

## Cook

### Level One Cook 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 **Cook** trade level examinations are developed by the Apprenticeship and Trade Certification Commission in co-operation with a committee of worker and employer representatives selected from industry. The pass mark is 70%. Apprentices may challenge this exam only once. Examination content is based on the expectations and standards for Saskatchewan apprentices as follows:

| Subject   | Percent | Number of Questions |
|---|---------|---------------------|
| <b>Common Occupational Skills</b>   | 12%     |                     |
| <b>MWA A:</b> Hygiene, sanitation, and safety                                       |         | 7                   |
| <b>MWA B:</b> Common occupational skills  |         | 8                   |
| <b>Vegetables and Fruit</b>   | 12%     |                     |
| <b>MWA C:</b> Produce   |         | 15                  |
| <b>Stocks, Soups, Sauces</b>  | 9%      |                     |
| <b>MWA D:</b> Stocks, soups, and broths   |         | 12                  |
| <b>Cheese, Dairy, Plant Based Dairy Alternatives (Egg and Egg based Dishes)</b>     | 8%      |                     |
| <b>MWA F:</b> Cheese, dairy, plant-based dairy alternatives, eggs, and egg products |         | 10                  |
| <b>Starches and Legumes</b>   | 10%     |                     |
| <b>MWA H:</b> Grains, pulses, seeds, nuts, and alternative proteins                 |         | 13                  |
| <b>Meat and Poultry</b>   | 12%     |                     |
| <b>MWA I:</b> Meats, and poultry  |         | 16                  |
| <b>Fish and Shellfish</b>   | 9%      |                     |
| <b>MWA J:</b> Fish and seafood  |         | 12                  |

|  |      |            |
|--|------|------------|
| <b>Garde Manger</b>                                      | 9%   |            |
| <b>MWA K: Salads and sandwiches</b>                      |      | 13         |
| <b>Baked Goods and Desserts</b>                          | 14%  |            |
| <b>MWA M: Sweet and savoury baked goods and desserts</b> |      | 18         |
| <b>Mathematics</b>                                       | 5%   |            |
| (Exceeds)  |      | 6          |
|  | 100% | <b>130</b> |

**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 text 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.

- Professional Cooking for Canadian Chefs by Wayne Gisslen ISBN 9781118636602
- Professional Cooking for Canadian Chefs Study Guide ISBN 9781118929582

Recommended:

- Professional Baking by Wayne Gisslen ISBN 9781119195320

\*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 texts are being purchased, candidates should allow several weeks for delivery and several weeks for studying.

Absolutely no cell phones, communication devices or PDAs are allowed in the examination facility. You will be required to leave immediately if any of these items are found on your person.

**Important information regarding calculators** – please note that due to increasing security issues, candidates are no longer permitted to bring their own calculators to the exam facility. Instead, we will be supplying each candidate with a calculator. Please refer to the “Forms” section of our web page for further information.

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

FORM # 07109 091422

This information is subject to change without notice.

1-877-363-0536  
[apprenticeship@gov.sk.ca](mailto:apprenticeship@gov.sk.ca)  
[saskapprenticeship.ca](http://saskapprenticeship.ca)