

# Cook

## Interprovincial Journeyman Examination Information

<b>Apprentice Requirements:</b>	3 years and 5400 hours
<b>Tradesperson Requirements:</b>	4.5 years and 8100 hours
<b>Practical Examination:</b>	No

The interprovincial (IP) journeyman examination for this trade is developed by a national committee of worker and employer representatives. The content for IP Examinations is drawn from the Red Seal Occupational Analysis (RSOS) for that trade and is based on industry's standards and expectations. You can download and print a free copy of the RSOS from the Red Seal website by visiting [www.red-seal.ca](http://www.red-seal.ca).

To write the interprovincial journeyman examination, you must either successfully complete an apprenticeship training program or meet tradesperson eligibility requirements. The pass mark is 70%. **Red Seal Examination preparation resources:**

To assist in the understanding of the development of all Interprovincial Red Seal examinations, Employment and Social Development Canada (ESDC) has developed the following information.

- A short explanation the role of an occupational standard in the development of a Red Seal examination can be accessed on the Red Seal website at the following link: <http://www.red-seal.ca/resources/wh.1t.3sn.4.1-eng.html>
- The Getting Ready for the Examination document can be accessed through the Red Seal website at the following link: <http://www.red-seal.ca/docms/getready-eng.pdf>
- Red Seal examination sample questions can be accessed on the Red Seal website at the following link: [http://www.red-seal.ca/resources/s.1mpl.2\\_q.5.2st.3.4ns-eng.html](http://www.red-seal.ca/resources/s.1mpl.2_q.5.2st.3.4ns-eng.html)

Use of cell phones, electronic imaging/recording or communication equipment is **not** permitted. You will be required to leave immediately if any of these items are found on your person.

Please note that examinations and study information change frequently. The most recent information is available on our website at [www.saskapprenticeship.ca](http://www.saskapprenticeship.ca)

## Cook - Red Seal Examination Breakdown

An Interprovincial Red Seal examination is based on the National Occupational Analysis (NOA) for the trade. The RSOS describes the skills and knowledge required to perform the duties of the trade. Each standard is divided into Blocks (NOA) or Major Work Activities (MWA) (RSOS), which are divided into Tasks, which are divided into Sub-tasks.

The Red Seal examination has a certain number of questions assigned to these sections. The number of questions is provided below. For more information, see the full Red Seal Occupational Standard for this [trade](#).

### Total number of questions on the Interprovincial Red Seal examination - 150 questions\*

Subject	Percent	Number of Questions
<b>MWA A: Hygiene, sanitation, and safety</b>	9%	
<b>Task A-1:</b> Performs safety and hygiene-related functions		5
<b>Task A-2:</b> Practices food safety procedures		8
<b>MWA B: Common occupational skills</b>	7%	
<b>Task B-3:</b> Uses tools and equipment		2
<b>Task B-4:</b> Organizes work		1
<b>Task B-5:</b> Manages information		1
<b>Task B-6:</b> Manages products		2
<b>Task B-7:</b> Performs trade activities		2
<b>Task B-8:</b> Adapts cooking practices to meet dietary requirements		2
<b>Task B-9:</b> Uses communication and marketing techniques		1
<b>MWA C: Produce</b>	8%	
<b>Task C-10:</b> Prepares herbs and spices		3
<b>Task C-11:</b> Prepares vegetables		5
<b>Task C-12:</b> Prepares fruit		4
<b>MWA D: Stocks, broths, and soups</b>	8%	
<b>Task D-13:</b> Prepares stocks and broths		6
<b>Task D-14:</b> Prepares soups		6
<b>MWA E: Sauces</b>	9%	
<b>Task E-15:</b> Prepares thickening and binding agents		4
<b>Task E-16:</b> Prepares sauces		9

<b>MWA F: Cheese, dairy, dairy plant-based alternatives, eggs and egg products</b>	7%	
Task F-17: Uses cheese, dairy products and plant based alternative products		5
Task F-18: Prepares eggs and egg-based dishes		5
<b>MWA G: Pastas, noodles, stuffed pastas, and dumplings</b>	7%	
Task G-19: Prepares pastas and noodles		6
Task G-20: Prepares stuffed pastas and dumplings		4
<b>MWA H: Grains, pulses, seeds, nuts, and alternative proteins</b>	7%	
Task H-21: Prepares grains and pulses		4
Task H-22: Prepares seeds and nuts		3
Task H-23: Prepares alternative proteins		4
<b>MWA I: Meats, game, poultry, game birds and variety meats</b>	11%	
Task I-24: Prepares meats and game meats		8
Task I-25: Prepares poultry and game birds		6
Task I-26: Prepares variety meats		2
<b>MWA J: Fish and seafood</b>	10%	
Task J-27: Prepares fin fish		7
Task J-28: Prepares seafood		8
<b>MWA K: Salads and sandwiches</b>	6%	
Task K-29: Prepares sandwiches		3
Task K-30: Prepares salads		3
Task K-31: Prepares condiments, preserves and dressings		3
<b>MWA L: Specialty preparation</b>	5%	
Task L-32: Prepares hors d'oeuvres and other finger foods		3
Task L-33: Prepares charcuterie and cured products		2
Task L-34: Prepares gels and glazes		1
Task L-35: Prepares marinades, rubs and brines		2
<b>MWA M: Sweet and savoury baked goods and desserts</b>	6%	
Task M -36: Prepares dough-based products		2
Task M -37: Prepares batter-based products		2
Task M -38: Prepares creams, mousses, frozen desserts, fillings, icings, toppings and sugar works		2

<b>Task M -39:</b> Assembles cakes		1
<b>Task M -40:</b> Prepares savory and sweet pastries and pies		2
<b>Task M -41</b> Prepares chocolate		1
<b>Total</b>	100%	150

*\*The number of questions on an interprovincial examination, assigned to assess each major work activity of the RSOS, as derived from the collective input from workers within the trade across Canada.*

**Suggested trade resources when preparing for the examination.**

To assist you, a list of reference textbooks is provided below. Note that ISBN numbers are subject to change. Please consult with your supplier to access their most current version of the textbook you are acquiring. It is not necessary to use these specific textbooks; you may find others which will be equally beneficial. You are encouraged to seek additional reference materials in all test areas.

**Saskatchewan Polytechnic Information for Purchase:**

- Professional Cooking for Canadian Chefs by Wayne Gisslen ISBN 9781119424727
- Professional Cooking for Canadian Chefs Study Guide ISBN 9781119506379

**Recommended:**

- Professional Baking 7<sup>th</sup> edition by Wayne Gisslen ISBN 9781119148449

**Those studying for their Interprovincial examination may wish to refer to other Level booklists for additional study materials.**

\*Unless otherwise noted, books listed here are available through the Saskatchewan Polytechnic Bookstore Call Centre: 1-866-569-8398

NOTE: Textbooks **are not** usually available from libraries. When textbooks are being purchased, candidates should allow several weeks for delivery and several weeks for studying.

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This information is subject to change without notice.