishes fin fish
1, 2

J-28 Prepares seafood
53%

28.01 Selects seafood
2, 3

28.02 Processes seafood
2, 3

28.03 Cooks seafood
2, 3

28.04 Finishes seafood
2, 3

K – Salads and sandwiches

K-29 Prepares sandwiches 32%

29.01 Selects sandwich ingredients
1

29.02 Processes sandwich ingredients
1

29.03 Assembles sandwiches
1

29.04 Cooks sandwiches
1

K-30 Prepares salads
38%

30.01 Selects salad ingredients
1

30.02 Processes salad ingredients
1

30.03 Finishes salad
1

K-31 Prepares condiments, preserves and dressings
30%

31.01 Selects ingredients for condiments, preserves and dressings
1, 3

32.02 Processes Sandwich ingredients
1, 3

32.03 Assembles Sandwiches
1, 3

L – Specialty preparation

L-32 Prepares hors d'oeuvres and other finger foods
34%

32.01 Selects ingredients for hors d'oeuvres and other finger foods
3

32.01 Processes ingredients for hors d'oeuvres and other finger foods
3

32.03 Assembles hors d'oeuvres and other finger foods
3

32.04 Cooks hors d'oeuvres and other finger foods
3

32.05 Finishes hors d'oeuvres and other finger foods
3

L-33 Prepares charcuterie and cured products 28%	33.01 Selects ingredients for charcuterie and cured products 3	33.02 Processes ingredients for charcuterie and cured products 3	33.03 Cooks charcuterie and cured products 3	33.04 Finishes charcuterie and cured products 3
L-34 Prepares gels and glazes 15%	34.01 Selects ingredients for gels and glazes 3	34.02 Processes ingredients for gels and glazes 3	34.03 Finishes gels and glazes 3	
L-35 Prepares marinades, rubs, and brines 23%	35.01 Selects marinade, rub and brine ingredients 2	35.02 Processes marinade, rub and brine ingredients 2		

M – Sweet and savoury baked goods and desserts

M-36 Prepares dough-based products	36.01 Selects ingredients for dough 1, 2, 3	36.02 Processes ingredients for dough 1, 2, 3	36.03 Cooks dough-based products 1, 2, 3	36.04 Finishes dough-based products 1, 2, 3
M-37 Prepares batter-based products	37.01 Selects ingredients for batters 1, 2, 3	37.02 Processes ingredients for batters 1, 2, 3	37.03 Cooks batter-based products 1, 2, 3	37.04 Finishes batter-based products 1, 2, 3
M-38 Prepares creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works	38.01 Selects ingredients for creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works 2, 3	38.02 Processes ingredients for creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works 2, 3	38.03 Finishes creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works 2, 3	
M-39 Assembles cakes	39.01 Selects cake components for assembly 2 (3 In Context)	39.02 Finishes cakes 2 (3 In Context)		
M-40 Prepares savoury and sweet pastries and pies	40.01 Selects ingredients for savoury and sweet pastries and pies 2, 3	40.02 Assembles savoury and sweet pastries and pies 2, 3	40.03 Cooks savoury and sweet pastries and pies 2, 3	40.04 Finishes savoury and sweet pastries and pies 2, 3

M-41 Prepares chocolate

**41.01 Selects
chocolate and
ingredients**
3

**41.02 Processes
chocolate**
3

**41.03 Stores
chocolate**
3



TRAINING PROFILE CHART

This Training Profile Chart represents Saskatchewan Apprenticeship and Trade Certification Commission (SATCC) technical training at the topic level.

Level One	Transcript Code	Hours
Baked Goods and Desserts	CKNG 124 – Theory	17
	CKNG 125 – Practical	16
Cheese, Dairy and Plant Based Dairy Alternatives (Egg, and Egg Based Dishes)	CKNG 126 – Theory	13
	CKNG 127 – Practical	14
Fish and Shellfish	CKNG 120 – Theory	12
	CKNG 121 – Practical	14
Garde Manger	CKNG 128 – Theory	13
	CKNG 129 – Practical	14
Meats and Poultry	CKNG 134 – Theory	13
	CKNG 135 – Practical	14
Occupational Skills	CKNG 136 – Theory	13
Starches and Legumes	CKNG 130 – Theory	13
	CKNG 131 – Practical	14
Stocks, Soups and Sauces	CKNG 132 – Theory	13
	CKNG 133 – Practical	14
Trade Mathematics (Exceeds)	MATH 135 – Practical	6
Vegetables and Fruits	CKNG 122 – Theory	13
	CKNG 123 – Practical	14
		240

Level Two	Transcript Code	Hours
Baked Goods and Desserts	CKNG 202 – Theory	28
	CKNG 203 – Practical	30
Fish and Seafood	CKNG 214 – Theory	23
	CKNG 215 – Practical	20
Meats and Poultry and Alternative Proteins	CKNG 212 – Theory	28
	CKNG 213 – Practical	20
Occupational Skills	CKNG 216 – Theory	10
Pastas and Dumplings	CKNG 208 – Theory	23
	CKNG 209 – Practical	20
Stocks, Soups and Sauces	CKNG 210 – Theory	18
	CKNG 211 – Practical	20
		240

Level Three	Transcript Code	Hours
Baked Goods and Desserts	CKNG 302 – Theory	30
	CKNG 303 – Practical	30
Cheese, Dairy, Plant-Based Dairy (Egg & egg-based dishes) Alternatives	CKNG 305 – Theory	17
	CKNG 306 – Practical	14
Game, Variety Meats and Alternative Proteins – Theory	CKNG 312 – Theory	21
	CKNG 313 – Practical	14
Garde Manger	CKNG 306 – Theory	22
	CKNG 307 – Practical	20
Occupational Skills	CKNG 316 – Theory	10
Sauces	CKNG 310 – Theory	17
	CKNG 311 – Practical	14
Seafood	CKNG 314 – Theory	17
	CKNG 315 – Practical	14
		240

TECHNICAL TRAINING COURSE CONTENT

This chart outlines the model for Saskatchewan Apprenticeship and Trade Certification Commission (SATCC) technical training sequencing. For the harmonized level of training, a cross reference to the 2020 Red Seal Occupational Standard (RSOS) apprenticeship technical training sequencing, at the learning outcome level, is provided.

Sub-tasks listed are the minimum to be covered in a topic. Related sub-tasks not listed may be used as a reference and taught “in context” in other topics.

Implementation for harmonization was implemented progressively. Level one was implemented in 2020/2021, level two in 2021/2022, and level three in 2022/2023. See Appendix A for the finalized curriculum comparisons.

Hybrid Level One	20 weeks and 100 hours in-class training	20 Online lessons 240 hours
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Baked Goods and Desserts – Theory

17 hours

- describe the basic principles of baking
- describe the functions and characteristics of commonly used baking ingredients
- describe the classification/procedures in the preparation of dough-based yeast products
- describe the classification/procedures in the preparation of batter-based quick breads
- identify convenience products and their functions in bakery production

Baked Goods and Desserts – Practical

16 hours

- apply the principles of baking
- apply the functions of ingredients
- prepare dough and batter classifications by applying the appropriate procedures for processing, mixing and make-up
- demonstrate the procedures for assembling, baking, serving, and storing batter-based quick breads
- prepare yeast, quick bread, and convenience products

RSOS topics covered in this section of training:

M-36 Prepares dough-based products

M-36.01 Selects ingredients for dough

- doughs and dough-based products and their applications
- procedures used to select ingredients for doughs

M-36.02 Processes ingredients for dough

- doughs used for various dough-based products and their applications
- procedures used to process ingredients for doughs
- procedures used to handle, hold, and store doughs

M-36.03 Cooks dough-based products

- doughs used for various dough-based products and their applications
- procedures used to cook dough

M-36.04 Finishes dough-based products

- dough-based products and their uses
- procedures used to finish dough-based products
- procedures used to handle and store doughs and dough-based products

M -37 Prepares batter-based products

M -37.01 Selects ingredients for batters

- batters and batter-based products and their applications
- procedures used to select ingredients for batters used for various batter-based products

M -37.02 Processes ingredients for batters

- batters used for various batter-based products and their applications
- procedures used to process ingredients for batters used for various batter-based products
- procedures used to handle, hold, and store batters

M L-37.03 Cooks batter-based products

- batters used for various batter-based products and their applications
- procedures used to cook batter

M -37.04 Finishes batter-based products

- batter-based products and their uses
- procedures used to finish batter-based products
- procedures used to handle and store batters and batter-based products

Cheese, Dairy, Plant-based Dairy Alternatives (Egg and Egg Based Dishes) – Theory

13 hours

- describe the composition, market forms and grades of eggs
- describe the principles and procedures for cooking and serving eggs
- describe the categories of breakfast breads, cereals, and meats
- describe convenience products that can be used as a substitution for breakfast foods
- describe the preparation of breakfast potatoes
- describe the composition, varieties, and serving and storage of cheese
- describe proper selection and use of common plant-based dairy alternatives

Cheese, Dairy, Plant-based Dairy Alternatives (Egg and Egg Based Dishes) – Practical

14 hours

- identify the market forms and grades of eggs
- apply the principles and procedures for cooking and serving eggs
- demonstrate the procedures for preparing quick breads, cereals, and meats
- demonstrate the procedures for using convenience products used as a substitution for breakfast foods
- demonstrate the procedures for selecting, serving, and storing varieties of cheeses
- demonstrate the selection and use of common plant-based dairy alternatives

RSOS topics covered in this section of training:

A-1 Performs safety and hygiene-related functions

A-1.01 Maintains safe work environment

- industry standards and safe work practices
- kitchen sanitation standards
- procedures used to sanitize kitchens and equipment
- regulatory requirements pertaining to health and safety

F-17 Uses cheese, dairy products, and plant-based dairy alternative products

F-17.01 Selects cheese, dairy, and plant-based dairy alternative ingredients

- cheeses, dairy and plant-based dairy alternatives, and their applications
- procedures used to handle and store dairy and plant-based dairy alternatives
- manufacturing process of dairy products
- selecting plant-based dairy alternatives

17.02 Processes cheese, dairy, and plant-based dairy alternative ingredients

- cheeses, dairy and plant-based dairy alternatives, and their applications
- procedures to process ingredients for dairy and plant-based dairy alternative dishes
- procedures used to handle and store dairy and plant-based dairy alternative products
- manufacturing process of dairy products
- processing plant-based dairy alternative products

F-18 Prepares eggs and egg-based dishes

F-18.01 Selects ingredients for eggs and egg-based dishes

- eggs, egg products, egg-substitutes, and their applications
- procedures used to select eggs, egg products and egg substitutes

F-18.02 Processes ingredients for eggs and egg-based dishes

- eggs, egg products, egg-substitutes, and their applications
- procedures to process eggs, egg products and egg substitutes

F-18.03 Cooks eggs and egg-based dishes

- eggs, egg products, egg substitutes and egg-based dishes and their applications
- procedures used to prepare eggs, egg products, egg substitutes and egg-based dishes

F-18.04 Finishes eggs and egg-based dishes

- eggs, egg products, egg substitutes and egg-based dishes and their applications
- procedures used to finish and present eggs, egg products, egg substitutes and egg-based dishes
- used to handle and store eggs, egg products, egg substitutes and egg-based dishes

F-19 Prepares eggs and egg-related dishes

19.01 Selects ingredients for eggs and egg-related dishes

- eggs, egg products, egg-substitutes, and their applications
- procedures used to select eggs, egg products and egg substitutes

19.02 Processes ingredients for eggs and egg-related dishes

- eggs, egg products, egg-substitutes, and their applications
- procedures to process eggs, egg products and egg substitutes

Fish and Shellfish – Theory

12 hours

- list common varieties of saltwater and freshwater fin fish
- list the basic market forms of fish
- explain the effects of cooking on the composition and structure of fish
- describe the characteristics of fresh fish
- describe the appropriate cooking methods for various forms of fish
- list the procedures for storing and handling fish and fish products

Fish and Shellfish – Practical

14 hours

- identify common variety of saltwater and freshwater fin fish
- demonstrate the proper techniques for handling and storing of fish and fish products
- dress round fish and flatfish
- fillet round fish and flatfish
- cook fish using dry heat cooking methods.
- cook fish using moist heat cooking methods
- demonstrate the proper guidelines for handling, preparing, and serving of raw fish products

RSOS topics covered in this section of training:

J-28 Prepares Fish

J-28.01 Selects fish

- fin fish and their applications
- procedures used to select fin fish
- procedures used to handle raw fin fish

J-28.02 Processes fish

- fin fish and their applications
- procedures used to process fin fish
- procedures used to handle and store live and raw fin fish

J-28.03 Cooks fish

- cooking fin fish and their applications
- procedures used to cook fin fish and related dishes
- procedures used to handle, hold and store cooked fin fish and related dishes

J-28.04 Finishes fin fish

- finishing cooked and raw fin fish and their applications
- procedures used to finish cooked and raw fin fish and related dishes
- procedures used to handle, hold, serve and store cooked and raw fin fish and related dishes

Garde Manger – Theory

13 hours

- describe the classifications of salads, salad dressings, and sandwiches
- describe the common salad ingredients and procedures used for evaluating and preparing salad ingredients
- describe the common ingredients used in salad dressings and sandwiches
- describe the guidelines and principles for serving salads and sandwiches
- describe convenience products that can be substituted in salads, salad dressings, and sandwiches

Garde Manger – Practical

14 hours

- apply the classifications of salads, salad dressings, and sandwiches
- identify the common salad ingredients and procedures used for evaluating and preparing salad ingredients
- demonstrate the use of convenience products that can substituted in salads, salad dressings, and sandwiches
- prepares salads and sandwiches

RSOS topics covered in this section of training:

C-9 Prepares herbs and spices

C-9.01 Selects herbs and spices

- herbs and spices, their characteristics, applications, and procedures for use

C-9.02 Cleans herbs

- procedures used to clean herbs

C-9.03 Processes herbs and spices

- procedures used to process herbs and spices

C-10 Prepares vegetables

C-10.01 Selects vegetables

- vegetables, their characteristics, and applications

C-10.02 Cleans vegetables

- cleaning vegetables
- procedures used to clean vegetables
- procedures used to store cleaned vegetables

C-10.03 Processes vegetables

- processing vegetables
- procedures used to process vegetables
- storing processed vegetables

C-10.04 Cooks vegetables

- cooking vegetables
- procedures used to cook vegetables

C-10.05 Finishes vegetables

- procedures used to present and finish vegetables

C-11 Prepares Fruit

C-11.01 Selects fruit

- fruits, their characteristics and applications

C-11.02 Cleans fruit

- cleaning fruits
- procedures used to clean fruits
- storing cleaned fruits

C-11.03 Processes fruit

- processing fruits
- procedures used to process fruits
- storing processed fruits

C-11.04 Cooks fruit

- cooking fruits
- procedures used to cook fruits

C-11.05 Finishes fruit

- procedures used to present and finish fruits

K-31 Prepares condiments, preserves and dressings

K-31.01 Selects ingredients for condiments, preserves and dressings

- condiments, preserves and dressings, and their applications
- procedures used to select ingredients for condiments, preserves and dressings

K-31.02 Processes ingredients for condiments, preserves and dressings

- condiments, preserves and dressings, and their applications
- processing and finishing techniques used with ingredients for condiments, preserves and dressings
- procedures used to handle, hold, store, and package condiments, preserves and dressings

K-32 Prepares sandwiches

- K-32.01 Selects sandwich ingredients
 - sandwiches and their applications
 - procedures used to select ingredients for sandwiches
- K-32.02 Selects sandwich ingredients
 - sandwiches and their applications
 - procedures used to process ingredients for sandwiches
 - procedures used to handle, hold and store processed sandwich ingredients
- K-32.03 Selects sandwich ingredients
 - sandwiches and their applications
 - procedures used to assemble sandwiches
 - procedures to finish sandwiches
 - procedures used to handle, hold and store sandwiches
- K-32.04 Selects sandwich ingredients
 - cooked sandwiches and their applications
 - procedures used to cook and finish sandwiches

L-32 Prepares hors d'oeuvres and other finger foods

- L-32.01 Selects ingredients for hors d'oeuvres and other finger foods
 - hors d'oeuvres and other finger foods and their applications
 - procedures used to select ingredients for hors d'oeuvres and other finger foods
- L-32.02 Processes ingredients for hors d'oeuvres and other finger foods
 - hors d'oeuvres and other finger foods and their applications
 - procedures used to prepare hors d'oeuvres and other finger food ingredients
- L-32.03 Assembles hors d'oeuvres and other finger foods
 - hors d'oeuvres and other finger foods and their applications
 - procedures used to assemble hors d'oeuvres and other finger foods
- L-32.04 Cooks hors d'oeuvres and other finger foods
 - hors d'oeuvres and other finger foods and their applications
 - procedures used to cook hors d'oeuvres and other finger foods
- L-32.05 Finishes hors d'oeuvres and other finger foods
 - hors d'oeuvres and other finger foods and their applications
 - procedures used to finish hors d'oeuvres and other finger foods

L-33 Prepares charcuterie and cured products

- L-33.01 Selects ingredients for charcuterie and cured products
 - charcuterie and cured products and their applications
 - procedures used to select charcuterie and cured product ingredients
 - procedures used to handle charcuterie and cured product ingredients
- L-33.02 Processes ingredients for charcuterie and cured products
 - charcuterie and cured products and their applications
 - procedures used to process charcuterie and cured product ingredients
 - procedures used to handle and store charcuterie and cured product ingredients
- L-33.03 Cooks charcuterie and cured products
 - charcuterie and cured products and their applications
 - charcuterie and cured products
 - procedures used to handle and store charcuterie and cured product
- L-33.04 Finishes charcuterie and cured products
 - charcuterie and cured products and their applications
 - procedures used to finish charcuterie and cured products
 - procedures used to handle and store charcuterie and cured products



L-34 Prepares gels and glazes

L-34.01 Selects ingredients for gels and glazes

- gels and glazes and their applications
- procedures used to select ingredients for gels and glazes

L-34.02 Processes ingredients for gels a

- gels and glazes and their applications
- procedures used to prepare gels and glazes

L-34.03 Finishes gels and glazes

- finishing gels and glazes and their applications
- procedures used to finish gels and glazes
- procedures used to handle, hold, and store gels and glazes

Meats and Poultry – Theory

13 hours

- describe the composition and structure of meat and explain how they relate to meat selection and cooking methods
- explain the use of the federal meat inspection and grading system in selecting and purchasing meats
- explain the effect that aging has on meat and identify the two primary aging methods
- identify the primal cuts of beef, and pork and list the major fabricated cuts obtained from each of them
- explain classifications and market forms of poultry
- describe appropriate cooking methods for various cuts of meat
- describe the storage of fresh and frozen meats and poultry

Meats and Poultry – Practical

14 hours

- process beef
- process pork
- process poultry
- cook meats using dry heat cooking methods
- cook meats using moist heat cooking methods
- determine doneness in cooked meats
- store fresh meat and frozen meat

RSOS topics covered in this section of training:

I-25 Prepares meats and game meats

I-25.01 Selects meats

- meats and game meats and their applications
- procedures used to select meats and game meats

I-25.02 Processes meats

- meats and game meats and their applications
- aging process for meats and game meats
- procedures used to cut and process meats and game meats

I-25.03 Cooks meats

- meats and game meats and their applications
- procedures used to cook meats and game meats
- procedures used to handle, hold and store cooked meats, game meats and related dishes

I-25.04 Finishes meats

- meats and game meats
- procedures used to carve and portion meats and game meats
- presentation and finishing techniques
- procedures to handle, hold, serve and store cooked meats, game meats and related dishes

I-26 Prepares poultry and game birds

I-26.01 Selects poultry and game birds

- poultry and game birds and their applications
- procedures used to select poultry and game birds

I-26.02 Processes poultry and game birds

- poultry and game birds and their applications
- procedures used to process poultry and game birds

I-26.03 Cooks poultry and game birds

- poultry and game birds and related dishes
- procedures used to cook poultry and game birds
- procedures used to handle, hold, serve and store cooked poultry, game birds and related dishes

I-26.04 Finishes poultry and game birds

- procedures used to finish poultry and game birds
- procedures used to carve and portion cooked poultry and game birds
- finishing techniques
- procedures used to handle, hold, serve and store cooked poultry, game birds and related dishes

Occupational Skills

13 hours

- describe the procedures for observing sanitation in the kitchen
- describe the procedures for working safely in the kitchen
- describe the procedures of proper food safety
- describe the procedures for using knives, hand tools and small equipment
- describe kitchen equipment and its operation
- describe cooking utensils, containers, measuring devices and their uses
- describe the functions and use of information management in a kitchen
- describe the procedures for proper organized work in the kitchen
- describe WHIMIS in the kitchen
- describe the procedures of product management
- explain the procedures of trade activities in a kitchen
- explain the procedures of proper communication used in a kitchen

RSOS topics covered in this section of training:

A-1 Performs safety related functions

A-1.01 Maintains safe work environment

- industry standards and safe work practices
- kitchen sanitation standards
- procedures used to sanitize kitchens and equipment
- regulatory requirements pertaining to health and safety

A-1.02 Uses personal and protective equipment (PPE) and safety equipment

- PPE and safety equipment, their applications, maintenance and procedures for use
- regulatory requirements pertaining to PPE and safety equipment

A-1.03 Maintains personal hygiene

- personal hygiene principles and practices
- procedures to maintain personal hygiene
- jurisdictional regulations pertaining to health and safety

A-2 Practices food safety procedures

A-2.01 Maintains safe condition and temperature of raw and finished product

- safe conditions and temperatures of raw and finished products
- procedures used to maintain safe condition and temperature of raw and finished product
- regulatory requirements pertaining to safe food handling and storage techniques

A-2.02 Cools food rapidly

- methods used to cool foods rapidly
- jurisdictional regulations

A-2.03 Re-thermalizes foods

- principles of re-thermalizing food
- methods used to re-thermalize food
- regulatory requirements pertaining to safe food handling and storage techniques

A-2.04 Prevents cross-contamination

- preventing cross-contamination, and associated principles and practices
- dietary requirements
- regulatory requirements pertaining to safe food handling and storage techniques

A-2.05 Sanitizes tools and equipment

- sanitizing tools and equipment
- procedures used to sanitize tools and equipment
- regulatory requirements pertaining to sanitizing tools and equipment

B-3 Maintains tools and equipment

B-3.01 Maintains knives

- knives, their characteristics, and applications
- procedures to use knives

B-3.02 Maintains pots, pans, and utensils

- pots, pans and utensils, and their characteristics and applications
- procedures to use pots, pans, and utensils
- regulatory requirements regarding use of pots, pans, and utensils

B-3.03 Maintains equipment and appliances

- equipment and appliances, their accessories, and applications
- procedures to use and maintain equipment and appliances

B-4 Organizes work

B-4.01 Communicates with others

- trade terminology
- effective communication practices

B-4.02 Organizes kitchen workplace

- organizing and maintaining kitchen workspace
- procedures used to plan and maintain kitchen workspace
- safe work practices
- regulatory requirements pertaining to health and safety

B-5 Manages information

B-5.02 Uses documentation

- documents, forms and their applications and procedures for use procedures used for menu planning
- of regulatory requirements pertaining to health and safety

B-6 Manages products and supplies

B-6.02 Receives products and supplies

- receiving and inspecting products
- procedures used to receive and inspect products
- regulatory requirements pertaining to safe food handling practices

B-6.03 Stores products

- storing products
- procedures used to store products
- jurisdictional regulations pertaining to safe food storage practices

B-6.04 Maintains inventory

- maintaining inventory
- procedures used for inventory control
- jurisdictional regulations pertaining to safe food handling practices

B-7 Performs culinary trade activities

B-7.01 Uses recipes

- systems of measurement and their conversions
- procedures used to follow recipes

B-7.02 Performs portion control

- performing portion control and its associated applications
- systems of measurement and their conversions

B-7.03 Plates finished product

- plating and presenting finished products
- procedures used to plate and present finished products
- packaging finished products

B-7.04 Prepares convenience foods

- preparing convenience type product
- procedures used to apply convenience type products

Starches and Legumes – Theory

13 hours

- describe the classifications and characteristics for potatoes, rice, and commercial dried pasta
- describe the quality standards and storage procedures for potatoes, rice, commercial dried pasta, and other grains
- describe the procedures for handling, cooking, and serving potatoes, rice, other grains, and commercial dried pasta
- identify convenience products that can be substituted for potatoes
- describe the procedures for handling, preparing, cooking, and storing seeds and nuts
- describe the classifications and characteristics for potatoes, rice, dry pasta, and other grains
- describe the procedures for cooking and serving potatoes, rice, dry pasta, and other grains

Starches and Legumes – Practical

14 hours

- recognize the classifications and characteristics for potatoes, rice, and commercial dried pasta
- recognize the quality standards and storage procedures for potatoes, rice and commercial dried pasta and other grains
- demonstrate the procedures for handling, cooking, and serving potatoes, rice and commercial dried pasta
- demonstrate the procedures for preparing potato convenience products
- demonstrate the procedures for handling, preparing, cooking, and storing of seeds and nuts
- identify the characteristics of raw and cooked wild rice, brown rice, Thai rice, arborio rice, basmati rice, jasmine rice, and glutinous rice

- identify the characteristics of raw and cooked grains including buckwheat, barley, millet, and quinoa
- identify the characteristics for grains including corn, wheat, and couscous
- demonstrate the quality standards and storage procedures used for rice, fresh pasta, and other grains
- demonstrate the procedures for handling, cooking, and serving rice, and other grains

RSOS topics covered in this section of training:

TASK G-19 Prepares pastas and noodles

G-19.01 Selects pasta and noodle dish ingredients pastas and noodles and their applications

- procedures used to select ingredients for pasta and noodle dishes

G-19.02 Processes pastas and noodles pastas and noodles and their applications

- pastas and noodles and their applications
- procedures used to prepare pastas and noodles
- procedures used to handle and store prepared pastas and noodles

G-19.03 Cooks pastas and noodles

- pastas and noodles and their applications
- procedures used to cook pastas, noodles, and related dishes
- procedures used to handle and store cooked pastas, noodles, and related dishes

G-19.04 Finishes pastas and noodles pastas and noodles and their applications

- pastas and noodles and their applications
- procedures used to apply sauces, dressings, liquids, and components
- procedures used to finish pastas, noodles, and related dishes
- procedures used to handle, and store finished pastas, noodles, and related dishes

H TASK H-21 Prepares grains and pulses

H-21.01 Selects grains and pulses

- grains and pulses and their applications
- procedures used to select grains and pulses

H-21.02 Processes grains and pulses

- grains and pulses and their applications
- procedures used to clean grains and pulses

H-21.03 Cooks grains and pulses

- grains and pulses and their applications
- procedures used to prepare grains and pulses, and related dishes
- procedures to finish grains and seeds, and related dishes
- procedures used to cool or hold grains and pulses, and related dishes

TASK H-22 Prepares seeds and nuts

H-22.01 Selects seeds and nuts

- seeds and nuts, and their applications
- procedures used to select and handle seeds and nuts

H-22.02 Processes seeds and nuts

- seeds and nuts and their applications
- procedures used to process seeds and nuts
- procedures used to handle seeds and nuts

H-22.03 Cooks seeds and nuts

- pulses and nuts, and their applications
- procedures used to prepare seeds, nuts, and related dishes
- procedures used to finish seeds, nuts, and related dishes
- procedures used to handle and store cooked seeds, nuts, and related dishes

Stocks, Soups and Sauces – Theory**13 hours**

- describe the basic categories, ingredients, and procedures for preparing stocks, soups, and sauces
- describe the procedures used when preparing various thickening agents
- describe ingredients and procedures using thickening and binding agents
- describe the functions and standards of stocks, soups, and sauces
- describe the procedure for holding, serving, cooling, and storing basic stocks, soups, and sauces
- identify convenience products

Stocks, Soups and Sauces – Practical**14 hours**

- prepare stocks, soups, and sauces
- demonstrate the process for holding, serving, cooling, and storing stocks, soups, and sauces
- prepare thickening agents
- demonstrate procedures using thickening and binding agents
- prepare convenience products

RSOS topics covered in this section of training:**TASK D-13 Prepares stocks and broths**

D-13.01 Selects stock and broth ingredients

- stocks and broths, and their applications
- procedures used to select ingredients for stocks and broths

D-13.02 Processes stock and broth ingredients

- stocks and broths, and their applications
- procedures used to process ingredients for stocks and broths

D-13.03 Cooks stocks and broths

- stocks and broths, and their applications
- procedures used to prepare and cool stocks and broths

D-13 Prepares thickening and binding agents

D-13.01 Selects thickening and binding ingredients

- thickening and binding agents and their applications
- procedures used to select ingredients for thickening and binding agents

D-13.02 Processes thickening and binding ingredients

- thickening and binding agents and their applications
- procedures used to prepare thickening and binding agents

D-14 Prepares Soups

D-14.01 Selects soup ingredients

- soups and their applications
- procedures used to select soup ingredients

D-14.02 Processes soup ingredients

- soups and their applications
- procedures used to process ingredients for soups

D-14.03 Cooks soups

- soups and their applications
- procedures used to prepare soups

D-14.04 Finishes soups

- soups and their applications
- procedures used to complete soups



E-15 Prepares thickening and binding agents

E-15.01 Selects thickening and binding ingredients

- thickening and binding agents and their applications
- procedures used to select ingredients for thickening and binding agents

E-15.02 Processes thickening and binding ingredients

- thickening and binding agents and their applications
- procedures used to prepare thickening and binding agents

Trade Math

6 hours

- using Metric and US measurement systems, perform calculations using whole numbers, fractions, and percentages
- using Metric and US measurement systems, solve equations using whole numbers, fractions, and percentages
- using Metric and US measurement systems, perform calculations using weights and measures

RSOS topics covered in this section of training:

- this section of training exceeds the minimum sequencing as set out in the Cook RSOS

Vegetables and Fruit – Theory

13 hours

- describe the identification of vegetables in the onion, cabbage and roots and tubers families
- explain the principles and standards of fruit and vegetable cooking
- describe the procedures for cooking fruit and vegetables
- describe fresh fruit in citrus, pomes, and grape families
- identify the procedures for handling vegetable and fruit convenience products
- describe various herbs and spices and their qualities
- identify fresh vegetables in the leafy greens, tender fruited vegetables and seeds and pods families
- identify fresh fruit in the berry, melon, and stone fruits families
- describe the identification of fresh vegetables in the mushrooms, stalks, stems and shoots and gourd family
- describe the identification of fresh fruit in the tropical and exotic classifications

Vegetables and Fruit – Practical

14 hours

- identify vegetables in the onion, cabbage and roots and tubers families
- apply the principles and standards of fruit and vegetable cooking
- cook fruit and vegetables
- demonstrate how to evaluate and prepare fresh fruit in the citrus, pomes, and grapes families
- prepare vegetable and fruit convenience products
- identify various herbs and spices
- demonstrate how to evaluate and prepare fresh vegetables in the leafy greens, tender fruited vegetables and seeds and pods families
- demonstrate how to evaluate and prepare fresh fruit in the berry, melon, and stone fruits families
- demonstrate how to prepare fresh vegetables in the mushrooms, stalks, stems and shoots and gourd family
- demonstrate how to evaluate and prepare fresh fruit in the tropical and exotic classifications

RSOS topics covered in this section of training:

TASK C-10 Prepares herbs and spices

C-10.01 Selects herbs and spices

- herbs and spices, their characteristics, applications, and procedures for use

C-10.02 Cleans herbs

- procedures used to clean herbs

C-10.03 Processes herbs and spices

- procedures used to process herbs and spices

C-11 Prepares vegetables

C-11.01 Selects vegetables

- vegetables, their characteristics, and applications

C-11.02 Cleans vegetables

- cleaning vegetables
- procedures used to clean vegetables
- procedures used to store cleaned vegetables

C-11.03 Processes vegetables

- processing vegetables
- procedures used to process vegetables
- storing processed vegetables

C-11.04 Cooks vegetables

- cooking vegetables
- procedures used to cook vegetables

C-11.05 Finishes vegetables

- procedures used to present and finish vegetables

C-12 Prepares fruit

C-12.01 Selects fruit

- fruits, their characteristics and applications

C-12.02 Cleans fruit

- cleaning fruits
- procedures used to clean fruits
- storing cleaned fruits

C-12.03 Processes fruit

- processing fruits
- procedures used to process fruits
- storing processed fruits

C-12.04 Cooks fruit

- cooking fruits
- procedures used to cook fruits

C-12.05 Finishes fruit

- procedures used to present and finish fruits

Level One has no topics from the RSOS that are taught in Context:

For details regarding the In-Context Topic, see page 52

*Cook Hybrid Level One (1) Examination

Level One Practical Face-To-Face Weekend Sessions (Saturday and Sunday)

Weekends

- Cover the Following:
 - reviews learning outcomes of lessons of the past month
 - instruction in areas of current lessons which require face-to-face reinforcement
 - formal practical assessment of lessons covered in the past month
 - formal written examination of lessons covered in the past month
-

Hybrid Level Two

**20 weeks
and 100 hours
in-class training**

**20 Online lessons
240 hours**

Baked Goods and Desserts – Theory

28 hours

- describe dough-based products and yeast products
- describe the various makeup methods dough-based and yeast products
- describe the procedures for baking, serving, and storing baked goods and desserts
- describe the classification/procedures in the preparation of cookies and pies
- describe the classifications of batter-based cakes and icings
- describe the use of convenience products associated with baked goods and desserts
- describe creams, mousses, frozen desserts, toppings, and sugars

Baked Goods and Desserts – Practical

30 hours

- prepare dough-based products and yeast products
- demonstrate the various makeup methods dough-based and yeast products
- demonstrate the procedures for baking, serving, and storing baked goods and desserts
- demonstrate the use of convenience products associated with baked goods and desserts
- demonstrate the classifications /procedures in the preparation of cookies and pies

RSOS topics covered in this section of training:

M-36 Prepares dough-based products

M-36.01 Selects ingredients for dough

- doughs and dough-based products and their applications
- procedures used to select ingredients for doughs

M-36.02 Processes ingredients for dough

- doughs used for various dough-based products and their applications
- procedures used to process ingredients for doughs
- procedures used to handle, hold and store doughs

M-36.03 Cooks dough-based products

- doughs used for various dough-based products and their applications
- procedures used to cook dough

M-36.04 Finishes dough-based products

- dough-based products and their uses
- procedures used to finish dough-based products
- procedures used to handle and store doughs and dough-based products

M -37 Prepares batter-based products

M -37.01 Selects ingredients for batters

- batters and batter-based products and their applications
- procedures used to select ingredients for batters used for various batter-based products

M -37.02 Processes ingredients for batters

- batters used for various batter-based products and their applications
- procedures used to process ingredients for batters used for various batter-based products
- procedures used to handle, hold and store batters

M L-37.03 Cooks batter-based products

- batters used for various batter-based products and their applications
- procedures used to cook batter

M -37.04 Finishes batter-based products

- batter-based products and their uses
- procedures used to finish batter-based products
- procedures used to handle and store batters and batter-based products

M-38 Prepares creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works

M-38.01 Selects ingredients for creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works

- creams, mousses, frozen desserts, fillings, icings, toppings and sugar works and their applications
- procedures used to select ingredients for creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works
- procedures used to handle and store ingredients for creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works

M-38.03 Finishes creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works

- creams, mousses, frozen desserts, fillings, icings, toppings and sugar works and their applications
- procedures used to process ingredients for creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works
- procedures used to handle, package and store creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works

L-38.03 Finishes ingredients for creams, mousses, frozen desserts, filling, icings, toppings, and sugar works

- creams, mousses, frozen desserts, fillings, icings, toppings and sugar works and their applications
- procedures used to finish creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works
- procedures used to handle, package and store creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works

M-39 Assembles cakes

M-39.01 Selects cake components for assembly

- cakes, their components and applications
- procedures used to select cake components

M-39.02 Finishes cakes

- cakes, their components and applications
- procedures used to finish cakes
- knowledge of procedures used to handle and store cakes and their components

M-40 Prepares savoury and sweet pastries and pies

M-40.01 Selects ingredients for savoury and sweet pastries and pies

- savoury and sweet pastries and pies and fillings, and their applications
- procedures used to select ingredients for savoury and sweet pastries and pies

M-40.02 Assembles savoury and sweet pastries and pies

- savoury and sweet pastries and pies and fillings, and their applications
- procedures used to assemble savoury and sweet pastries and pies

M-40.03 Cooks savoury and sweet pastries and pies

- savoury and sweet pastries and pies and fillings, and their applications
- procedures used to cook savoury and sweet pastries and pies



M-40.04 Finishes savoury and sweet pastries and pies

- savoury and sweet pastries and pies and fillings, and their applications
 - procedures used to finish savoury and sweet pastries and pies
 - procedures used to hold, handle and store finished savoury and sweet pastries and pies
-

Fish and Seafood – Theory

23 hours

- identify fin fish
- describe processing methods of fin fish
- describe cooking methods of fin fish
- describe finishing methods of fin fish
- describe the common varieties of seafood
- describe the effects of cooking on the composition and structure of seafood
- describe the characteristics of seafood
- describe the appropriate cooking methods for various forms of seafood
- describe the procedures for storing and handling seafood

Fish and Seafood – Practical

20 hours

- selects fin fish
- processes fin fish
- cooks fin fish
- finishes fin fish
- process the common varieties of seafood
- demonstrate the effects of cooking on the composition and structure of seafood
- identify the characteristics of seafood
- apply the appropriate cooking methods for various forms of seafood
- apply the procedures for storing and handling seafood

RSOS topics covered in this section of training:

J – Fish and Shellfish

J-27 Prepares fin fish

J-27.01 Selects fish

- fin fish and their applications
- procedures used to select fin fish
- procedures used to handle raw fin fish

J-27.02 Processes fish

- fin fish and their applications
- procedures used to process fin fish

J-27.03 Cooks fin fish

- cooking fin fish and their applications
- procedures used to cook fin fish and related dishes
- procedures used to handle, hold, and store cooked fin fish and related dishes

J-27.04 Finishes fin fish

- finishing cooked and raw fin fish and their applications
- procedures used to finish cooked and raw fin fish and related dishes
- procedures used to handle, hold, serve and store cooked and raw fin fish and related dishes

J-28 Prepares seafood

J-28.01 Selects seafood

- seafood and their applications
- procedures used to select seafood

J-28.02 Processes seafood

- processing seafood and their applications
- procedures used to process seafood
- procedures used to store raw and cooked seafood

J-28.03 Cooks seafood

- seafood and their applications
- procedures used to cook seafood
- procedures used to handle, hold, and store cooked seafood

J-28.04 Finishes seafood

- seafood and their applications
- procedures used to finish seafood and seafood dishes
- procedures used to handle, hold, serve, and store seafood

Meats, Poultry and Alternative Proteins – Theory

28 hours

- identify the classifications and characteristics of domestic poultry products including turkey, duck, and goose
- describe appropriate cooking methods for turkey, duck & goose
- identify the grades and market forms of lamb
- select appropriate cooking methods for lamb
- identify procedures for storing meats and poultry
- identify alternative proteins
- describe procedures for using marinades, rubs and brines

Meats, Poultry and Alternative Proteins – Practical

20 hours

- Process domestic poultry products
- select appropriate cooking methods for turkey, duck, and goose
- process lamb
- demonstrate the procedures for storing domestic poultry products and lamb
- prepares alternative proteins
- demonstrates procedures for using marinades, rubs and brines

RSOS topics covered in this section of training:

H-23 Prepares alternative proteins

H-23.01 Selects alternative proteins

- alternative proteins and their applications
- procedures used to select alternative proteins
- procedures used to handle and store alternative proteins

I-25 Prepares meats and game meats

I-25.01 Selects meats

- meats and game meats and their applications
- procedures used to select meats and game meats

I-25.02 Processes meats

- meats and game meats and their applications
- aging process for meats and game meats
- procedures used to cut and process meats and game meats

I-25.03 Cooks meats

- meats and game meats and their applications
- procedures used to cook meats and game meats
- procedures used to handle, hold, and store cooked meats, game meats and related dishes

- I-25.04 Finishes meats
- meats and game meats
 - procedures used to carve and portion meats and game meats
 - presentation and finishing techniques
 - procedures to handle, hold, serve, and store cooked meats, game meats and related dishes

I-26 Prepares poultry and game birds

- I-26.01 Selects poultry and game birds
- poultry and game birds and their applications
 - procedures used to select poultry and game birds
- I-26.02 Processes poultry and game birds
- poultry and game birds and their applications
 - procedures used to process poultry and game birds
- I-26.03 Cooks poultry and game birds
- poultry and game birds and related dishes
 - procedures used to cook poultry and game birds
 - procedures used to handle, hold, serve, and store cooked poultry, game birds and related dishes
- I-26.04 Finishes poultry and game birds
- procedures used to finish poultry and game birds
 - procedures used to carve and portion cooked poultry and game birds
 - finishing techniques
 - procedures used to handle, hold, serve, and store cooked poultry, game birds and related dishes

Occupational Skills

10 hours

- food presentation and garnishing

RSOS topics covered in this section of training:

B-7 Performs trade activities

- B-7.03 Presents finished product
- plating and presenting finished products
 - procedures used to plate and present finished products

Pastas and Dumplings – Theory

23 hours

- describe the characteristics of fresh pasta.
- describe the quality standards and storage procedures used for fresh pasta and dumplings
- describe the procedure for making dumplings.
- identify convenience products that can be used in substitution of fresh pasta and dumpling

Pastas and Dumplings – Practical

20 hours

- prepare fresh egg pasta and dumplings
- apply the quality standards and storage procedures used for fresh pasta and dumplings
- apply the procedures for handling, cooking, and serving fresh pasta and dumplings
- prepare convenience products that can be used in substitution of fresh pasta and dumplings

RSOS topics covered in this section of training:

G – Pastas, Noodles, Stuffed Pastas, and Dumplings

G-19 Prepares pastas and noodles

G-19.01 Selects pasta and noodle dish ingredients pastas and noodles and their applications

- procedures used to select ingredients for pasta and noodle dishes

G-19.02 Processes pastas and noodles pastas and noodles and their applications

- pastas and noodles and their applications
- procedures used to prepare pastas and noodles
- procedures used to handle and store prepared pastas and noodles

G-19.03 Cooks pastas and noodles

- pastas and noodles and their applications
- procedures used to cook pastas, noodles, and related dishes
- procedures used to handle and store cooked pastas, noodles, and related dishes

G-19.04 Finishes pastas and noodles pastas and noodles and their applications

- pastas and noodles and their applications
- procedures used to apply sauces, dressings, liquids, and components
- procedures used to finish pastas, noodles, and related dishes
- procedures used to handle, and store finished pastas, noodles, and related dishes

G-20 Prepares stuffed pastas and dumplings

G-20.01 Selects stuffed pasta and dumpling ingredients

- stuffed pastas and their applications
- dumplings and their applications
- procedures used to select ingredients for stuffed pastas
- procedures used to select ingredients for dumplings

G-20.02 Processes stuffed pastas and dumplings

- stuffed pastas and their applications
- dumplings and their applications
- procedures used to prepare stuffed pastas
- procedures used to prepare dumplings
- procedures used to handle, and store prepared stuffed pastas
- procedures used to handle and store prepared dumplings

G-20.03 Cooks stuffed pastas and dumplings

- stuffed pastas and their applications
- dumplings and their applications
- procedures used to cook stuffed pastas and related dishes
- procedures used to cook dumplings and related dishes
- procedures used to handle, and store cooked stuffed pastas and related dishes
- procedures used to handle and store cooked dumplings and related dishes

G-20.04 Finishes stuffed pastas and dumplings

- stuffed pastas and their applications
- dumplings and their applications
- procedures used to finish stuffed pastas
- procedures used to finish dumplings
- procedures used to handle, and store finished stuffed pastas
- procedures used to handle, and store finished dumplings
- stuffed pastas and their applications

Stocks, Soups and Sauces – Theory

18 hours

- describe the categories, ingredients, and procedures for preparing soups and sauces
- describe the functions and standards of soups and sauces
- describe the finishing techniques used in sauce making
- identify convenience products
- describe the categories, ingredients, and procedures for preparing specialty soups
- describe the functions and standards of specialty soups
- describe the finishing techniques used with specialty soups
- describe the procedures for handling, serving, holding, and storing soups and sauces
- identify convenience products used to substitute for soups

Stocks, Soups and Sauces – Practical

20 hours

- prepares soups and sauces
- demonstrates finishing techniques used in sauce making
- prepare convenience products
- demonstrate the process for preparing specialty soups
- demonstrate the finishing techniques used with specialty soups
- demonstrate the process for holding, serving, cooling, and storing soups and sauces
- apply the categories, ingredients, and procedures for preparing specialty sauces
- apply the functions and standards of specialty sauces

RSOS topics covered in this section of training:

D-13 Prepares stocks and broths

D-13.01 Selects stock and broth ingredients

- stocks and broths, and their applications
- procedures used to select ingredients for stocks and broths

D-13.02 Processes stock and broth ingredients

- stocks and broths, and their applications
- procedures used to process ingredients for stocks and broths

D-13.03 Cooks stocks and broths

- stocks and broths, and their applications
- procedures used to prepare and cool stocks and broths

D-13 Prepares thickening and binding agents

D-13.01 Selects thickening and binding ingredients

- thickening and binding agents and their applications
- procedures used to select ingredients for thickening and binding agents

D-13.02 Processes thickening and binding ingredients

- thickening and binding agents and their applications
- procedures used to prepare thickening and binding agents

D-14 Prepares Soups

D-14.01 Selects soup ingredients

- soups and their applications
- procedures used to select soup ingredients

D-14.02 Processes soup ingredients

- soups and their applications
- procedures used to process ingredients for soups

D-14.03 Cooks soups

- soups and their applications
- procedures used to prepare soups

D-14.04 Finishes soups

- soups and their applications
- procedures used to complete soups

E – Sauces

E-15 Prepares thickening and binding agents

E-15.01 Selects thickening and binding ingredients

- thickening and binding agents and their applications
- procedures used to select ingredients for thickening and binding agents

E-15.02 Processes thickening and binding ingredients

- thickening and binding agents and their applications
- procedures used to prepare thickening and binding agents

E-16 Prepares sauces

E-16.01 Selects sauce ingredients

- sauces and their applications
- procedures used to select sauce ingredients

E-16.02 Processes sauce ingredients

- sauces and their applications
- procedures used to process ingredients for sauces

E-16.03 Cooks sauces

- sauces and their applications
- procedures used to prepare sauces

E-16.04 Finishes sauces

- sauces and their applications
- procedures used to finish, hold, and store sauces

Level Two topics from the RSOS that are taught in Context:

Food Safety Procedures

Fruit

Vegetables

For details regarding the In-Context Topic, see page 52

***Cook Hybrid Level Two (2) Examination**

Level Two Practical Face-To-Face Weekend Sessions (Saturday and Sunday)

Weekends

- Cover the Following:
 - reviews learning outcomes of lessons of the past month
 - instruction in areas of current lessons which require face-to-face reinforcement
 - formal practical assessment of lessons covered in the past month
 - formal written examination of lessons covered in the past month

Hybrid Level Three	20 weeks and 100 hours in-class training	20 online lessons 240 hours
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Baked Goods and desserts – Theory

30 hours

- describe the classifications and ingredients of chocolate desserts
- describe the principles associated with ingredients used in the preparation of chocolate desserts
- describe how to apply quality standards to finished products
- describe the procedures used for the planning, presenting, and storing of finished desserts
- describe the use of convenience products associated with these desserts
- describe the classification/procedures in the preparation of batter-based quick breads
- describe the principles associated with the classifications of custards and pastries, creams, mousses, frozen desserts, toppings, and sugars
- describe the quality standards to finished creams, mousses, frozen desserts, toppings, and sugars
- explain convenience products associated with these desserts
- explain the ingredients used for dough-based products
- describe how to process the ingredients for dough-based products
- describe the baking procedure for dough-based products
- describe the finishing procedures for dough-based products
- describe how to select ingredients for batter-based products
- describe how to process the ingredients for batter-based products
- describe how to bake/cook batter-based products
- explain how to finish batter-based products
- describe the classifications/procedures in the preparation of cookies and pies

Baked Goods and desserts – Practical

30 hours

- prepares, chocolate desserts
- apply the principles associated with the classifications of custards and pastries, creams, mousses, frozen desserts, toppings, and sugars
- demonstrate the quality standards to finished creams, mousses, frozen desserts, toppings, and sugars
- demonstrate the procedures used for planning, presenting, and storing of finished desserts
- prepare convenience products associated with these desserts
- prepare dough and batter classifications for cookies and pies by applying the appropriate procedures for processing, mixing and make up.
- selects ingredients for dough-based products
- processes ingredients for dough-based products
- bakes dough-based products
- finishes dough-based products
- selects ingredients for batter-based products
- processes ingredients for batter-based products
- bakes/cooks batter-based products
- finishes batter-based products
- prepares cookies and pie convenience products



RSOS topics covered in this section of training:

M-36 Prepares dough-based products

M-36.01 Selects ingredients for dough

- doughs and dough-based products and their applications
- procedures used to select ingredients for doughs

M-36.02 Processes ingredients for dough

- doughs used for various dough-based products and their applications
- procedures used to process ingredients for doughs
- procedures used to handle, hold, and store doughs

M-36.03 Cooks dough-based products

- doughs used for various dough-based products and their applications
- procedures used to cook dough

M-36.04 Finishes dough-based products

- dough-based products and their uses
- procedures used to finish dough-based products
- procedures used to handle and store doughs and dough-based products

M-37 Prepares batter-based products

M-37.01 Selects ingredients for batters

- batters and batter-based products and their applications
- procedures used to select ingredients for batters used for various batter-based products

M-37.02 Processes ingredients for batters

- batters used for various batter-based products and their applications
- procedures used to process ingredients for batters used for various batter-based products
- procedures used to handle, hold, and store batters
- M L-37.03 Cooks batter-based products

- batters used for various batter-based products and their applications
- procedures used to cook batter

M-37.04 Finishes batter-based products

- batter-based products and their uses
- procedures used to finish batter-based products
- procedures used to handle and store batters and batter-based products

M-38 Prepares creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works

M-38.01 Selects ingredients for creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works

- creams, mousses, frozen desserts, fillings, icings, toppings and sugar works and their applications
- procedures used to select ingredients for creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works
- procedures used to handle and store ingredients for creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works

M-38.02 Processes ingredients for creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works

- creams, mousses, frozen desserts, fillings, icings, toppings and sugar works and their applications
- procedures used to process ingredients for creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works
- procedures used to handle, package and store creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works

M-38.03 Finishes creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works

- creams, mousses, frozen desserts, fillings, icings, toppings and sugar works and their applications
- procedures used to process ingredients for creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works
- procedures used to handle, package and store creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works

M-40 Prepares savoury and sweet pastries and pies

M-40.01 Selects ingredients for savoury and sweet pastries and pies

- savoury and sweet pastries and pies and fillings, and their applications
- procedures used to select ingredients for savoury and sweet pastries and pies

M-40.02 Assembles savoury and sweet pastries and pies

- savoury and sweet pastries and pies and fillings, and their applications
- procedures used to assemble savoury and sweet pastries and pies

M-40.03 Cooks savoury and sweet pastries and pies

- savoury and sweet pastries and pies and fillings, and their applications
- procedures used to cook savoury and sweet pastries and pies

M-40.04 Finishes savoury and sweet pastries and pies

- savoury and sweet pastries and pies and fillings, and their applications
- procedures used to finish savoury and sweet pastries and pies
- procedures used to hold, handle and store finished savoury and sweet pastries and pies

M-41 Prepares chocolate

M-41.01 Selects chocolate and ingredients

- chocolate and its applications
- procedures used to select types of chocolate
- procedures used to select ingredients

M-41.02 Processes chocolate

- chocolate and its applications
- procedures used to process chocolate

M-41.03 Finishes chocolate

- chocolate and its applications
- finishing techniques used to finish chocolate
- procedures used to hold and store chocolate

Cheese, Dairy, Plant-Based Dairy Alternatives – Theory

17 hours

- describe the identification of market forms of cheese and plant-based dairy alternative products
- describe the principles of cooking with cheese and plant-based dairy alternative products
- describe the process for serving cheeses and plant-based dairy alternative products
- describe the use of convenience products associated with cheese
- describe coffee and tea varieties and market forms, and preparation
- describe the procedure for cooking and serving egg dishes
- explain the categories of milk, cream, and butter products (non-cheese)
- explain the principles of cooking with dairy products
- describe convenience products substituted for dairy

Cheese, Dairy, Plant-Based Dairy Alternatives – Practical

14 hours

- identification of market forms of cheese products and plant based alternative products
- demonstrate application of the principles of cooking with cheese products and plant based alternative products
- serves cheeses and plant based alternative products
- demonstrate the use of convenience products associated with cheese
- identify the variety and market forms of coffee and tea varieties and market forms, and preparation
- demonstrate the principles and procedures for cooking and serving egg dishes

- identify the categories of milk, cream, and butter products
- apply the principles of cooking with dairy products
- prepare convenience products associated with dairy, substituted for dairy, and hot beverages
- identify the composition, varieties, serving and storage methods of cheeses

RSOS topics covered in this section of training:

F-17 Uses cheese, dairy products, and plant-based dairy alternative products

F-17.01 Selects cheese, dairy, and plant-based dairy alternative ingredients

- cheeses, dairy and plant-based dairy alternatives, and their applications
- procedures used to handle and store dairy and plant-based dairy alternatives
- manufacturing process of dairy products
- selecting plant-based dairy alternatives

F-17.02 Processes cheese, dairy, and plant-based dairy alternative ingredients

- cheeses, dairy and plant-based dairy alternatives, and their applications
- procedures to process ingredients for dairy and plant-based dairy alternative dishes
- procedures used to handle and store dairy and plant-based dairy alternative products
- manufacturing process of dairy products
- processing plant-based dairy alternative products

F-17.03 Finishes cheese, dairy, and plant-based dairy alternative products

- cheeses, dairy and plant-based dairy alternative products, and their applications
- procedures to apply finishing techniques to dairy and plant-based dairy alternative dishes
- procedures used to handle and store dairy and plant-based dairy alternative products
- manufacturing process of dairy products

Game, Variety Meats and Alternative Proteins – Theory

21 hours

- identify varieties, characteristics of game and specialty poultry
- identify market forms of game and specialty poultry
- select appropriate cooking methods for game and specialty poultry
- identify varieties, characteristics of variety meats
- identify market forms of variety meats
- select appropriate cooking methods for variety meats
- describe the varieties and characteristics of alternative proteins
- explain the market forms of alternative proteins
- describe appropriate cooking methods for alternative proteins

Game, Variety Meats and Alternative Proteins – Practical

14 hours

- identify varieties, characteristics of game and specialty poultry
- identify market forms of game and specialty poultry
- demonstrate appropriate cooking methods for game and specialty poultry
- identify varieties, characteristics of variety meats
- identify market forms of variety meats
- demonstrate appropriate cooking methods for variety meats
- identify the varieties and characteristics of alternative proteins
- identify market forms of alternative proteins
- demonstrate appropriate cooking methods for alternative proteins

RSOS topics covered in this section of training:

H-23 Prepares alternative proteins

H-23.01 Selects alternative proteins

- alternative proteins and their applications
- procedures used to select alternative proteins
- procedures used to handle and store alternative proteins

H-23.02 Processes alternative proteins

- alternative proteins and their applications
- procedures used to process alternative proteins
- procedures used to handle and store alternative proteins

H-23.03 Cooks alternative proteins

- alternative proteins and their applications
- procedures used to cook alternative proteins
- procedures used to finish alternative proteins, and related dishes
- procedures used to handle, and store cooked alternative proteins and related dishes

I-24 Prepares meats and game meats

I-24.01 Selects meats and game meats

- meats and game meats and their applications
- procedures used to select meats and game meats

I-24.02 Processes meats and game meats

- meats and game meats and their applications
- aging process for meats and game meats
- procedures used to cut and process meats and game meats

I-24.03 Cooks meats and game meats

- meats and game meats and their applications
- procedures used to cook meats and game meats
- procedures used to handle, hold, and store cooked meats, game meats and related dishes

I-24.04 Finishes meats and game meats

- meats and game meats
- meats and game meats
- presentation and finishing techniques
- procedures used to handle, hold, serve, and store cooked meats, game meats and related dishes

I-25 Prepares poultry and game birds

I-25.01 Selects poultry and game birds

- poultry and game birds and their applications
- procedures used to select poultry and game birds

I-25.02 Processes poultry and game birds

- poultry and game birds and their applications
- procedures used to process poultry and game birds

I-25.03 Cooks poultry and game birds

- poultry and game birds and related dishes
- procedures used to cook poultry and game birds
- procedures used to handle, hold, serve, and store cooked poultry, game birds and related dishes

I-25.04 Finishes poultry and game birds

- procedures used to finish poultry and game birds
- procedures used to carve and portion cooked poultry and game birds
- finishing techniques
- procedures used to handle, hold, serve, and store cooked poultry, game birds and related dishes

I-26 Prepares variety meats

I-26.01 Selects variety meats

- variety meats and their applications
- procedures used to select variety meats

I-26.02 Processes variety meats

- variety meats and their applications
- procedures used to process variety meats

I-26.03 Cooks variety meats

- variety meats
- procedures used to cook variety meats

I-26.04 Finishes variety meats

- variety meats
 - procedures used to portion cooked variety meats
 - finishing techniques
 - procedures used to handle, hold, serve and store cooked variety meats and related dishes
-

Garde Mange – Theory

22 hours

- describe the handling and service of cured smoked meats including pâtés and terrines
- describe the ingredients and methods used for curing and smoking meats
- describe the ingredients and methods for making sausages
- describe the procedures for smoking and cooking fresh, cured, and smoked sausages
- describe the types, ingredients, preparation methods and uses of aspics and chaud-froid
- the learner will describe the types, ingredients, preparation methods and uses of aspics and chaud-froid
- describe the types, ingredients, ratios, preparation methods and uses of cooked and raw forcemeats
- describe the ingredients, and preparation methods of foie gras, liver terrines, and rillettes
- describe the guidelines for salad bar planning
- describe cold food presentation and buffet service
- describe the guidelines for buffet arrangement and appearance
- describe the different varieties of hot and cold hors d'oeuvres
- describe the function and service of hot and cold hors d'oeuvres
- describe the fundamentals of cold platter presentation
- describe ingredients for condiments, preserves and dressings
- describe how to process ingredients for condiments, preserves and dressings
- explain how to select and process ingredients for gels and glazes

Garde Mange – Practical

20 hours

- demonstrate the handling and service of cured smoked meats including pâtés and terrines
- prepare and cook cured and smoked meats
- prepare aspics and chaud-froids
- prepare cooked and raw forcemeats
- prepare foie gras, liver terrines, and rillettes
- demonstrate the procedures for keeping a salad bar attractive
- demonstrate cold food presentation and buffet service
- demonstrate the guidelines used for buffet arrangement and appearance



- prepare a variety of hot and cold hors d'oeuvres
- apply the fundamentals of cold platter presentation
- prepares ingredients for condiments, preserves and dressings
- processes ingredients for condiments, preserves and dressings
- selects and processes ingredients for gels and glazes

RSOS topics covered in this section of training:

K-31 Prepares condiments, preserves and dressings

K-31.01 Selects ingredients for condiments, preserves and dressings

- condiments, preserves and dressings, and their applications
- procedures used to select ingredients for condiments, preserves and dressings

K-31.02 Processes ingredients for condiments, preserves and dressings

- condiments, preserves and dressings, and their applications
- processing and finishing techniques used with ingredients for condiments, preserves and dressings
- procedures used to handle, hold, store, and package condiments, preserves and dressings

L-32 Prepares hors d'oeuvres and other finger

L-32.01 Selects ingredients for hors d'oeuvres and other finger foods

- hors d'oeuvres and other finger foods and their applications
- procedures used to select ingredients for hors d'oeuvres and other finger foods

L-32.02 Processes ingredients for hors d'oeuvres and other finger foods

- hors d'oeuvres and other finger foods and their applications
- procedures used to prepare hors d'oeuvres and other finger food ingredients

L-32.03 Assembles hors d'oeuvres and other finger foods

- hors d'oeuvres and other finger foods and their applications
- procedures used to assemble hors d'oeuvres and other finger foods

L-32.04 Cooks hors d'oeuvres and other finger foods

- hors d'oeuvres and other finger foods and their applications
- procedures used to cook hors d'oeuvres and other finger foods

L-32.05 Finishes hors d'oeuvres and other finger foods

- hors d'oeuvres and other finger foods and their applications
- procedures used to finish hors d'oeuvres and other finger foods

L-33.01 Selects ingredients for charcuterie and cured products

- charcuterie and cured products and their applications
- procedures used to select charcuterie and cured product ingredients
- procedures used to handle charcuterie and cured product ingredients

L-33.02 Processes ingredients for charcuterie and cured products

- charcuterie and cured products and their applications
- procedures used to process charcuterie and cured product ingredients
- procedures used to handle and store charcuterie and cured product ingredients

L-33.03 Cooks charcuterie and cured products

- charcuterie and cured products and their applications
- procedures used to cook charcuterie and cured products
- procedures used to handle and store charcuterie and cured products

L-33.04 Finishes charcuterie and cured products

- charcuterie and cured products and their applications
- procedures used to finish charcuterie and cured products
- procedures used to handle and store charcuterie and cured products

L-34 Prepares gels and glazes

L-34.01 Selects ingredients for gels and glazes

- gels and glazes and their applications
- procedures used to select ingredients for gels and glazes

L-34.02 Processes ingredients for gels and glazes

- gels and glazes and their applications
- procedures used to prepare gels and glazes

L-34.03 Finishes gels and glazes

- finishing gels and glazes and their applications
 - procedures used to finish gels and glazes
 - procedures used to handle, hold, and store gels and glazes
-

Occupational Skills

10 hours

- explain the fundamental principles of nutrition including allergy types and adaptive cooking
- describe the fundamental principles of menu planning including menu styles, balance and types of service, and menu terminology
- review cost controls including cost factors, cost projections and cost controls
- identify inventory control procedures
- maintenance procedures for kitchen tools and equipment
- describe the procedures for procurement
- explain production scheduling procedures
- describe how to adapt kitchen practices to meet dietary requirements
- explain how to select ingredients to meet dietary requirements
- describe how to prepare foods to meet dietary requirements
- food presentation and garnishing
- explain the procedures of proper mentoring used in a kitchen

RSOS topics covered in this section of training:

B-4 Organizes work

B-4.02 Schedules production

- food preparation and service procedures
- task sequencing for food preparation
- procedures used for task sequencing for food preparation
- kitchen management principles

B-5 Manages information

B-5.01 Plans menu and mise en place

- principles of menu planning
- procedures used for menu planning
- standardized recipes
- procedures used to determine mise en place requirements

B-5.02 Uses documentation

- documents, forms and their applications and procedures for use
- regulatory requirements pertaining to health and safety

B-6 Manages products

B-6.01 Orders products

- vendors and products
- procedures used to order products

B-6.04 Maintains inventory

- maintaining inventory
- procedures used for inventory control
- jurisdictional regulations pertaining to safe food handling practices

B-7 Performs trade activities

B-7.03 Presents finished product

- plating and presenting finished products
- procedures used to plate and present finished products
- packaging finished products

B-8 Adapts cooking practices to meet dietary requirements

B-8.01 Adapts kitchen practices to meet dietary requirements

- adapting food practices to dietary requirements
- procedures used to modify preparation areas

B-8.02 Selects ingredients to meet dietary requirements

- selecting ingredients to meet dietary requirements

B-8.03 Prepares food to meet dietary requirements

- preparing food to meet dietary requirements
- procedures used to prepare food to meet dietary requirements

B-9 Uses communication and mentoring techniques

B-9.02 Uses mentoring techniques

- strategies for learning skills in workplace
- strategies for teaching skills in the workplace

Sauces – Theory

17 hours

- describe the categories, ingredients, and procedures for preparing specialty sauces
- describe the functions and standards of specialty sauces
- describe the finishing techniques used with specialty sauces
- describe the procedure for holding, serving, and storing sauces
- identify convenience products used to substitute for sauces

Sauces – Practical

14 hours

- prepare specialty sauces
- demonstrate process for holding, serving, cooling, storing sauces
- prepare convenience products used to substitute for sauces
- demonstrates finishing techniques used in sauce making

RSOS topics covered in this section of training:

E-16 Prepares sauces

E-16.02 Processes sauce ingredients

- sauces and their applications
- procedures used to process ingredients for sauces

E-16.03 Cooks sauces

- sauces and their applications
- procedures used to prepare sauces

E-16.04 Finishes sauces

- sauces and their applications
- procedures used to finish, hold, and store sauces

Seafood – Theory

17 hours

- describe the common varieties of seafood
- describe the basic market forms of seafood
- explain the effects of cooking on the composition and structure of seafood
- describe the characteristics of seafood
- explain the appropriate cooking methods for various forms of seafood
- describe the procedures for storing and handling seafood

Seafood – Theory

14 hours

- identify the common varieties of seafood
- identify the basic market forms of seafood
- demonstrate the effects of cooking on the composition and structure of seafood
- demonstrate the appropriate cooking methods for various forms of seafood
- demonstrate the procedures for storing and handling seafood

RSOS topics covered in this section of training:

J-Fish and Seafood

J-28 Prepares seafood

J-28.01 Selects seafood

- seafood and their applications
- procedures used to select seafood

J-28.02 Processes seafood

- processing seafood and their applications
- procedures used to process seafood
- procedures used to store raw and cooked seafood

J-28.03 Cooks seafood

- seafood and their applications
- procedures used to cook seafood
- procedures used to handle, hold, and store cooked seafood

J-28.04 Finishes seafood

- seafood and their applications
- procedures used to finish seafood and seafood dishes
- procedures used to handle, hold, serve and store seafood

Level Three topics from the RSOS that are taught in Context:

Food Safety Procedures

Prepares Fruit

Prepares Soups

Prepares Thickening and Binding Agents

Cakes Assembly

For details regarding the In-Context Topic, see page 52

*Cook Hybrid Level Three (3) Examination

Level Three Practical Face-To-Face Weekend Sessions (Saturday and Sunday)

Weekends

- Cover the Following:
 - reviews learning outcomes of lessons of the past month
 - instruction in areas of current lessons which require face-to-face reinforcement
 - formal practical assessment of lessons covered in the past month
 - formal written examination of lessons covered in the past month
-

In Context Topics

In context means learning that has already taken place and is being applied to the applicable task. Learning outcomes for in context topics are accomplished in other topics in that level.

A-2 Practices food safety procedures

A-2.01 Maintains safe condition and temperature of raw and finished product

- safe conditions and temperatures of raw and finished products
- procedures used to maintain safe condition and temperature of raw and finished product
- regulatory requirements pertaining to safe food handling and storage techniques

A-2.02 Cools food rapidly

- methods used to cool foods rapidly
- jurisdictional regulations

A-2.03 Re-thermalizes foods

- principles of re-thermalizing food
- methods used to re-thermalize food

A-2.04 Prevents cross-contamination

- preventing cross-contamination, and associated principles and practices
- dietary requirements
- regulatory requirements pertaining to safe food handling and storage techniques

A-2.05 Cleans tools and equipment

- cleaning tools and equipment
- procedures used to clean tools and equipment
- regulatory requirements pertaining to cleaning tools and equipment

A-2.06 Sanitizes tools and equipment

- sanitizing tools and equipment
- procedures used to sanitize tools and equipment
- regulatory requirements pertaining to sanitization of tools and equipment

C-10 Prepares herbs and spices

C-10.01 Selects herbs and spices

- herbs and spices, their characteristics, applications, and procedures for use

C-10.02 Cleans herbs

- procedures used to clean herbs

C-10.03 Processes herbs and spices

- procedures used to process herbs and spices

C-11 Prepares vegetables

C-11.01 Selects vegetables

- vegetables, their characteristics, and applications

C-11.02 Cleans vegetables

- cleaning vegetables
- procedures used to clean vegetables
- procedures used to store cleaned vegetables

C-11.03 Processes vegetables

- processing vegetables
- procedures used to process vegetables
- storing processed vegetables

C-11.04 Cooks vegetables

- cooking vegetables
- procedures used to cook vegetables



C-11.05 Finishes vegetables

- procedures used to present and finish vegetables

C- 12 Prepares fruit

C-12.01 Selects fruit

- fruits, their characteristics and applications

C-12.02 Cleans fruit

- cleaning fruits
- procedures used to clean fruits
- storing cleaned fruits describe procedures used for secondary storage to preserve quality of fruit

C-12.03 Processes fruit

- processing fruits
- procedures used to process fruits
- storing processed fruits

C-12.04 Cooks fruit

- cooking fruits
- procedures used to cook fruits

C-12.05 Finishes fruit

- procedures used to present and finish fruits

D-14 Prepares Soups

D-14.01 Selects soup ingredients

- soups and their applications
- procedures used to select soup ingredients

D-14.02 Processes soup ingredients

- soups and their applications
- procedures used to process ingredients for soups

D-14.03 Cooks soups

- soups and their applications
- procedures used to prepare soups

D-14.04 Finishes soups

- soups and their applications
- procedures used to complete soups

E – Sauces

E-15 Prepares thickening and binding agents

E-15.01 Selects thickening and binding ingredients

- thickening and binding agents and their applications
- procedures used to select ingredients for thickening and binding agents

E-15.02 Processes thickening and binding ingredients

- thickening and binding agents and their applications
- procedures used to prepare thickening and binding agents
- procedures used to prepare thickening and binding agents

M-39 Assembles cakes

M-39.01 Selects cake components for assembly

- cakes, their components and applications
- procedures used to select cake components

M-39.02 Finishes cakes

- cakes, their components and applications
- procedures used to finish cakes
- procedures used to handle and store cakes and their components



APPENDIX A: POST HARMONIZATION TRAINING PROFILE CHART

This chart which outlines the finalized model for SATCC technical training sequencing with a cross reference to the Harmonized apprenticeship technical training sequencing, at the topic level.

Implementation for harmonization was implemented progressively. Level one was implemented in 2020/2021, level two in 2021/2022, and level three 2022/2023.

SATCC Level One	Transcript Code	Hours	Pan-Canadian Harmonized Level One
Baked Goods and Desserts	CKNG 124 – Theory	17	Batter Based Goods
	CKNG 125 – Practical	16	Dough Based Goods
Cheese, Dairy, Plant-Based Dairy Alternatives	CKNG 126 – Theory	13	Cheese, Dairy, Plant Based Dairy Alternatives
	CKNG 127– Practical	14	
Fish and Shellfish	CKNG 120 – Theory	12	Finfish
	CKNG 121 – Practical	14	
Garde Manger	CKNG 128 – Theory	13	Sandwiches
	CKNG 129 – Practical	14	Salads
Meat and Poultry	CKNG 134 – Theory	13	Meats
	CKNG 135 – Practical	14	Poultry
Occupational Skills	CKNG 136	13	Safety-Related Functions
			Food Safety Procedures
			Tools and Equipment
			Organizes Work
			Information Management
			Manages Products
Stocks, Soups & Sauces	CKNG 132 – Theory	13	Stocks and Broths
	CKNG 133 – Practical	14	Soup (Introduction)
Starches and Legumes	CKNG 130 – Theory	13	Pastas and Noodles (dry)
	CKNG 131 – Practical	14	Grains and Pulses
Trade Mathematics	MATH 135 – Theory	6	*Exceeds

Vegetables and Fruit	CKNG 122 – Theory	13	Herbs and Spices
	CKNG 123 – Practical	14	Vegetables
			Fruit
		240	

SATCC Level Two	Transcript Code	Hours	Pan-Canadian Harmonized Level Two
<i>*In Context learning</i>	--	--	*Food Safety Procedures
			*Vegetables
			*Fruit
Baked Goods and Desserts	CKNG 203 – Theory CKNG 204 – Practical	28 30	Dough-based Products
			Batter-based Products
			Creams, Mousses, Frozen Desserts, Fillings, Icings, Toppings and Sugar Works
			Cake Assembly
			Savory and Sweet Pies Fruit (In Context)
Fish and Shellfish	CKNG 214 – Theory CKNG 215 – Practical	23 20	Fin Fish
			Seafood
Meats, Poultry	CKNG 212 – Theory CKNG 213 – Practical	28 20	Alternative Proteins
			Meats
			Poultry
			Food Safety Procedures (In Context) Marinades, Rubs and Brines
Occupational Skills	CKNG 216	10	Trade Activities
Stocks Soups and Sauces	CKNG 210 – Theory CKNG 211 – Practical	20 18	Stocks and Broths
			Soups (Introduction)
			Vegetables (In Context)
			Thickening and Binding Agents Sauces
Pastas and Dumplings	CKNG 208 – Theory CKNG 209 – Practical	23 20	Pastas and Noodles (dry)
			Dumplings
		240	

SATCC Level Three	Transcript Code	Hours	Pan-Canadian Harmonized Level Three
<i>*In Context learning</i>	--	--	*Food Safety Procedures
			*Fruit *Soups *Thickening and Binding Agents *Cake Assembly
Baked Goods	CKNG 302 – Theory CKNG 303 – Practical	30 30	Dough-Based Products
			Batter-Based Products
			Cake Assembly (In context)
			Creams, Mousses, Frozen Desserts, Fillings, Icings, Toppings and Sugar Works
			Fruit (In context) Savoury and Sweet Pies Chocolate
Cheese, Dairy, Plant-Based Dairy Alternatives	CKNG 304 – Theory CKNG 305 – Practical	17 14	Cheese, Dairy, Plant Based Dairy Alternative
			Alternative Protein
Game, Variety Meats, and Alternative Proteins	CKNG 312 – Theory CKNG 313 – Practical	21 14	Game Meats
			Game Birds
			Poultry Variety Meats
Garde Manger	CKNG 306 – Theory CKNG 307 – Practical	22 20	Condiments and Preserves
			Hor D'oerves and Finger Foods
			Charcuterie and Cured Products Gels and Glazes
Occupational Skills	CKNG 316	10	Organizes Work
			Information Management
			Manages Products
			Trade Activities
			Food Safety Procedures (In context) Mentoring
Sauces	CKNG 310 – Theory CKNG 311 – Practical	17 14	Thickening and Binding Agents
			Sauces Soups (In context)
Seafood	CKNG 314 – Theory CKNG 315 – Practical	17 14	Seafood
			240

Exceed Topics

Throughout this guide to course content there are topics which exceed the minimum scope of work as set out in the Cook RSOS. Industry in Saskatchewan has deemed certain topics to fall within the scope of work of the Cook trade in Saskatchewan and therefore require technical training to cover these topics.