

CULINARY SKILLS-COOK II APPRENTICESHIP

Program: CKAP

Credential: Ontario College Certificate

Delivery: Full-time

Work Integrated Learning: Apprentice Placement

Length: 720 hours

Effective: Fall 2023

Location: Barrie, Owen Sound

Description

Graduates of Culinary Skills - Cook II Apprenticeship are able to work in a range of specialized, fast-paced hospitality and food service establishments. They work in accordance with relevant industry, organization and legal standards and regulations, as well as industry best practices for health, safety, sanitation, quality assurance and customer service.

Cook is a trade regulated by the Ontario College of Trades and Apprenticeship Act, 2009. Qualified individuals may obtain a Certificate of Qualification, which confirms its holder has the skills, knowledge and experience that meet industry standards of practice for the trade.

Career Opportunities

Cooks prepare and cook a wide variety of foods. Graduates may be employed in restaurants, hotels, hospitals and other health care institutions, central food commissaries, educational institutions and other establishments. They may also be employed aboard ships and at construction and logging campsites.

Career opportunities include, but are not limited to, the following positions:

- First cook
- Second cook
- Entremetier
- Saucier
- Poissonier
- Garde Manger
- Butcher
- Rotisseur
- Tournant
- Chef de Partie
- Pastry chef
- Institutional cook
- Sous chef
- Kitchen manager
- Head chef
- Executive chef

Program Learning Outcomes

The graduate has reliably demonstrated the ability to:

1. provide fundamental culinary preparation and presentation for a variety of food service environments using a range of classical and contemporary techniques;
2. apply basic food and bake science to food preparation to create a desired end product;
3. contribute to and monitor adherence of others to the provision of a well-maintained kitchen environment and to the service of food and beverage products that are free from harmful bacteria or other contaminants, adhering to health, safety, sanitation and food handling regulations;
4. ensure the safe operation of the kitchen and all aspects of food preparation to promote healthy work spaces and the responsible, efficient use of resources;
5. support the development of menu options that reflect knowledge of nutrition and food ingredients, promote general health and well-being, respond to a range of nutritional needs and preferences and address modifications for special diets, food allergies and intolerances, as required;
6. apply fundamental business principles and recognized industry costing and control practices to food service operations to promote a fiscally responsible operation;
7. apply basic knowledge of sustainability, ethical and local food sourcing, and food security to food preparation and kitchen management, recognizing the potential impacts on food production, consumer choice and operations within the food service industry;
8. use technology, including contemporary kitchen equipment, for food production and promotion;
9. perform effectively as a member of a food and beverage preparation and service team and contribute to the success of a food-service operation by applying self-management and interpersonal skills;
10. develop strategies for continuous personal and professional learning to ensure currency with and responsiveness.

External Recognition

Upon successful completion of their in-school training, apprentices must complete the remainder of the required skills outlined in the Training Standard Log Book to qualify for their Apprenticeship Certificate. Thereafter, they are eligible to write their Certificate of Qualifications exam. Graduates may be able to receive credit toward further education in related post secondary diploma, advanced diploma, or degree programs.

Admission Requirements

- Ontario Secondary School Diploma (OSSD) or equivalent, mature student status
- Prospective students must be registered Apprentices with the Ministry of Labour, Training and Skills Development

Additional Information

An apprenticeship involves practical training provided on-the-job by a skilled worker, or trainer. The skills or competencies to be developed are set out by the trade's apprenticeship training standard and are recognized by the industry as being essential to the practice of the trade.

As these essential skills are developed, the apprentice's sponsor or trainer signs the relevant sections of the training standard to indicate

that the apprentice has met the individual training objectives by demonstrating the skills required of a skilled worker, or journey person, in the trade.

To advance to Level 2 of the apprenticeship program, an individual must have completed all of the units outlined in Level 1.

Graduation Requirements

Students must successfully complete both levels to receive a certificate.

- Cook Apprentice Level 1 - Basic (CKAB)
- Cook Apprentice Level 2 - Advanced (CKAA)

Graduation Eligibility

Students must successfully complete all required courses as noted below. Further details, if applicable, are noted under "Additional Information" above.

Program Tracking

Level 1 - Basic (CKAB)

Program Courses		Hours
CKAB 1008	Workplace and Food Safety Practices	15
CKAB 1009	Basic Nutrition	15
CKAB 1010	Culinary Business Practices	45
CKAB 1011	Food Theory - Basic	60
CKAB 1012	Culinary Techniques - Basic	165
CKAB 1013	Bake Theory	15
CKAB 1014	Baking Techniques - Basic	45
Hours		360
Total Hours		360

Level 2 - Advanced (CKAA)

Program Courses		Hours
CKAA 1006	Menu Planning	15
CKAA 1007	Culinary Business Mgmt	60
CKAA 1008	Food Theory - Advanced	39
CKAA 1009	Culinary Techniques - Advanced	201
CKAA 1010	Baking Techniques - Advanced	45
Hours		360
Total Hours		360

Disclaimer: *The information in this document is correct at the time of publication. Academic content of programs and courses is revised on an ongoing basis to ensure relevance to changing educational objectives and employment market needs.*

Program outlines may be subject to change in response to emerging situations, in order to facilitate student achievement of the learning outcomes required for graduation. Components such as courses, progression, coop work terms, placements, internships and other requirements may be delivered differently than published.