



# Cook

# Guide to Course Content

2024

Online: [www.saskapprenticeship.ca](http://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](http://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:

**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. The Task Matrix is broken down into the following:

**Major Work Activity:** 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.

# TRAINING REQUIREMENTS FOR THE COOK TRADE

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 3 years 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 document 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 journeyperson 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 <sup>❶</sup>	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:  <a href="http://www.curriculum.gov.sk.ca">http://www.curriculum.gov.sk.ca</a></p> <p><b>Individuals not meeting the entrance requirements will be subject to an assessment and any required training</b></p>		

# 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.

## A – Hygiene, Sanitation and Safety

<b>A-1 Performs safety-related functions</b>	<b>1.01 Maintains safe work environment</b>  <b>1</b> (2, 3 in context)	<b>1.02 Uses personal protective equipment (PPE) and safety equipment</b>  <b>1</b> (2, 3 in context)	<b>1.03 Maintains personal hygiene</b>  <b>1</b> (2, 3 in context)		
<b>A-2 Practices food safety procedures</b>	<b>2.01 Maintains safe condition and temperature of raw and finished product</b>  <b>1</b> (2, 3 in context)	<b>2.02 Cools food rapidly</b>  <b>1</b> (2, 3 in context)	<b>2.03 Re-thermalizes foods</b>  <b>1</b> (2, 3 in context)	<b>2.04 Prevents cross-contamination</b>  <b>1</b> (2, 3 in context)	<b>2.05 Cleans tools and equipment</b>  <b>1</b> (2, 3 in context)
<b>2.06 Sanitizes tools and equipment</b>  <b>1</b> (2, 3 in context)					

## B – Common Occupational Skills

<b>B-3 Uses tools and equipment</b>	<b>3.01 Uses knives</b>  <b>1</b>	<b>3.02 Uses pots, pans, and utensils</b>  <b>1</b>	<b>3.03 Uses equipment and appliances</b>  <b>1</b>
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<b>B-4 Organizes work</b>	<b>4.01 Organizes kitchen workplace</b>  1, 3	<b>4.02 Schedules production</b>  3		
<b>B-5 Manages information</b>	<b>5.01 Plans menu and mise en place</b>  3	<b>5.02 Uses documentation</b>  1		
<b>B-6 Manages products</b>	<b>6.01 Orders products</b>  3	<b>6.02 Receives products</b>  1	<b>6.03 Stores products</b>  1	<b>6.04 Maintains inventory</b>  1
<b>B-7 Performs trade activities</b>	<b>7.01 Uses recipes</b>  1	<b>7.02 Performs portion control</b>  1	<b>7.03 Presents finished product</b>  1, 2, 3	<b>7.04 Prepares convenience foods</b>  1
<b>B-8 Prepares food according to health and dietary restrictions</b>	<b>8.01 Adapts kitchen practices to dietary requirements</b>  3	<b>8.02 Selects ingredients to meet dietary requirements</b>  3	<b>8.03 Modifies recipes to meet dietary requirements</b>  3	<b>8.04 Prepares food to respect eating regimes</b>  3
<b>B-9 Uses communication and mentoring techniques</b>	<b>9.01 Uses communication techniques</b>  1	<b>9.02 Uses mentoring techniques</b>  3		

## C – Produce

<b>C-10 Prepares herbs and spices</b>	<b>10.01 Selects herbs and spices</b>  <b>1</b> (2 in context)	<b>10.02 Cleans herbs</b>  <b>1</b> (2 in context)	<b>10.03 Processes herbs and spices</b>  <b>1</b> (2 in context)		
<b>C-11 Prepares vegetables</b>	<b>11.01 Selects vegetables</b>  <b>1</b> (2 in context)	<b>11.02 Cleans vegetables</b>  <b>1</b> (2 in context)	<b>11.03 Processes vegetables</b>  <b>1</b> (2 in context)	<b>11.04 Cooks vegetables</b>  <b>1</b> (2 in context)	<b>11.05 Finishes vegetables</b>  <b>1</b> (2 in context)
<b>C-12 Prepares fruit</b>	<b>12.01 Selects fruit</b>  <b>1</b> (2, 3 in context)	<b>12.02 Cleans fruit</b>  <b>1</b> (2, 3 in context)	<b>12.03 Processes fruit</b>  <b>1</b> (2, 3 in context)	<b>12.04 Cooks fruit</b>  <b>1</b> (2, 3 in context)	<b>12.05 Finishes fruit</b>  <b>1</b> (2, 3 in context)

## D – Stocks, Broths and Soups

<b>D-13 Prepares stocks and broths</b>	<b>13.01 Selects stock and broth ingredients</b>  <b>1, 2</b>	<b>13.02 Processes stock and broth ingredients</b>  <b>1, 2</b>	<b>13.03 Cooks stocks and broths</b>  <b>1, 2</b>		
<b>D-14 Prepares soups</b>	<b>14.01 Selects soup ingredients</b>  <b>1, 2</b> (3 In Context)	<b>14.02 Processes soup ingredients</b>  <b>1, 2</b> (3 In Context)	<b>14.03 Cooks soups</b>  <b>1, 2</b> (3 In Context)	<b>14.04 Finishes soups</b>  <b>1, 2</b> (3 In Context)	



## E – Sauces

<b>E-15 Prepares thickening and binding agents</b>	<b>15.01 Selects thickening and binding ingredients</b>  <b>1, 2</b> <b>(3 in context)</b>	<b>15.02 Processes thickening and binding ingredients</b>  <b>1, 2</b> <b>(3 in context)</b>		
<b>E-16 Prepares sauces</b>	<b>16.01 Selects sauce ingredients</b>  <b>2</b>	<b>16.02 Processes sauce ingredients</b>  <b>2, 3</b>	<b>16.03 Cooks sauces</b>  <b>2, 3</b>	<b>16.04 Finishes sauces</b>  <b>2, 3</b>

## F – Cheese, Dairy, Plant-Based Dairy Alternatives, Eggs and Egg Products

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

## G – Pastas, Noodles, Stuffed Pastas and Dumplings

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

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## H – Grains, Pulses, Seeds, Nuts and Alternative Proteins

<b>H-21 Prepares grains and pulses</b>	<b>21.01 Selects grains and pulses</b>	<b>21.02 Processes grains and pulses</b>	<b>21.03 Cooks grains and pulses</b>
	1	1	1
<b>H-22 Prepares seeds and nuts</b>	<b>22.01 Selects seeds and nuts</b>	<b>22.02 Processes seeds and nuts</b>	<b>22.03 Cooks seeds and nuts</b>
	1	1	1
<b>H-23 Prepares alternative proteins</b>	<b>23.01 Selects alternative proteins</b>	<b>23.02 Processes alternative proteins</b>	<b>23.03 Cooks soy alternative proteins</b>
	2, 3	3	3

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## I – Meats, Game, Poultry, Game Birds and Variety meats

<b>I-24 Prepares meat and game meats</b>	<b>24.01 Selects meats and game meat</b>	<b>24.02 Processes meats and game meats</b>	<b>24.03 Cooks meat and game meats</b>	<b>24.04 Finishes meats and game meats</b>
	1, 2, 3	1, 2, 3	1, 2, 3	1, 2, 3

I-25 Prepares poultry and game birds	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	26.01 Selects variety meats  3	26.02 Processes variety meats  3	26.03 Cooks variety meats  3	26.04 Finishes variety meats  3

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## J – Fish and Seafood

J-27 Prepares fin fish	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	28.01 Selects seafood  2, 3	28.02 Processes seafood  2, 3	28.03 Cooks seafood  2, 3	28.04 Finishes seafood  2, 3

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## K – Salads and Sandwiches

K-29 Prepares sandwiches	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	30.01 Selects salad ingredients  1	30.02 Processes salad ingredients  1	30.03 Finishes salad  1	

<b>K-31 Prepares condiments, preserves and dressings</b>	<b>31.01 Selects ingredients for condiments, preserves and dressings</b>  1, 3	<b>32.02 Processes Sandwich ingredients</b>  1, 3	<b>32.03 Assembles Sandwiches</b>  1, 3
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## L – Specialty Preparation

<b>L-32 Prepares hors d'oeuvres and other finger foods</b>	<b>32.01 Selects ingredients for hors d'oeuvres and other finger foods</b>  3	<b>32.01 Processes ingredients for hors d'oeuvres and other finger foods</b>  3	<b>32.03 Assembles hors d'oeuvres and other finger foods</b>  3	<b>32.04 Cooks hors d'oeuvres and other finger foods</b>  3	<b>32.05 Finishes hors d'oeuvres and other finger foods</b>  3
<b>L-33 Prepares charcuterie and cured products</b>	<b>33.01 Selects ingredients for charcuterie and cured products</b>  3	<b>33.02 Processes ingredients for charcuterie and cured products</b>  3	<b>33.03 Cooks charcuterie and cured products</b>  3	<b>33.04 Finishes charcuterie and cured products</b>  3	
<b>L-34 Prepares gels and glazes</b>	<b>34.01 Selects ingredients for gels and glazes<sup>2</sup></b>  3	<b>34.02 Processes ingredients for gels and glazes</b>  3	<b>34.03 Finishes gels and glazes</b>  3		
<b>L-35 Prepares marinades, rubs, and brines</b>	<b>35.01 Selects marinade, rub and brine ingredients</b>  2	<b>35.02 Processes marinade, rub and brine ingredients</b>  2			

# M – Sweet and Savoury Baked Goods and Desserts

<p><b>M-36 Prepares dough-based products</b></p>	<p><b>36.01 Selects ingredients for dough</b></p> <p>1, 2, 3</p>	<p><b>36.02 Processes ingredients for dough</b></p> <p>1, 2, 3</p>	<p><b>36.03 Cooks dough-based products</b></p> <p>1, 2, 3</p>	<p><b>36.04 Finishes dough-based products</b></p> <p>1, 2, 3</p>
<p><b>M-37 Prepares batter-based products</b></p>	<p><b>37.01 Selects ingredients for batters</b></p> <p>1, 2, 3</p>	<p><b>37.02 Processes ingredients for batters</b></p> <p>1, 2, 3</p>	<p><b>37.03 Cooks batter-based products</b></p> <p>1, 2, 3</p>	<p><b>37.04 Finishes batter-based products</b></p> <p>1, 2, 3</p>
<p><b>M-38 Prepares creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works</b></p>	<p><b>38.01 Selects ingredients for creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works</b></p> <p>2, 3</p>	<p><b>38.02 Processes ingredients for creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works</b></p> <p>2, 3</p>	<p><b>38.03 Finishes creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works</b></p> <p>2, 3</p>	
<p><b>M-39 Assembles cakes</b></p>	<p><b>39.01 Selects cake components for assembly</b></p> <p>2 (3 In Context)</p>	<p><b>39.02 Finishes cakes</b></p> <p>2 (3 In Context)</p>		
<p><b>M-40 Prepares savoury and sweet pastries and pies</b></p>	<p><b>40.01 Selects ingredients for savoury and sweet pastries and pies</b></p> <p>2, 3</p>	<p><b>40.02 Assembles savoury and sweet pastries and pies</b></p> <p>2, 3</p>	<p><b>40.03 Cooks savoury and sweet pastries and pies</b></p> <p>2, 3</p>	<p><b>40.04 Finishes savoury and sweet pastries and pies</b></p> <p>2, 3</p>
<p><b>M-41 Prepares chocolate</b></p>	<p><b>41.01 Selects chocolate and ingredients</b></p> <p>3</p>	<p><b>41.02 Processes chocolate</b></p> <p>3</p>	<p><b>41.03 Stores chocolate</b></p> <p>3</p>	

# 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.

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<b>Hybrid Level One</b>	<b>20 weeks and 100 hours in-class training</b>	<b>20 Online lessons 240 hours</b>
<b>Baked Goods and Desserts – Theory</b>		<b>17 hours</b>
<ul style="list-style-type: none"><li>• describe the basic principles of baking</li><li>• describe the functions and characteristics of commonly used baking ingredients</li><li>• describe the classification/procedures in the preparation of dough-based yeast products</li><li>• describe the classification/procedures in the preparation of batter-based quick breads</li><li>• identify convenience products and their functions in bakery production</li></ul>		
<b>Baked Goods and Desserts – Practical</b>		<b>16 hours</b>
<ul style="list-style-type: none"><li>• apply the principles of baking</li><li>• apply the functions of ingredients</li><li>• prepare dough and batter classifications by applying the appropriate procedures for processing, mixing and make-up</li><li>• demonstrate the procedures for assembling, baking, serving, and storing batter-based quick breads</li><li>• prepare yeast, quick bread, and convenience products</li></ul>		
<b>RSOS topics covered in this section of training:</b>		
<b>M-36 Prepares dough-based products</b>		
M-36.01 Selects ingredients for dough		
M-36.02 Processes ingredients for dough		
M-36.03 Cooks dough-based products		
M-36.04 Finishes dough-based products		
<b>M-37 Prepares batter-based products</b>		
M-37.01 Selects ingredients for batters		
M-37.02 Processes ingredients for batters		
M-37.03 Cooks batter-based products		
M-37.04 Finishes batter-based products		

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**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

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

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

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

**F-18 Prepares eggs and egg-based dishes**

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

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

F-18.03 Cooks eggs and egg-based dishes

F-18.04 Finishes eggs and egg-based dishes

**F-19 Prepares eggs and egg-related dishes**

F-19.01 Selects ingredients for eggs and egg-related dishes

F-19.02 Processes ingredients for eggs and egg-related dishes

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## **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

J-28.02 Processes fish

J-28.03 Cooks fish

J-28.04 Finishes fin fish

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## **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

C-9.02 Cleans herbs

C-9.03 Processes herbs and spices

**C-10 Prepares vegetables**

- C-10.01 Selects vegetables
- C-10.02 Cleans vegetables
- C-10.03 Processes vegetables
- C-10.04 Cooks vegetables
- C-10.05 Finishes vegetables

**C-11 Prepares Fruit**

- C-11.01 Selects fruit
- C-11.02 Cleans fruit
- C-11.03 Processes fruit
- C-11.04 Cooks fruit
- C-11.05 Finishes fruit

**K-31 Prepares condiments, preserves and dressings**

- K-31.01 Selects ingredients for condiments, preserves and dressings
- K-31.02 Processes ingredients for condiments, preserves and dressings

**K-32 Prepares sandwiches**

- K-32.01 Selects sandwich ingredients
- K-32.02 Selects sandwich ingredients
- K-32.03 Selects sandwich ingredients
- K-32.04 Selects sandwich ingredients

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

- L-32.01 Selects ingredients for hors d'oeuvres and other finger foods
- L-32.02 Processes ingredients for hors d'oeuvres and other finger foods
- L-32.03 Assembles hors d'oeuvres and other finger foods
- L-32.04 Cooks hors d'oeuvres and other finger foods
- L-32.05 Finishes hors d'oeuvres and other finger foods

**L-33 Prepares charcuterie and cured products**

- L-33.01 Selects ingredients for charcuterie and cured products
- L-33.02 Processes ingredients for charcuterie and cured products
- L-33.03 Cooks charcuterie and cured products
- L-33.04 Finishes charcuterie and cured products

**L-34 Prepares gels and glazes**

- L-34.01 Selects ingredients for gels and glazes
- L-34.02 Processes ingredients for gels a
- L-34.03 Finishes gels and glazes



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## **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
- I-25.02 Processes meats
- I-25.03 Cooks meats
- I-25.04 Finishes meats

#### **I-26 Prepares poultry and game birds**

- I-26.01 Selects poultry and game birds
- I-26.02 Processes poultry and game birds
- I-26.03 Cooks poultry and game birds
- I-26.04 Finishes poultry and game birds

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## **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

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

A-1.03 Maintains personal hygiene

### **A-2 Practices food safety procedures**

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

A-2.02 Cools food rapidly

A-2.03 Re-thermalizes foods

A-2.04 Prevents cross-contamination

A-2.05 Sanitizes tools and equipment

### **B-3 Maintains tools and equipment**

B-3.01 Maintains knives

B-3.02 Maintains pots, pans, and utensils

B-3.03 Maintains equipment and appliances

### **B-4 Organizes work**

B-4.01 Communicates with others

B-4.02 Organizes kitchen workplace

### **B-5 Manages information**

B-5.02 Uses documentation

### **B-6 Manages products and supplies**

B-6.02 Receives products and supplies

B-6.03 Stores products

B-6.04 Maintains inventory

### **B-7 Performs culinary trade activities**

B-7.01 Uses recipes

B-7.02 Performs portion control

B-7.03 Plates finished product

B-7.04 Prepares convenience foods

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## **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:

#### G-19 Prepares pastas and noodles

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

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

G-19.03 Cooks pastas and noodles

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

#### H-21 Prepares grains and pulses

H-21.01 Selects grains and pulses

H-21.02 Processes grains and pulses

H-21.03 Cooks grains and pulses

#### H-22 Prepares seeds and nuts

H-22.01 Selects seeds and nuts

H-22.02 Processes seeds and nuts

H-22.03 Cooks seeds and nuts

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## 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:**

#### **D-13 Prepares stocks and broths**

- D-13.01 Selects stock and broth ingredients
- D-13.02 Processes stock and broth ingredients
- D-13.03 Cooks stocks and broths

#### **D-14 Prepares soups**

- D-14.01 Selects soup ingredients
- D-14.02 Processes soup ingredients
- D-14.03 Cooks soups
- D-14.04 Finishes soups

#### **E-15 Prepares thickening and binding agents**

- D-15.01 Selects thickening and binding ingredients
- D-15.02 Processes thickening and binding ingredients

#### **E-16 Prepares sauces**

- E-16.01 Selects sauce ingredients
- E-16.02 Processes sauce ingredients
- E-16.03 Cooks sauces
- E-16.04 Finishes sauces

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## **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

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## 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:

#### C-10 Prepares herbs and spices

C-10.01 Selects herbs and spices

C-10.02 Cleans herbs

C-10.03 Processes herbs and spices

#### C-11 Prepares vegetables

C-11.01 Selects vegetables

C-11.02 Cleans vegetables

C-11.03 Processes vegetables

C-11.04 Cooks vegetables

C-11.05 Finishes vegetables

#### C-12 Prepares fruit

C-12.01 Selects fruit

C-12.02 Cleans fruit

C-12.03 Processes fruit

C-12.04 Cooks fruit

C-12.05 Finishes fruit





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

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

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**\*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
-

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## Hybrid Level Two

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

**20 Online lessons  
240 hours**

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### **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
- M-36.02 Processes ingredients for dough
- M-36.03 Cooks dough-based products
- M-36.04 Finishes dough-based products

#### **M-37 Prepares batter-based products**

- M-37.01 Selects ingredients for batters
- M-37.02 Processes ingredients for batters
- M-37.03 Cooks batter-based products
- M-37.04 Finishes 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
- M-38.03 Finishes creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works

#### **M-39 Assembles cakes**

- M-39.01 Selects cake components for assembly
- M-39.02 Finishes cakes

### **M-40 Prepares savoury and sweet pastries and pies**

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

M-40.02 Assembles savoury and sweet pastries and pies

M-40.03 Cooks savoury and sweet pastries and pies

M-40.04 Finishes savoury and sweet pastries and pies

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### **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-27 Prepares fin fish**

J-27.01 Selects fish

J-27.02 Processes fish

J-27.03 Cooks fin fish

J-27.04 Finishes fin fish

#### **J-28 Prepares seafood**

J-28.01 Selects seafood

J-28.02 Processes seafood

J-28.03 Cooks seafood

J-28.04 Finishes seafood



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**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

H-23.02 Processes alternative proteins

H-21.03 Cooks alternative proteins

**I-25 Prepares meats and game meats**

I-25.01 Selects meats

I-25.02 Processes meats

I-25.03 Cooks meats

I-25.04 Finishes meats

**I-26 Prepares poultry and game birds**

I-26.01 Selects poultry and game birds

I-26.02 Processes poultry and game birds

I-26.03 Cooks poultry and game birds

I-26.04 Finishes poultry and game birds

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**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

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## 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-19 Prepares pastas and noodles

- G-19.01 Selects pasta and noodle dish ingredients pastas and noodles and their applications
- G-19.02 Processes pastas and noodles pastas and noodles and their applications
- G-19.03 Cooks pastas and noodles
- G-19.04 Finishes pastas and noodles pastas and noodles and their applications

#### G-20 Prepares stuffed pastas and dumplings

- G-20.01 Selects stuffed pasta and dumpling ingredients
- G-20.02 Processes stuffed pastas and dumplings
- G-20.03 Cooks stuffed pastas and dumplings
- G-20.04 Finishes stuffed pastas and dumplings

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## 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

D-13.02 Processes stock and broth ingredients

D-13.03 Cooks stocks and broths

#### D-14 Prepares soups

D-14.01 Selects soup ingredients

D-14.02 Processes soup ingredients

D-14.03 Cooks soups

D-14.04 Finishes soups

#### E-15 Prepares thickening and binding agents

D-15.01 Selects thickening and binding ingredients

D-15.02 Processes thickening and binding ingredients

#### E-16 Prepares sauces

E-16.01 Selects sauce ingredients

E-16.02 Processes sauce ingredients

E-16.03 Cooks sauces

E-16.04 Finishes sauces

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### 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*

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### \*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

<b>Hybrid Level Three</b>	<b>20 weeks and 100 hours in-class training</b>	<b>20 online lessons 240 hours</b>
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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
- M-36.02 Processes ingredients for dough
- M-36.03 Cooks dough-based products
- M-36.04 Finishes dough-based products

**M-37 Prepares batter-based products**

- M-37.01 Selects ingredients for batters
- M-37.02 Processes ingredients for batters
- M-37.04 Finishes 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
- M-38.02 Processes 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

**M-40 Prepares savoury and sweet pastries and pies**

- M-40.01 Selects ingredients for savoury and sweet pastries and pies
- M-40.02 Assembles savoury and sweet pastries and pies
- M-40.03 Cooks savoury and sweet pastries and pies
- M-40.04 Finishes savoury and sweet pastries and pies

**M-41 Prepares chocolate**

- M-41.01 Selects chocolate and ingredients
- M-41.02 Processes chocolate
- M-41.03 Finishes 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

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

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

H-23.02 Processes alternative proteins

H-23.03 Cooks alternative proteins

**I-24 Prepares meats and game meats**

I-24.01 Selects meats and game meats

I-24.02 Processes meats and game meats

I-24.03 Cooks meats and game meats

I-24.04 Finishes meats and game meats

## **I-25 Prepares poultry and game birds**

- I-25.01 Selects poultry and game birds
- I-25.02 Processes poultry and game birds
- I-25.03 Cooks poultry and game birds
- I-25.04 Finishes poultry and game birds

## **I-26 Prepares variety meats**

- I-26.01 Selects variety meats
- I-26.02 Processes variety meats
- I-26.03 Cooks variety meats
- I-26.04 Finishes variety meats

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### **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
- K-31.02 Processes ingredients for 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
- L-32.02 Processes ingredients for hors d'oeuvres and other finger foods
- L-32.03 Assembles hors d'oeuvres and other finger foods
- L-32.04 Cooks hors d'oeuvres and other finger foods
- L-32.05 Finishes hors d'oeuvres and other finger foods

**L-33 Prepares charcuterie and cured products**

- L-33.01 Selects ingredients for charcuterie and cured products
- L-33.02 Processes ingredients for charcuterie and cured products
- L-33.03 Cooks charcuterie and cured products
- L-33.04 Finishes charcuterie and cured products

**L-34 Prepares gels and glazes**

- L-34.01 Selects ingredients for gels and glazes
- L-34.02 Processes ingredients for gels and glazes
- L-34.03 Finishes 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

**B-5 Manages information**

- B-5.01 Plans menu and mise en place
- B-5.02 Uses documentation

**B-6 Manages products**

B-6.01 Orders products

B-6.04 Maintains inventory

**B-7 Performs trade activities**

B-7.03 Presents finished product

**B-8 Adapts cooking practices to meet dietary requirements**

B-8.01 Adapts kitchen practices to meet dietary requirements

B-8.02 Selects ingredients to meet dietary requirements

B-8.03 Prepares food to meet dietary requirements

**B-9 Uses communication and mentoring techniques**

B-9.02 Uses mentoring techniques

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**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

E-16.03 Cooks sauces

E-16.04 Finishes sauces

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**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

J-28.02 Processes seafood

J-28.03 Cooks seafood

J-28.04 Finishes seafood

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### 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*

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### \*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
- A-2.02 Cools food rapidly
- A-2.03 Re-thermalizes foods
- A-2.04 Prevents cross-contamination
- A-2.05 Cleans tools and equipment
- A-2.06 Sanitizes tools and equipment

## **C-10 Prepares herbs and spices**

- C-10.01 Selects herbs and spices
- C-10.02 Cleans herbs
- C-10.03 Processes herbs and spices

## **C-11 Prepares vegetables**

- C-11.01 Selects vegetables
- C-11.02 Cleans vegetables
- C-11.03 Processes vegetables
- C-11.04 Cooks vegetables
- C-11.05 Finishes vegetables

## **C-12 Prepares fruit**

- C-12.01 Selects fruit
- C-12.02 Cleans fruit
- C-12.03 Processes fruit
- C-12.04 Cooks fruit
- C-12.05 Finishes fruit

## **D-14 Prepares Soups**

- D-14.01 Selects soup ingredients
- D-14.02 Processes soup ingredients
- D-14.03 Cooks soups
- D-14.04 Finishes soups

## **E-15 Prepares thickening and binding agents**

- E-15.01 Selects thickening and binding ingredients
- E-15.02 Processes thickening and binding ingredients

## **M-39 Assembles cakes**

- M-39.01 Selects cake components for assembly
- M-39.02 Finishes cakes