

Interprovincial Program Guide

Cook

2014

Trades and Apprenticeship Division

Division des métiers et de l'apprentissage

Labour Market Integration Directorate

Direction de l'intégration au marché du travail

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Foreword

The Canadian Council of Directors of Apprenticeship (CCDA) recognizes this Interprovincial Program Guide (IPG) as the national curriculum for the occupation of Cook.

Jurisdictions have long recognized the benefit of pooling resources in the development and maintenance of apprenticeship training standards. A successful example of this is the Interprovincial Standards Red Seal Program itself. Essential to the establishment of standards is the development of suitable training systems and programs which enable tradespeople to acquire certification based on these standards. While certification is the responsibility of Apprenticeship administrators throughout Canada, the development and delivery of technical training is the responsibility of jurisdictions.

In 1999, work to develop common training for apprenticeship programs within the Atlantic Provinces began. To date, 22 Curriculum Standards have been developed through the Atlantic Standards Partnership (ASP) project to assist programming staff and instructors in the design and delivery of technical training. Similarly, the CCDA embarked on a process for the development of national IPGs for the Boilermaker, Carpenter and Sprinkler System Installer trades. At its January 2005 strategic planning session, the CCDA identified developing common training standards as one of the key activities in moving towards a more cohesive apprenticeship system.

With the support of Employment and Social Development Canada (ESDC), several provinces and territories have partnered to build on the ASP and the CCDA processes to further develop IPGs to be used across the country. This partnership will create efficiencies in time and resources and promote consistency in training and apprentice mobility.

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Robert Mitchell	Nova Scotia
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In addition to the representatives above, various federal, provincial and territorial representatives contributed to the development of this document including Darlene Clark representing the host province of Nova Scotia.

In 2013, a review, update and jurisdictional validation of this IPG were completed to ensure adequate coverage of the occupation as outlined in the 2011 National Occupational Analysis (NOA).

As this program guide will be amended periodically, comments or suggestions for improvement should be directed to:

Trades and Apprenticeship Division
Labour Market Integration Directorate
Employment and Social Development Canada
140 Promenade du Portage, Phase IV, 5th Floor
Gatineau, Quebec K1A 0J9
e-mail: redseal-sceaurouge@hrsdc-rhdcc.gc.ca

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User Guide

According to the Canadian Apprenticeship Forum, the IPG is: "a list of validated technical training outcomes, based upon those sub-tasks identified as common core in the NOA, and validated by industry in the provinces and territories as incorporating the essential tasks, knowledge and skills associated with a given trade."

Learning outcomes contained in the IPG represent the minimum common core content for the development of jurisdictional training standards and outlines. IPGs are developed based on the NOAs and extensive industry consultation. The IPG is intended to assist program development staff in the design of jurisdictional plans for training. Each jurisdiction has the flexibility to add additional content.

The IPG was deliberately constructed for ease of use and flexibility of structure in order to adapt to all delivery requirements. It details units of training, unit outcomes and objectives. It does not impose a delivery model or teaching format.

Jurisdictions and/or training providers will select and develop delivery materials and techniques that accommodate a variety of learning styles and delivery patterns. The IPG does not dictate study materials, textbooks or learning activities to be used in delivery.

The IPG document includes a recommended levelling structure to facilitate mobility for apprentices moving from one jurisdiction to another. Because of difference in jurisdictional regulations and program durations, levels are offered as suggestions only.

Structure

The IPG is divided into units. The unit codes are used as a means of identification and are not intended to convey the order of delivery. Prerequisites have not been detailed. Each unit consists of *Learning Outcomes* and *Objectives and Content*.

The *Learning Outcomes* are the specific performances that must be evaluated. Wording of the learning outcomes, "Demonstrate knowledge of...", acknowledges the broad spectrum of ways in which knowledge can be shown. It is at the discretion of each jurisdiction to determine the manner in which learning outcomes are evaluated; theoretically, practically or a combination of both.

User Guide (*continued*)

The *Objectives and Content* for the unit details the information to be covered in order to achieve the performances specified in the *Learning Outcomes*. These objectives can be either theoretical or practical in nature, based on the requirements identified through the industry consultation process. The learning activities used to cover the objectives are at the discretion of the jurisdiction; however, practically worded objective statements have been used where industry indicated a need for the apprentices to receive exposure to performing the task or skill outlined while attending technical training. For example, this exposure could be done through instructor demonstration or individual or group performance of the skill or task. This practical training will help to reinforce the theoretical component of the technical training.

Detailed content for each objective has not been developed. Where detail is required for clarity, content has been provided. The content listed within the IPG document is **not** intended to represent an inclusive list; rather, it is included to illustrate the intended direction for the objective. Content may be added or extended in jurisdictional training plans as required.

Jurisdictions are free to deliver the IPG units one at a time or concurrently, provided that all *Learning Outcomes* are met. The IPG does not indicate the amount of time to be spent on a particular unit as the length of time required to deliver the *Learning Outcomes* successfully will depend upon the learning activities and teaching methods used.

IPG Glossary of Terms

These definitions are intended as a guide to how language is used in the IPGs.

APPLICATION	The use to which something is put and/or the circumstance in which you would use it.
CHARACTERISTIC	A feature that helps to identify, tell apart, or describe recognizably; a distinguishing mark or trait.
DEFINE	To state the meaning of (a word, phrase, etc.).
DESCRIBE	To give a verbal account of; tell about in detail.
EXPLAIN	To make plain or clear; illustrate; rationalize.
IDENTIFY	To point out or name objectives or types.
INTERPRET	To translate information from observation, charts, tables, graphs, and written material.
MAINTAIN	To keep in a condition of good repair or efficiency.
METHOD	A means or manner of doing something that has procedures attached to it.
PREPARE	To include both processing and cooking procedures.
PROCEDURE	A prescribed series of steps taken to accomplish an end.
PROCESS	To include all procedures up to the point of cooking (e.g., cut, clean, etc.).

IPG Glossary of Terms *(continued)*

MAINTENANCE	Routine inspection and replacement of worn or deteriorating parts.
SERVICE	An act or business function provided to a customer in the course of one's profession (e.g., haircut).
TECHNIQUE	Within a procedure, the manner in which technical skills are applied.
TEST	<p>v. To subject to a procedure that ascertains effectiveness, value, proper function, or other quality.</p> <p>n. A way of examining something to determine its characteristics or properties, or to determine whether or not it is working correctly.</p>

Essential Skills Profiles

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

Over the past several years, the Government of Canada has conducted research examining the skills people use at work. From this research, Essential Skills Profiles have been developed for various occupations.

For more information regarding Essential Skills and to access Essential Skills Profiles for specific occupations, visit ESDC's Essential Skills website at:

<http://www.esdc.gc.ca/eng/jobs/les/profiles/index.shtml>

Profile Chart

OCCUPATIONAL SKILLS			
COO-100 Introduction to the Cooking Industry	COO-105 Personal Hygiene and Kitchen Sanitation	COO-110 Health and Safety	COO-115 Tools and Equipment
COO-120 Weights and Measures	COO-125 Cooking Principles	COO-130 Receiving and Storage	COO-350 Nutrition
COO-355 Cost Controls	COO-360 Menu Planning		
STOCKS, SOUPS AND SAUCES			
COO-200 Stocks and Soups	COO-205 Thickening and Binding Agents	COO-210 Sauces	COO-310 Marinades, Rubs and Brines
PRODUCE			
COO-135 Vegetables and Fungi	COO-140 Potatoes	COO-155 Fruits	
PASTAS, PULSES, GRAINS AND NUTS			
COO-145 Pulses, Grains and Nuts	COO-150 Pastas and Dumplings		
MEAT, POULTRY AND GAME			
COO-215 Meat Cutting and Processing	COO-217 Meat Cookery	COO-220 Poultry Cutting and Processing	COO-223 Poultry Cookery
COO-300 Charcuterie	COO-315 Game Cutting and Processing	COO-317 Game Cookery	
FISH AND SEAFOOD			
COO-225 Fish	COO-230 Seafood		
GARDE-MANGER			
COO-160 Salads	COO-165 Sandwiches	COO-235 Condiments and Accompaniments	COO-305 Aspics, Jellies and Glazes
COO-320 Hors D'oeuvres			

Profile Chart *(continued)*

DAIRY AND EGG PRODUCTS			
COO-170 Eggs and Dairy Products	COO-185 Egg and Breakfast Cookery		
BAKED GOODS AND DESSERTS			
COO-175 Introduction to Baking	COO-180 Bread Products	COO-240 Pastries	COO-245 Cookies
COO-250 Pies, Tarts, Flans and Fillings	COO-325 Cakes and Tortes	COO-330 Icings, Glazes, Meringues and Dessert Sauces	COO-335 Creams and Custards
COO-340 Frozen Desserts	COO-345 Chocolate		

Recommended Level Structure

Level 1			Level 2		
Unit Code	Title	Page	Unit Code	Title	Page
COO-100	Introduction to the Cooking Industry	22	COO-200	Stocks and Soups	54
COO-105	Personal Hygiene and Kitchen Sanitation	24	COO-205	Thickening and Binding Agents	56
COO-110	Health and Safety	26	COO-210	Sauces	57
COO-115	Tools and Equipment	27	COO-215	Meat Cutting and Processing	59
COO-120	Weights and Measures	28	COO-217	Meat Cookery	61
COO-125	Cooking Principles	29	COO-220	Poultry Cutting and Processing	63
COO-130	Receiving and Storage	31	COO-223	Poultry Cookery	65
COO-135	Vegetables and Fungi	33	COO-225	Fish	67
COO-140	Potatoes	35	COO-230	Seafood	69
COO-145	Pulses, Grains and Nuts	37	COO-235	Condiments and Accompaniments	71
COO-150	Pastas and Dumplings	38	COO-240	Pastries	72
COO-155	Fruits	40	COO-245	Cookies	73
COO-160	Salads	41	COO-250	Pies, Tarts, Flans and Fillings	75
COO-165	Sandwiches	42			
COO-170	Eggs and Dairy Products	43			
COO-175	Introduction to Baking	45			
COO-180	Bread Products	46			
COO-185	Egg and Breakfast Cookery	48			

Recommended Level Structure *(continued)*

Level 3		
Unit Code	Title	Page
COO-300	Charcuterie	78
COO-305	Aspics, Jellies and Glazes	80
COO-310	Marinades, Rubs and Brines	81
COO-315	Game Cutting and Processing	82
COO-317	Game Cookery	84
COO-320	Hors D'oeuvres	85
COO-325	Cakes and Tortes	86
COO-330	Icings, Glazes, Meringues and Dessert Sauces	88
COO-335	Creams and Custards	90
COO-340	Frozen Desserts	92
COO-345	Chocolate	93
COO-350	Nutrition	94
COO-355	Cost Controls	95
COO-360	Menu Planning	96

2011 NOA Sub-task to IPG Unit Comparison

NOA Sub-task		IPG Unit	
Task 1 – Maintains tools and equipment.			
1.01	Maintains knives.	COO-115	Tools and Equipment
1.02	Maintains pots, pans, and utensils.	COO-115	Tools and Equipment
1.03	Maintains equipment and appliances.	COO-115	Tools and Equipment
Task 2 – Organizes work.			
2.01	Communicates with others.	COO-100	Introduction to the Cooking Industry
2.02	Organizes kitchen workplace.	COO-100	Introduction to the Cooking Industry
		COO-105	Personal Hygiene and Kitchen Sanitation
		COO-110	Health and Safety
		COO-125	Cooking Principles
2.03	Schedules production.	COO-125	Cooking Principles
		COO-355	Cost Controls
Task 3 – Manages information.			
3.01	Plans menu and mise en place.	COO-125	Cooking Principles
		COO-355	Cost Controls
		COO-360	Menu Planning
3.02	Uses documentation.	COO-100	Introduction to the Cooking Industry
		COO-110	Health and Safety
Task 4 – Manages products and supplies.			
4.01	Orders products and supplies.	COO-360	Menu Planning
4.02	Receives products.	COO-130	Receiving and Storage
4.03	Maintains inventory.	COO-130	Receiving and Storage
		COO-355	Cost Controls
4.04	Stores products.	COO-130	Receiving and Storage
Task 5 – Performs routine trade activities.			
5.01	Uses recipes.	COO-120	Weights and Measures
		COO-360	Menu Planning
5.02	Performs portion control.	COO-120	Weights and Measures
5.03	Plates finished product.	COO-125	Cooking Principles
		Throughout	
5.04	Assembles hot and cold platters.	COO-165	Sandwiches
		COO-300	Charcuterie
		COO-320	Hors D’oeuvres
5.05	Uses personal protective equipment (PPE).	COO-110	Health and Safety
5.06	Maintains safe work environment.	COO-110	Health and Safety
5.07	Prepares convenience foods.	Throughout	
Task 6 – Practices food safety procedures.			
6.01	Sanitizes tools and equipment.	COO-105	Personal Hygiene and Kitchen Sanitation

NOA Sub-task		IPG Unit	
6.02	Maintains safe condition and temperature of finished product.	COO-125	Cooking Principles
		COO-105	Personal Hygiene and Kitchen Sanitation
		Throughout	
6.03	Adapts kitchen practices to customers' requirements.	COO-355	Cost Controls
		COO-360	Menu Planning
6.04	Maintains personal hygiene.	COO-105	Personal Hygiene and Kitchen Sanitation
6.05	Re-thermalizes foods.	COO-125	Cooking Principles
Task 7 – Prepares stocks.			
7.01	Selects stock ingredients.	COO-200	Stocks and Soups
7.02	Processes stock ingredients.	COO-200	Stocks and Soups
7.03	Completes stocks.	COO-200	Stocks and Soups
Task 8 – Prepares thickening and binding agents.			
8.01	Select thickening and binding ingredients.	COO-205	Thickening and Binding Agents
8.02	Combines thickening and binding ingredients.	COO-205	Thickening and Binding Agents
Task 9 – Prepares soups.			
9.01	Selects soup ingredients.	COO-200	Stocks and Soups
9.02	Processes soup ingredients.	COO-200	Stocks and Soups
9.03	Completes soups.	COO-200	Stocks and Soups
Task 10 – Prepares sauces.			
10.01	Selects sauce ingredients.	COO-210	Sauces
10.02	Uses alcohol in sauces.	COO-210	Sauces
10.03	Processes sauce ingredients.	COO-210	Sauces
10.04	Completes sauces.	COO-210	Sauces
Task 11 – Prepares marinades and brines.			
11.01	Selects marinade and brine ingredients.	COO-310	Marinades, Rubs and Brines
11.02	Processes marinade and brine ingredients.	COO-310	Marinades, Rubs and Brines
Task 12 – Prepares vegetables.			
12.01	Selects vegetables.	COO-135	Vegetables and Fungi
		COO-140	Potatoes
12.02	Cleans vegetables.	COO-135	Vegetables and Fungi
		COO-140	Potatoes
12.03	Cuts vegetables.	COO-135	Vegetables and Fungi
		COO-140	Potatoes
12.04	Finishes vegetables.	COO-135	Vegetables and Fungi
		COO-140	Potatoes
Task 13 – Prepares fruits.			
13.01	Selects fruit.	COO-155	Fruits
13.02	Cleans fruit.	COO-155	Fruits
13.03	Cuts fruit.	COO-155	Fruits
13.04	Finishes fruit.	COO-155	Fruits

NOA Sub-task		IPG Unit	
Task 14 – Prepares herbs and spices.			
14.01	Selects herbs and spices.	COO-125	Cooking Principles
14.02	Cleans herbs and spices.	COO-125	Cooking Principles
14.03	Finishes herbs and spices.	COO-125	Cooking Principles
Task 15 – Prepares pastas.			
15.01	Selects pasta ingredients.	COO-150	Pastas and Dumplings
15.02	Makes pastas.	COO-150	Pastas and Dumplings
15.03	Cooks pastas.	COO-150	Pastas and Dumplings
15.04	Assembles pasta dishes.	COO-150	Pastas and Dumplings
Task 16 – Prepares pulses, grains and nuts.			
16.01	Selects pulses, grains and nuts.	COO-145	Pulses, Grains and Nuts
16.02	Cooks pulses, grains and nuts.	COO-145	Pulses, Grains and Nuts
Task 17 – Prepares meat and game meat.			
17.01	Selects meat and game meat.	COO-215	Meat Cutting and Processing
		COO-315	Game Cutting and Processing
17.02	Processes meat and game meat.	COO-215	Meat Cutting and Processing
		COO-315	Game Cutting and Processing
17.03	Cooks meat and game meat.	COO-217	Meat Cookery
		COO-317	Game Cookery
17.04	Carves meat and game meat.	COO-217	Meat Cookery
		COO-317	Game Cookery
Task 18 – Prepares poultry and game birds.			
18.01	Selects poultry and game birds.	COO-220	Poultry Cutting and Processing
		COO-315	Game Cutting and Processing
18.02	Processes poultry and game birds.	COO-220	Poultry Cutting and Processing
		COO-315	Game Cutting and Processing
18.03	Cooks poultry and game birds.	COO-223	Poultry Cookery
		COO-317	Game Cookery
18.04	Carves poultry and game birds.	COO-223	Poultry Cookery
		COO-317	Game Cookery
Task 19 – Prepares variety meats.			
19.01	Selects variety meats.	COO-300	Charcuterie
19.02	Processes variety meats.	COO-300	Charcuterie
19.03	Cooks variety meats.	COO-300	Charcuterie
Task 20 – Prepares fish.			
20.01	Selects fish.	COO-225	Fish
20.02	Processes fish.	COO-225	Fish
20.03	Cooks fish.	COO-225	Fish
20.04	Finishes fish.	COO-225	Fish
Task 21 – Prepares shellfish.			
21.01	Selects shellfish.	COO-230	Seafood
21.02	Processes shellfish.	COO-230	Seafood
21.03	Cooks shellfish.	COO-230	Seafood
21.04	Finishes shellfish.	COO-230	Seafood

NOA Sub-task		IPG Unit	
Task 22 – Prepares salads.			
22.01	Selects salad ingredients.	COO-160	Salads
22.02	Processes salad ingredients.	COO-160	Salads
22.03	Processes dressings.	COO-160	Salads
22.04	Assembles salads.	COO-160	Salads
Task 23 – Prepares hors d’oeuvres.			
23.01	Selects hors d’oeuvres ingredients.	COO-320	Hors D’œuvres
23.02	Processes hors d’oeuvre ingredients.	COO-320	Hors D’œuvres
23.03	Finishes hors d’oeuvres.	COO-320	Hors D’œuvres
Task 24 – Prepares sandwiches.			
24.01	Selects sandwich ingredients.	COO-165	Sandwiches
24.02	Processes sandwich ingredients.	COO-165	Sandwiches
24.03	Assembles sandwiches.	COO-165	Sandwiches
Task 25 – Prepares pâtés and terrines.			
25.01	Selects ingredients for pâtés and terrines.	COO-300	Charcuterie
25.02	Processes ingredients for pâtés and terrines.	COO-300	Charcuterie
25.03	Finishes pâtés and terrines.	COO-300	Charcuterie
Task 26 – Prepares condiments and accompaniments.			
26.01	Selects ingredients for condiments and accompaniments.	COO-235	Condiments and Accompaniments
26.02	Processes ingredients for condiments and accompaniments.	COO-235	Condiments and Accompaniments
Task 27 – Prepares aspics, jellies and glazes.			
27.01	Selects ingredients for aspics, jellies and glazes.	COO-305	Aspics, Jellies and Glazes
27.02	Processes ingredients for aspics, jellies and glazes.	COO-305	Aspics, Jellies and Glazes
Task 28 – Prepares cheese and dairy-related dishes.			
28.01	Selects cheese and dairy-related ingredients.	COO-170	Eggs and Dairy Products
28.02	Processes cheese and dairy-related ingredients.	COO-170	Eggs and Dairy Products
28.03	Finishes cheese and dairy-related products.	COO-170	Eggs and Dairy Products
Task 29 – Prepares eggs and egg-related dishes.			
29.01	Selects ingredients for eggs and egg-related dishes.	COO-185	Egg and Breakfast Cookery
29.02	Processes ingredients for eggs and egg-related dishes.	COO-185	Egg and Breakfast Cookery
29.03	Cooks eggs and egg-related dishes.	COO-185	Egg and Breakfast Cookery

NOA Sub-task		IPG Unit	
Task 30 – Prepares dough.			
30.01	Selects ingredients for dough.	COO-150	Pastas and Dumplings
		COO-180	Bread Products
		COO-185	Egg and Breakfast Cookery
		COO-245	Cookies
30.02	Mixes ingredients for dough.	COO-150	Pastas and Dumplings
		COO-180	Bread Products
		COO-185	Egg and Breakfast Cookery
		COO-245	Cookies
30.03	Processes dough.	COO-150	Pastas and Dumplings
		COO-180	Bread Products
		COO-185	Egg and Breakfast Cookery
		COO-245	Cookies
30.04	Cooks dough products.	COO-150	Pastas and Dumplings
		COO-180	Bread Products
		COO-185	Egg and Breakfast Cookery
		COO-245	Cookies
Task 31 – Prepares batters.			
31.01	Selects ingredients for batters.	COO-185	Egg and Breakfast Cookery
		COO-245	Cookies
31.02	Combines ingredients for batters.	COO-185	Egg and Breakfast Cookery
		COO-245	Cookies
31.03	Cooks batters.	COO-185	Egg and Breakfast Cookery
		COO-245	Cookies
Task 32 – Prepares creams, mousses, frozen desserts, fillings, icings, toppings and sugar works.			
32.01	Selects ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works.	COO-250	Pies, Tarts, Flans and Fillings
		COO-330	Icings, Glazes, Meringues and Dessert Sauces
		COO-335	Creams and Custards
		COO-340	Frozen Desserts
32.02	Processes ingredients for creams, mousses, frozen desserts and fillings.	COO-250	Pies, Tarts, Flans and Fillings
		COO-335	Creams and Custards
		COO-340	Frozen Desserts
32.03	Finishes creams, mousses and frozen desserts.	COO-335	Creams and Custards
		COO-340	Frozen Desserts
32.04	Prepares icings and toppings for cakes.	COO-330	Icings, Glazes, Meringues and Dessert Sauces
32.05	Prepares sugar works.	COO-330	Icings, Glazes, Meringues and Dessert Sauces
Task 33 – Prepares dessert sauces.			
33.01	Selects ingredients for dessert sauces.	COO-330	Icings, Glazes, Meringues and Dessert Sauces
33.02	Processes ingredients for dessert sauces.	COO-330	Icings, Glazes, Meringues and Dessert Sauces

NOA Sub-task		IPG Unit	
33.03	Finishes dessert sauces.	COO-330	Icings, Glazes, Meringues and Dessert Sauces
Task 34 – Assembles cakes.			
34.01	Selects cake components for assembly.	COO-325	Cakes and Tortes
34.02	Decorates cakes.	COO-325	Cakes and Tortes
Task 35 – Prepares pastries and pies.			
35.01	Selects ingredients for pastries and pies.	COO-240	Pastries
		COO-250	Pies, Tarts, Flans and Fillings
		COO-330	Icings, Glazes, Meringues and Dessert Sauces
35.02	Assembles pastries and pies.	COO-240	Pastries
		COO-250	Pies, Tarts, Flans and Fillings
		COO-330	Icings, Glazes, Meringues and Dessert Sauces
35.03	Finishes pastries and pies.	COO-240	Pastries
		COO-250	Pies, Tarts, Flans and Fillings
		COO-330	Icings, Glazes, Meringues and Dessert Sauces
Task 36 – Prepares chocolate.			
36.01	Selects chocolate.	COO-345	Chocolate
36.02	Processes chocolate.	COO-345	Chocolate
36.03	Stores chocolate.	COO-345	Chocolate

LEVEL 1

Learning Outcomes:

- Demonstrate knowledge of the structure of the cooking industry and roles of personnel.
- Demonstrate knowledge of effective communication practices.
- Demonstrate knowledge of trade-related documentation and their applications.

Objectives and Content:

1. Define terminology associated with the cooking industry.
2. Identify standards for industry professionalism.
 - i) dress code
 - ii) personal conduct
3. Describe effective verbal and non-verbal communication and problem solving techniques.
 - i) co-workers
 - ii) suppliers
 - iii) supervisors
 - iv) customers
4. Explain the importance of the coaching and mentoring relationship between journey person and apprentice.
5. Identify methods and tools used for communication in the workplace.
 - i) computers (email)
 - ii) faxes
 - iii) personal digital assistants (PDA)
 - iv) telephones
 - v) verbal
6. Identify types of documentation and describe their applications.
 - i) time and temperature charts
 - ii) recipe files
 - iii) schedules

- iv) forms
 - v) reports
7. Describe the procedures used to interpret and prepare documentation.
 - i) inventory forms
 - ii) accident reports
 - iii) requisitions
 8. Describe the procedures used to locate and interpret documentation and resource material.
 - i) written
 - ii) electronic
 9. Identify the types of food service operations, personnel and career paths within the cooking industry.
 - i) classical brigade
 - ii) modern
 - iii) industry sectors
 10. Describe attributes to be successful in the industry.
 - i) trade expectations
 - ii) work ethics

Learning Outcomes:

- Demonstrate knowledge of kitchen sanitation standards.
- Demonstrate knowledge of personal hygiene principles and practices.
- Demonstrate knowledge of food handling and storage practices.
- Demonstrate knowledge of common food allergies and intolerances.

Objectives and Content:

1. Define terminology associated with personal hygiene and hygienic practices.
2. Interpret codes, regulations and requirements pertaining to kitchen sanitation and safe food handling practices.
 - i) federal
 - ii) provincial/territorial
 - iii) municipal
3. Interpret food health regulations and guidelines associated with the practice of personal hygiene.
4. Interpret regulations and guidelines associated with wearing personal items.
 - i) fragrances
 - ii) hair restraints
 - iii) jewelry
 - iv) nail polish and accessories
5. Identify sanitizing products and describe their applications and procedures for use.
6. Describe the three-sink method of sanitization.
7. Describe the procedures used to disassemble and assemble kitchen tools and equipment and their accessories for sanitizing purposes.
8. Describe the procedures used to maintain a sanitary food service operation.
 - i) clean, sanitize and sterilize
 - ii) manage waste and recycle

- iii) control pests and rodents
 - iv) prevent cross contamination
9. Describe the procedures used to ensure personal hygiene and clean apparel.
 10. Describe the procedures used for hand washing.
 11. Identify types of food-borne illnesses, their causes and prevention.
 12. Identify types of food contamination, their causes and prevention.
 - i) chemical
 - ii) biological
 - iii) physical
 13. Identify proper food handling and storage techniques.
 - i) cleanliness
 - ii) preventing cross-contamination
 - iii) maintaining foods at safe temperatures (food danger zone)
 - iv) receiving and storing foods (first in, first out - FIFO)
 14. Identify common food allergies and intolerances.
 15. Identify religious and cultural food considerations.
 16. Describe safety analysis system standards and their use in food service operations.
 - i) Hazard Analysis Critical Control Points (HACCP)
 - ii) EcoSure
 - iii) food safety plan

COO-110 Health and Safety

Learning Outcomes:

- Demonstrate knowledge of industry standards and safe work practices.
- Demonstrate knowledge of regulatory requirements pertaining to health and safety.

Objectives and Content:

1. Define terminology associated with health and safety.
2. Identify hazards and describe safe work practices pertaining to health and safety in the kitchen.
 - i) physical
 - ii) fire
 - iii) chemical
 - iv) environmental
3. Interpret codes and regulations pertaining to health and safety.
 - i) federal
 - Material Safety Data Sheets (MSDS)
 - Workplace Hazardous Material Information System (WHMIS)
 - ii) provincial/territorial
 - Occupational Health and Safety (OH&S)
 - health inspections
 - food handling training (jurisdictional requirements)
 - first aid and CPR
 - iii) municipal
 - jurisdictional requirements
4. Identify types of personal protective equipment (PPE) and describe their applications and procedures for use.

COO-115 Tools and Equipment

Learning Outcomes:

- Demonstrate knowledge of kitchen tools and equipment, their applications, basic maintenance and procedures for use.

Objectives and Content:

1. Define terminology associated with kitchen tools and equipment.
2. Identify hazards and describe safe practices and precautions pertaining to the use of kitchen tools and equipment.
3. Identify types of knives and describe their characteristics, applications and procedures for use.
4. Identify the tools used to sharpen and hone knives, and describe their applications and procedures for use.
5. Describe the procedures used to inspect and store knives.
6. Identify types of pots and pans, and describe their characteristics, applications and procedures for use.
7. Describe the procedures used to inspect and store pots and pans.
8. Identify types of utensils and describe their characteristics, applications and procedures for use.
9. Describe the procedures used to inspect and store utensils.
10. Identify types of equipment and appliances, and describe their accessories, applications and procedures for use.
11. Describe the procedures used to inspect, maintain, and store equipment and appliances.

Learning Outcomes:

- Demonstrate knowledge of systems of measurement and their conversions.
- Demonstrate knowledge of cost controls.

Objectives and Content:

1. Define terminology associated with systems of measurement.
2. Identify systems of measurement and their abbreviations.
3. Identify tools and equipment used to weigh and measure, and describe their procedures for use.
 - i) weight
 - ii) volume
 - iii) liquid measurements
 - iv) dry measurements
4. Describe the procedures used to read and follow recipes.
5. Describe the procedures used to adjust recipe yields and perform conversions.
6. Identify methods of cost control and describe their characteristics.
 - i) food purchase specifications
 - ii) standardized recipes
 - iii) standardized yields
 - iv) standardized portions

Learning Outcomes:

- Demonstrate knowledge of basic food preparation and service procedures.

Objectives and Content:

1. Define terminology associated with basic cooking principles.
2. Explain the principles of heat transfer.
 - i) conduction
 - ii) convection
 - iii) radiation
 - iv) induction
 - v) sous vide
3. Explain the principles of thermal technology.
 - i) gas
 - ii) electric
 - iii) direct and indirect heat
 - iv) heat control
4. Identify methods used to cook foods and describe their associated procedures.
 - i) dry
 - ii) moist
 - iii) combination
5. Identify methods used to check for doneness of foods and describe their associated procedures.
6. Identify types of seasonings and flavourings used to enhance foods, and describe their characteristics, applications and procedures for use.
7. Identify methods used to take temperatures of food products and describe their associated procedures.
8. Identify food quality indicators and testing techniques, and describe their associated procedures.

9. Identify basic kitchen practices and describe their applications.
 - i) finishing techniques
 - ii) holding foods
 - iii) plating techniques
 - iv) re-thermalization
 - v) cooling
10. Identify the styles of menus and describe their characteristics and applications.
11. Describe the procedures used to plan workspace and mise en place.

COO-130 Receiving and Storage

Learning Outcomes:

- Demonstrate knowledge of the procedures used to receive and inspect goods.
- Demonstrate knowledge of the procedures used to store goods.

Objectives and Content:

1. Define terminology associated with receipt, inspection and storage of goods.
2. Describe the procedures used to confirm information contained on invoices.
3. Identify allergy and food intolerance considerations as they relate to receiving and storing food products.
 - i) cross-contamination
 - ii) labelling of ingredients
4. Identify types of goods and describe the procedures used to receive, inspect and store them.
 - i) dairy
 - ii) produce
 - iii) meats
 - iv) poultry
 - v) seafood
 - vi) dry goods
 - vii) non-food items
 - viii) chemicals
5. Identify types of food storage and describe their applications.
 - i) frozen
 - ii) refrigerated
 - iii) dry storage
6. Describe the procedures used to label, date, initialize and rotate stock.

7. Identify forms and reports relating to receiving, inspecting and storing goods, and describe the procedures used to interpret and complete them.
- i) requisitions
 - ii) inventory forms
 - iii) credit notes/refusals
 - iv) product tracking slips
 - v) invoices

Learning Outcomes:

- Demonstrate knowledge of vegetables and fungi and their applications.
- Demonstrate knowledge of the procedures used to prepare vegetables and fungi, and vegetable and fungi dishes.

Objectives and Content:

1. Define terminology associated with vegetables and fungi.
2. Identify types of vegetables and describe their characteristics and applications.
3. Identify types of fungi and describe their characteristics and applications.
4. Identify classical cuts and describe their characteristics, applications and associated procedures.
5. Identify the factors that affect flavour, colour, texture and nutrients of vegetables.
 - i) cooking process
 - ii) acids/alkalis
 - iii) water amounts
 - iv) size of cut of vegetable
6. Identify the factors to consider when selecting vegetables and fungi.
 - i) local availability
 - ii) seasonal availability
 - iii) freshness
 - iv) storage life
 - v) certified organic
 - vi) applications
 - vii) processed
 - viii) sustainability
7. Identify market forms (pre-prepared and packaged) of vegetables and fungi, and describe their characteristics and applications.
8. Identify allergies and intolerances specific to vegetables and fungi.

9. Identify vegetable and fungi dishes and describe their characteristics.
10. Describe the procedures used to prepare vegetables and fungi.
11. Describe the procedures used to prepare vegetable and fungi dishes.
12. Describe plating and finishing techniques.
13. Describe the procedures used to handle and store vegetables, fungi, and vegetable and fungi dishes.

COO-140 Potatoes

Learning Outcomes:

- Demonstrate knowledge of potatoes and their applications.
- Demonstrate knowledge of the procedures used to prepare potatoes and potato dishes.

Objectives and Content:

1. Define terminology associated with potatoes.
2. Identify classifications and types of potatoes, and describe their characteristics and applications.
3. Identify market forms (pre-prepared and packaged) of potatoes.
4. Identify the factors to consider when selecting potatoes.
 - i) local availability
 - ii) seasonal availability
 - iii) freshness
 - iv) storage life
 - v) certified organic
 - vi) applications
 - vii) processed
 - viii) sustainability
5. Identify allergies and intolerances specific to potatoes.
6. Identify classical cuts and describe their characteristics, applications and associated procedures.
7. Identify potato dishes and describe their characteristics.
8. Describe the procedures used to prepare potatoes.
9. Describe the procedures used to prepare potato dishes.

10. Describe plating and finishing techniques.
11. Describe the procedures used to handle and store potatoes and potato dishes.

Learning Outcomes:

- Demonstrate knowledge of pulses, grains and nuts and their applications.
- Demonstrate knowledge of the procedures used to prepare pulses, grains and nuts, and related dishes.

Objectives and Content:

1. Define terminology associated with pulses, grains and nuts.
2. Identify types of pulses and describe their characteristics and applications.
3. Identify types of rice and grains, and describe their characteristics and applications.
4. Identify types of nuts and describe their characteristics and applications.
5. Identify allergies and intolerances specific to pulses, grains and nuts.
6. Describe the procedures used to prepare pulses, grains and nuts, and related dishes.
7. Describe the methods to determine yields of pulses, grains and nuts.
8. Describe plating and finishing techniques.
9. Describe the procedures used to handle and store pulses, grains and nuts, and related dishes.

Learning Outcomes:

- Demonstrate knowledge of pastas and dumplings and their applications.
- Demonstrate knowledge of the procedures used to prepare pastas and dumplings.

Objectives and Content:

1. Define terminology associated with pastas and dumplings.
2. Identify classifications and types of pastas, and describe their characteristics and applications.
 - i) fresh
 - ii) dried
3. Identify types of dumplings and describe their characteristics and applications.
4. Identify allergies and intolerances specific to pastas and dumplings.
5. Describe the procedures used to process fresh pastas.
 - i) selecting ingredients
 - ii) selecting equipment
 - iii) filling
 - iv) drying
6. Describe the procedures used to prepare pastas.
7. Describe the procedures used to prepare dumplings.
8. Describe the methods to determine yield and doneness of pastas.
9. Describe the procedures used to determine doneness of dumplings.
10. Describe the procedures used to assemble pasta dishes.

11. Describe plating and finishing techniques.
12. Describe the procedures used to handle and store pastas, dumplings and related dishes.

Learning Outcomes:

- Demonstrate knowledge of fruits and their applications.
- Demonstrate knowledge of the procedures used to prepare fruit and fruit dishes.

Objectives and Content:

1. Define terminology associated with fruits.
2. Identify classifications of fruit and describe their characteristics and applications.
3. Identify the factors to consider when selecting fruits.
 - i) local availability
 - ii) seasonal availability
 - iii) freshness
 - iv) storage life
 - v) certified organic
 - vi) applications
 - vii) processed
 - viii) sustainability
4. Identify allergies and intolerances specific to fruits.
5. Identify types of fruit dishes and describe their characteristics.
 - i) cooked
 - ii) uncooked
6. Describe the procedures used to prepare fruits.
7. Describe the procedures used to prepare fruit dishes.
8. Describe plating and finishing techniques.
9. Describe the procedures used to handle and store fruits and fruit dishes.

Learning Outcomes:

- Demonstrate knowledge of salads and salad dressings and their applications.
- Demonstrate knowledge of the procedures used to prepare salads.

Objectives and Content:

1. Define terminology associated with salads.
2. Identify types of hot and cold salads and describe their characteristics and applications.
3. Identify the factors to consider when selecting ingredients for salads.
4. Describe the procedures used to prepare salad ingredients.
5. Identify types of salad dressings and ingredients, and describe their characteristics and applications.
6. Identify allergies and intolerances specific to ingredients found in salads and salad dressings.
7. Describe the procedures used to select and prepare salad dressings.
8. Describe the procedures used to assemble salads.
9. Describe plating/buffet and finishing techniques.
10. Describe the procedures used to handle and store salads and dressings.

Learning Outcomes:

- Demonstrate knowledge of sandwiches and their applications.
- Demonstrate knowledge of the procedures used to prepare sandwiches.

Objectives and Content:

1. Define terminology associated with sandwiches.
2. Identify types of sandwiches and describe their characteristics.
 - i) hot
 - ii) cold
 - iii) fancy
3. Identify the factors to consider when selecting sandwich ingredients.
4. Identify and describe components of sandwiches.
5. Identify allergies and intolerances specific to ingredients used in sandwiches.
6. Describe the procedures used to prepare sandwich ingredients.
7. Describe the procedures used to assemble sandwiches.
8. Identify styles of service associated with sandwiches.
9. Describe plating/platter and finishing techniques.
10. Describe the procedures used to handle and store sandwiches and fillings.

Learning Outcomes:

- Demonstrate knowledge of eggs, dairy products, substitutes and their applications.

Objectives and Content:

1. Define terminology associated with eggs and dairy products.
2. Describe the composition of eggs.
3. Identify the grades and sizes of eggs, and describe their characteristics and applications.
4. Identify types of egg substitutes and describe their characteristics and applications.
5. Identify classifications and types of milk and milk products, and describe their characteristics and applications.
6. Identify classifications and types of creams and cream products, and describe their characteristics and applications.
7. Identify classifications and types of butters and butter products, and describe their characteristics and applications.
8. Identify types of dairy substitutes and describe their characteristics and applications.
9. Identify classifications and types of cheese and cheese products according to the Dairy Bureau of Canada, and describe their characteristics and applications.
10. Identify types of international and specialty cheeses, and describe their characteristics and applications.
11. Identify market forms (pre-prepared and packaged) of eggs and dairy products, and describe their characteristics and applications.
12. Identify the factors to consider when selecting eggs and dairy products.
 - i) local availability
 - ii) freshness

- iii) storage life
 - iv) certified organic
 - v) applications
 - vi) processed
13. Describe the manufacturing process of dairy products.
- i) pasteurization
 - ii) homogenization
14. Identify allergies and intolerances specific to eggs and dairy products.
15. Describe the procedures used to handle and store eggs and dairy products.

Learning Outcomes:

- Demonstrate knowledge of bakeshop ingredients and their applications.
- Demonstrate knowledge of baking formulas and measurements.
- Demonstrate knowledge of basic baking science principles.

Objectives and Content:

1. Define terminology associated with baking ingredients and basic baking principles.
2. Identify bakeshop tools and equipment and describe their applications and their procedures for use.
3. Identify bakeshop ingredients and describe their characteristics and applications.
 - i) flours
 - ii) fats/shortenings
 - iii) sweeteners
 - iv) liquids
 - v) leavening agents
 - vi) flavourings
 - vii) chocolates
 - viii) dairy products
 - ix) specialty products
4. Identify the factors to consider when selecting ingredients for bakeshop items.
5. Identify market forms (pre-prepared and packaged) of baking products and describe their characteristics and applications.
6. Explain the basic principles of baking science.
 - i) mixing
 - ii) leavening
 - iii) gluten development
 - iv) baking environment

7. Describe the procedures used to handle and store bakeshop ingredients.
8. Calculate formulas and bakers percentages.

Learning Outcomes:

- Demonstrate knowledge of bread products and their applications.
- Demonstrate knowledge of the procedures used to prepare bread products.

Objectives and Content:

1. Define terminology associated with bread products.
2. Identify types of bread products and describe their characteristics and applications.
 - i) bread dough
 - leavened
 - unleavened
 - ii) rolls/buns
3. Identify ingredients used in bread products and describe their characteristics and applications.
 - i) flours
 - ii) fats/shortenings
 - iii) sweeteners
 - iv) liquids
 - v) leavening agents
 - vi) dairy products
 - vii) specialty products
4. Identify market forms (pre-prepared and packaged) of bread products and describe their characteristics and applications.
5. Identify the factors to consider when selecting ingredients for bread products.
6. Identify allergies and intolerances specific to bread products.
7. Identify mixing methods used for bread products and describe their associated procedures.
8. Describe the procedures used to prepare bread products.

9. Describe the procedures used to finish bread products.
10. Describe the procedures used to handle and store bread products.
11. Calculate formulas and bakers percentages.

Learning Outcomes:

- Demonstrate knowledge of egg and breakfast dishes and their applications.
- Demonstrate knowledge of the procedures used to prepare egg and breakfast dishes.

Objectives and Content:

1. Define terminology associated with egg and breakfast cookery.
2. Identify types of egg dishes used in breakfast cookery and describe their characteristics.
3. Identify types of proteins used in breakfast cookery and describe their characteristics.
 - i) meat
 - ii) fish
 - iii) vegetables
 - iv) dairy
4. Identify types of breads and quick breads used in breakfast cookery and describe their characteristics.
5. Identify mixing methods used in preparing quick breads.
6. Identify types of batters used in breakfast cookery and describe their characteristics and applications.
7. Identify types of hot and cold cereals used in breakfast cookery and describe their characteristics.
8. Identify types of fruits and vegetables used in breakfast cookery and describe their applications.
9. Identify types of hot and cold beverages used in breakfast cookery and describe their applications.

10. Identify market forms (pre-prepared and packaged) of breakfast products and describe their characteristics and applications.
11. Identify allergies and intolerances specific to ingredients used in breakfast dishes.
12. Describe the procedures used to prepare eggs.
 - i) boiled
 - ii) poached
 - iii) fried
 - iv) scrambled
 - v) shirred
13. Describe the procedures used to prepare egg dishes.
 - i) omelets
 - ii) quiches
 - iii) soufflés
14. Describe the procedures used to prepare breakfast dishes.
 - i) proteins
 - ii) breads
 - iii) cereals
 - iv) fruits and vegetables
15. Describe plating and finishing techniques.
16. Describe buffet and serving techniques.
17. Describe the procedures used to handle and store breakfast items.

LEVEL 2

Learning Outcomes:

- Demonstrate knowledge of stocks and their applications.
- Demonstrate knowledge of the procedures used to prepare stocks.
- Demonstrate knowledge of soups and their applications.
- Demonstrate knowledge of the procedures used to prepare soups.

Objectives and Content:

1. Define terminology associated with stocks and soups.
2. Identify types of stocks and describe their characteristics, applications and procedures for use.
3. Identify types of soups and describe their characteristics and serving temperatures.
 - i) clear and consommés
 - ii) thickened
 - iii) specialty/international
4. Identify types of convenience products and describe their applications.
 - i) stocks
 - ii) soups
 - iii) soup bases
5. Identify the factors to consider when selecting ingredients for stocks.
6. Identify the factors to consider when selecting ingredients for soups.
7. Identify ingredients and ratios used in stocks.
8. Identify allergies and intolerances specific to ingredients used in stocks and soups.
9. Describe the procedures used to prepare stocks.
 - i) selecting cooking time and temperature
 - ii) straining

- iii) remouillage
- iv) reduction
 - glace
- v) skimming

- 10. Describe the procedures used to prepare soups.
- 11. Describe the procedures used to reconstitute soups.
- 12. Describe plating and finishing techniques.
- 13. Describe the procedures used to cool and store stocks and soups.

Learning Outcomes:

- Demonstrate knowledge of thickening and binding agents and their applications.
- Demonstrate knowledge of the procedures used to prepare thickening and binding agents.

Objectives and Content:

1. Define terminology associated with thickening and binding agents.
2. Identify types of thickening and binding agents, and describe their applications and procedures for use.
 - i) roux
 - ii) starches
 - iii) liaison
 - iv) beurre manie
 - v) vegetable purées
 - vi) reductions
 - vii) emulsifiers
3. Identify the factors to consider when selecting ingredients for thickening and binding agents.
4. Identify ingredients and ratios used to process thickening and binding agents.
5. Identify allergies and intolerances specific to ingredients used in thickening and binding agents.
6. Describe the procedures used to prepare thickening and binding agents.

Learning Outcomes:

- Demonstrate knowledge of sauces and their applications.
- Demonstrate knowledge of the procedures used to prepare sauces.

Objectives and Content:

1. Define terminology associated with sauces.
2. Identify types of mother sauces and their derivatives, and describe their characteristics and applications.
 - i) brown sauce
 - ii) béchamel
 - iii) velouté
 - iv) tomato
 - v) hollandaise
3. Identify types of non-traditional sauces and describe their characteristics and applications.
 - i) non-derivative
 - ii) international
 - iii) convenience products
 - iv) chutneys and salsas
4. Identify types of butter sauces and compound butter, and describe their characteristics and applications.
5. Identify types of pan gravies, jus lié and fond, and describe their characteristics and applications.
6. Identify the factors to consider when selecting ingredients for sauces.
7. Identify ingredients and ratios used in sauces.
8. Identify allergies and intolerances specific to ingredients used in sauces.
9. Describe the procedures used to prepare hot and cold sauces.

10. Describe finishing techniques for sauces and their associated procedures.
11. Describe the procedures used to cool and store sauces.

Learning Outcomes:

- Demonstrate knowledge of meats and their applications.
- Demonstrate knowledge of the procedures used to cut and process meats.

Objectives and Content:

1. Define terminology associated with cutting and processing meats.
2. Identify hazards and describe safe work practices and precautions pertaining to handling, serving and storing raw meats.
3. Interpret Canadian Food Inspection Agency (CFIA) regulations pertaining to meats.
 - i) inspection
 - ii) grading
 - iii) cut classification
4. Identify meat grades and describe their characteristics.
5. Identify the factors to consider when selecting meats.
 - i) local availability
 - ii) seasonal availability
 - iii) freshness
 - iv) storage life
 - v) certified organic
 - vi) applications
 - vii) processed
 - viii) sustainability
6. Identify types of variety meats and describe their characteristics and applications.
7. Identify types of domestic meats and describe their characteristics and applications.
 - i) beef
 - ii) pork

- iii) veal
 - iv) lamb
8. Identify meat cuts and describe their characteristics and applications.
- i) primal
 - ii) sub-primal
 - iii) fabricated
9. Describe the aging process for meat.
- i) wet
 - ii) dry
10. Describe the procedures used to marinate, cure, smoke and pickle meats.
11. Describe meat ordering specifications.
12. Identify the factors to consider when freezing and defrosting meats.
13. Describe the procedures used to process meats.
- i) de-bone
 - ii) tenderize
 - iii) trim
 - iv) portion
 - v) grind

COO-217 Meat Cookery

Learning Outcomes:

- Demonstrate knowledge of the procedures used to cook meats and meat dishes.

Objectives and Content:

1. Define terminology associated with cooking meats.
2. Identify hazards and describe safe work practices and precautions pertaining to cooking meats.
3. Identify allergies and intolerances specific to meats.
4. Identify the factors to consider when cooking meats.
 - i) cut of meat
 - ii) muscle structure and marbling
 - iii) degree of doneness
 - iv) flavourings and seasonings
 - v) equipment
 - vi) temperature
 - vii) time
 - viii) yield
 - ix) resting
 - x) use of excess product
5. Identify methods used to cook meats, and describe their associated procedures.
 - i) dry heat
 - ii) moist heat
 - iii) combination
6. Describe the procedures used to carve meats.
7. Identify market forms (pre-prepared and packaged) of meats and describe their characteristics and applications.
8. Describe the procedures used to cook meats and meat dishes.

9. Describe plating and finishing techniques, including garnishes and accompaniments.
10. Describe the procedures used to handle, serve and store meats and meat dishes.

Learning Outcomes:

- Demonstrate knowledge of poultry and its applications.
- Demonstrate knowledge of the procedures used to cut and process poultry.

Objectives and Content:

1. Define terminology associated with cutting and processing poultry.
2. Identify hazards and describe safe work practices and precautions pertaining to handling and storing raw poultry.
3. Interpret Canadian Food Inspection Agency (CFIA) regulations pertaining to poultry.
 - i) inspection
 - ii) grading
 - iii) cut classification
4. Identify types of poultry and describe their characteristics and applications.
5. Identify classifications, grades and market forms (pre-prepared and packaged) of poultry, and describe their characteristics and applications.
6. Identify the factors to consider when selecting poultry.
 - i) local availability
 - ii) seasonal availability
 - iii) freshness
 - iv) storage life
 - v) certified organic
 - vi) applications
 - vii) processed
 - viii) sustainability
7. Identify the factors to consider when freezing and defrosting poultry.
8. Describe the procedures used to marinate, cure and smoke poultry.

9. Describe the procedures used to process poultry.
- i) trim
 - ii) portion
 - iii) debone
 - iv) truss
 - v) grind

Learning Outcomes:

- Demonstrate knowledge of the procedures used to cook poultry and poultry dishes.

Objectives and Content:

1. Define terminology associated with cooking poultry.
2. Identify hazards and describe safe work practices and precautions pertaining to cooking poultry.
3. Identify allergies and intolerances specific to poultry.
4. Identify the factors to consider when cooking poultry.
 - i) cut of poultry
 - ii) muscle structure
 - iii) degree of doneness
 - iv) flavouring and seasoning
 - v) equipment
 - vi) temperature
 - vii) time
 - viii) yield
 - ix) resting
 - x) use of excess product
5. Identify methods used to cook poultry, and describe their associated procedures.
 - i) dry heat
 - ii) moist heat
 - iii) combination
6. Identify types of poultry stuffing, and describe their characteristics and applications.
7. Describe the procedures used to prepare poultry stuffing.
8. Describe the procedures used to carve poultry.

9. Describe the procedures used to cook poultry and poultry dishes.
10. Describe plating and finishing techniques, including garnishes and accompaniments.
11. Describe the procedures used to handle, serve and store poultry, and poultry dishes.

Learning Outcomes:

- Demonstrate knowledge of fish and their applications.
- Demonstrate knowledge of the procedures used to prepare fish and fish dishes.

Objectives and Content:

1. Define terminology associated with fish.
2. Identify hazards and describe safe work practices and precautions pertaining to serving and handling fish.
3. Interpret Canadian Food Inspection Agency (CFIA) regulations pertaining to the inspection of fish.
4. Identify classifications and types of fish, and describe their characteristics and applications.
5. Identify the factors to consider when selecting fish.
 - i) local availability
 - ii) seasonal availability
 - iii) freshness
 - iv) storage life
 - v) applications
 - vi) processed
 - vii) sustainability
 - viii) origin
6. Identify allergies and intolerances specific to fish.
7. Identify market forms (pre-prepared and packaged) of fish and describe their characteristics and applications.
8. Describe the procedures used to verify quality of fish and cuts of fish.

9. Describe the procedures used to process fish.
 - i) scale
 - ii) fillet
 - iii) debone
 - iv) skin
 - v) portion
 - vi) trim
10. Identify the factors to consider when cooking fish.
 - i) desired degree of doneness
 - ii) flavourings and seasonings
 - iii) equipment
 - iv) temperature
 - v) cooking time
 - vi) verification of doneness
 - vii) use of excess product and trimmings
11. Describe the procedures used to marinate, cure, smoke and pickle fish.
12. Identify methods used to cook fish and describe their associated procedures.
 - i) dry heat
 - ii) moist heat
 - iii) combination
13. Describe plating and finishing techniques, including garnishes and accompaniments.
14. Describe the procedures used to handle, serve and store raw and cooked fish, and fish dishes.

Learning Outcomes:

- Demonstrate knowledge of seafood and their applications.
- Demonstrate knowledge of the procedures used to prepare seafood and seafood dishes.

Objectives and Content:

1. Define terminology associated with seafood.
2. Identify hazards and describe safe work practices and precautions pertaining to serving, handling, and storing seafood.
3. Interpret Canadian Food Inspection Agency (CFIA) regulations pertaining to the inspection of seafood.
4. Identify classifications and types of seafood, and describe their characteristics and applications.
5. Identify the factors to consider when selecting seafood.
 - i) local availability
 - ii) seasonal availability
 - iii) freshness
 - iv) storage life
 - v) applications
 - vi) processed
 - vii) sustainability
 - viii) origin
6. Identify allergies and intolerances specific to seafood.
7. Identify market forms (pre-prepared and packaged) of seafood and describe their characteristics and applications.
8. Identify regional species and describe their characteristics and applications.
9. Describe the procedures used to verify quality of seafood.

10. Describe the procedures used to hold live seafood.
11. Describe the procedures used to process seafood.
 - i) de-beard
 - ii) skin
 - iii) shuck
 - iv) shell
 - v) de-vein
 - vi) clean
 - vii) trim
 - viii) portion
12. Describe the procedures used to marinate, cure, smoke and pickle seafood.
13. Identify methods used to cook seafood and describe their associated procedures.
 - i) dry heat
 - ii) moist heat
 - iii) combination
14. Describe plating and finishing techniques, including garnishes and accompaniments.
15. Describe the procedures used to handle, serve and store raw and cooked seafood, and seafood dishes.

Learning Outcomes:

- Demonstrate knowledge of condiments and accompaniments and their applications.
- Demonstrate knowledge of the procedures used to prepare condiments and accompaniments.

Objectives and Content:

1. Define terminology associated with condiments and accompaniments.
2. Identify types of condiments and accompaniments, and describe their characteristics and applications.
3. Identify the factors to consider when selecting ingredients for condiments and accompaniments.
4. Identify allergies and intolerances specific to ingredients used in condiments and accompaniments.
5. Describe the procedures used to process ingredients for condiments and accompaniments.
6. Describe the procedures used to prepare condiments and accompaniments.
7. Describe the procedures used to handle and store condiments and accompaniments.

COO-240 Pastries

Learning Outcomes:

- Demonstrate knowledge of pastries and their applications.
- Demonstrate knowledge of the procedures used to prepare pastries.

Objectives and Content:

1. Define terminology associated with pastries.
2. Identify types of pastry dough and batters, and describe their characteristics and applications.
3. Identify the factors to consider when selecting ingredients for pastries.
4. Identify allergies and intolerances specific to ingredients used in pastries.
5. Describe the procedures used to prepare pastries.
6. Identify market forms (pre-prepared and packaged) of pastries and describe their characteristics and applications.
7. Describe plating and finishing techniques.
8. Describe the procedures used to handle and store pastries.

Learning Outcomes:

- Demonstrate knowledge of cookies and their applications.
- Demonstrate knowledge of the procedures used to prepare cookies.

Objectives and Content:

1. Define terminology associated with cookies.
2. Identify types of cookies and describe their characteristics and applications.
3. Identify characteristics of cookies.
 - i) crispness
 - ii) softness
 - iii) chewiness
 - iv) spread
4. Identify methods of mixing and make-up used to prepare cookies, and describe their associated procedures.
 - i) mixing
 - creaming
 - sponge/foam
 - one stage
 - ii) make-up
 - dropped
 - bar
 - molded
 - ice box
 - sheet
 - rolled
 - bagged
5. Identify allergies and intolerances specific to ingredients used in cookies.
6. Identify market forms (pre-prepared and packaged) of cookies and describe their applications.

7. Describe plating/buffet and finishing techniques.
8. Describe the procedures used to handle and store cookies.
9. Calculate formulas and bakers percentages.

Learning Outcomes:

- Demonstrate knowledge of pies, tarts, flans and fillings and their applications.
- Demonstrate knowledge of the procedures used to prepare pies, tarts, flans and fillings.

Objectives and Content:

1. Define terminology associated with pies, tarts, flans and fillings.
2. Identify types of dough used for pies, tarts and flans, and describe their characteristics and applications.
3. Identify types of fillings and describe their characteristics and applications.
 - i) baked
 - ii) non-baked
4. Identify the factors to consider when selecting ingredients for pies, tarts, flans and fillings.
5. Identify allergies and intolerances specific to ingredients used in pies, tarts, flans and fillings.
6. Identify ingredients used in pies, tarts, flans, and fillings, and describe their characteristics and applications.
 - i) flours
 - ii) fats/shortenings
 - iii) sweeteners
 - iv) liquids
 - v) thickening agents
 - vi) dairy products
 - vii) flavourings and seasonings
 - viii) chocolate
 - ix) specialty products

7. Identify market forms (pre-prepared and packaged) of pies, tarts, flans and fillings, and describe their characteristics and applications.
8. Describe the procedures used to prepare pies, tarts, flans and fillings.
9. Describe plating and finishing techniques.
10. Describe the procedures used to handle and store pies, tarts, flans and fillings.
11. Calculate formulas and bakers percentages.

LEVEL 3

Learning Outcomes:

- Demonstrate knowledge of charcuterie and their applications.
- Demonstrate knowledge of the procedures used to prepare charcuterie.

Objectives and Content:

1. Define terminology associated with charcuterie.
2. Identify types of charcuterie and describe their characteristics and applications.
 - i) forcemeats
 - ii) terrines
 - iii) pâtés
 - iv) galantines and ballotines
 - v) sausages
 - vi) variety meats
 - vii) cured and smoked meat, seafood and poultry
3. Identify proper temperature and environmental controls needed when curing and smoking meats.
4. Describe the procedures used to process charcuterie items.
5. Identify quality indicators associated with charcuterie items.
6. Identify the factors to consider when cooking charcuterie items.
 - i) degree of doneness
 - ii) flavourings and seasonings
 - iii) equipment
 - iv) temperature
 - v) time
 - vi) yield
 - vii) resting
7. Identify allergies and intolerances specific to charcuterie items.
8. Describe the procedures used to cook charcuterie items.

9. Identify styles of service associated with charcuterie items.
10. Describe the procedures used to carve and slice charcuterie items.
11. Describe plating/platter and finishing techniques, including garnishes and accompaniments.
12. Describe the procedures used to handle and store charcuterie items.

Learning Outcomes:

- Demonstrate knowledge of aspics, jellies and glazes and their applications.
- Demonstrate knowledge of the procedures used to prepare aspics, jellies and glazes.

Objectives and Content:

1. Define terminology associated with aspics, jellies and glazes.
2. Identify types of aspics and describe their characteristics and applications.
3. Identify types of jellies and describe their characteristics and applications.
4. Identify types of glazes and describe their characteristics and applications.
5. Identify the factors to consider when selecting ingredients for aspics, jellies and glazes.
6. Identify allergies and intolerances specific to aspics, jellies and glazes.
7. Describe the procedures used to process ingredients for aspics, jellies and glazes.
8. Describe the procedures used to prepare and apply aspics, jellies and glazes.
9. Describe the procedures used to handle and store aspics, jellies and glazes.

COO-310

Marinades, Rubs and Brines

Learning Outcomes:

- Demonstrate knowledge of marinades, rubs and brines and their applications.
- Demonstrate knowledge of the procedures used to prepare marinades, rubs and brines.

Objectives and Content:

1. Define terminology associated with marinades, rubs and brines.
2. Identify types of marinades and rubs, and describe their characteristics, applications and procedures for use.
3. Identify the factors to consider when selecting ingredients for marinades and rubs.
4. Identify allergies and intolerances specific to marinades, rubs and brines.
5. Identify ingredients and ratios used to prepare marinades and rubs.
6. Describe the procedures used to prepare marinades and rubs.
7. Describe the procedures used to handle and store marinades and rubs.
8. Identify types of brines and describe their characteristics, applications and procedures for use.
9. Identify the factors to consider when selecting ingredients for brines.
10. Identify ingredients and ratios used to prepare brines.
11. Describe the procedures used to prepare brines.
12. Describe the procedures used to handle and store brines.

Learning Outcomes:

- Demonstrate knowledge of game and their applications.
- Demonstrate knowledge of the procedures used to cut and process game birds and game meats.

Objectives and Content:

1. Define terminology associated with cutting and processing game.
2. Identify hazards and describe safe work practices and precautions pertaining to serving, handling and storing raw game.
3. Interpret Canadian Food Inspection Agency (CFIA) regulations pertaining to game.
 - i) inspection
 - ii) grading
 - iii) cut classification
4. Describe the aging process for game.
5. Identify types of game and describe their characteristics and applications.
 - i) birds
 - ii) meats
6. Identify the factors to consider when selecting game.
 - i) local availability
 - ii) seasonal availability
 - iii) freshness
 - iv) storage life
 - v) wild vs. farm-raised
 - vi) applications
 - vii) processed
 - viii) sustainability

7. Identify types of game cuts and describe their characteristics and applications.
 - i) primal
 - ii) sub-primal
 - iii) fabricated
8. Identify the factors to consider when freezing and defrosting game.
9. Describe the procedures used to marinate, cure, smoke and pickle game.
10. Describe the procedures used to process game.
 - i) tenderize
 - ii) trim
 - iii) portion
 - iv) debone
 - v) truss
 - vi) lard and bard

COO-317 Game Cookery

Learning Outcomes:

- Demonstrate knowledge of the procedures used to cook game.

Objectives and Content:

1. Define terminology associated with cooking game.
2. Identify hazards and describe safe work practices and precautions pertaining to cooking game.
3. Identify allergies and intolerances specific to game.
4. Identify the factors to consider when cooking game.
 - i) cut of meat
 - ii) muscle structure and marbling
 - iii) degree of doneness
 - iv) flavouring and seasoning
 - v) equipment
 - vi) temperature
 - vii) time
 - viii) yield
 - ix) resting
 - x) use of excess product
5. Identify methods used to cook game and describe their associated procedures.
 - i) dry heat
 - ii) moist heat
 - iii) combination
6. Describe the procedures used to carve game.
7. Describe plating and finishing techniques, including garnishes and accompaniments.
8. Describe the procedures used to handle, serve and store game.

Learning Outcomes:

- Demonstrate knowledge of hors d'oeuvres and their applications.
- Demonstrate knowledge of the procedures used to prepare hors d'oeuvres.

Objectives and Content:

1. Define terminology associated with hors d'oeuvres.
2. Identify types of hors d'oeuvres and describe their characteristics.
 - i) hot
 - ii) cold
3. Identify market forms (pre-prepared and packaged) of hors d'oeuvres and describe their characteristics and applications.
4. Identify the factors to consider when selecting ingredients for hors d'oeuvres.
5. Identify allergies and intolerances specific to ingredients used in hors d'oeuvres.
6. Describe the procedures used to process hors d'oeuvre ingredients.
7. Describe the procedures used to prepare hors d'oeuvres.
8. Identify styles of service associated with hors d'oeuvres.
9. Describe plating/buffet/platter and finishing techniques.
10. Describe the procedures used to hold and store hors d'oeuvres.

Learning Outcomes:

- Demonstrate knowledge of cakes and tortes and their applications.
- Demonstrate knowledge of the procedures used to prepare cakes and tortes.

Objectives and Content:

1. Define terminology associated with cakes and tortes.
2. Identify types of cakes and tortes and describe their characteristics.
3. Identify types of cheesecakes and describe their characteristics.
4. Identify ingredients used in cakes and tortes, and describe their characteristics and applications.
 - i) flours
 - ii) fats/shortenings
 - iii) sweeteners
 - iv) liquids
 - v) leavening agents
 - vi) dairy products
 - vii) flavourings and seasonings
 - viii) chocolate
 - ix) specialty products
 - x) fillings, icings and glazes
5. Identify the factors to consider when selecting ingredients for cakes and tortes.
 - i) toughners
 - ii) tenderizers
 - iii) moisteners
 - iv) driers
 - v) leaveners
 - vi) flavourings
6. Identify allergies and intolerances specific to ingredients used in cakes and tortes.

7. Describe the procedures used to process ingredients used in cakes and tortes.
8. Identify mixing methods used for cakes and tortes, and describe their associated procedures.
 - i) high fat
 - creaming
 - two-stage
 - ii) foam
 - chiffon
 - sponge
 - angel food
9. Describe the procedures used to bake cakes and tortes.
10. Identify market forms (pre-prepared and packaged) of cakes and tortes, and describe their characteristics and applications.
11. Describe the procedures used to assemble and decorate cakes and tortes.
12. Describe the procedures used to assemble and decorate petit fours.
13. Describe plating/buffet and finishing techniques.
14. Describe the procedures used to handle and store cakes and tortes.
15. Calculate formulas and bakers percentages.

Learning Outcomes:

- Demonstrate knowledge of icings, glazes, meringues and dessert sauces and their applications.
- Demonstrate knowledge of the procedures used to prepare icings, glazes, meringues and dessert sauces.

Objectives and Content:

1. Define terminology associated with icings, glazes, meringues and dessert sauces.
2. Identify types of icings and describe their characteristics and applications.
3. Identify types of glazes and describe their characteristics and applications.
4. Identify types of meringues and meringue derivatives, and describe their characteristics and applications.
 - i) common
 - ii) Swiss
 - iii) Italian
 - iv) Japonaise
5. Identify types of dessert sauces and describe their characteristics and applications.
6. Identify the factors to consider when selecting icings, glazes, meringues and dessert sauces.
7. Identify allergies and intolerances specific to ingredients used in icings, glazes, meringues and dessert sauces.
8. Describe the procedures used to spin, caramelize and pull sugar.
9. Describe the procedures used to prepare icings.
10. Describe the procedures used to prepare glazes.

11. Describe the procedures used to prepare meringues.
12. Describe the procedures used to prepare dessert sauces.
13. Identify market forms (pre-prepared and packaged) of icings, glazes, meringues and dessert sauces, and describe their applications.
14. Describe plating and finishing techniques.
15. Describe the procedures used to handle and store icings, glazes, meringues and dessert sauces.

Learning Outcomes:

- Demonstrate knowledge of creams and custards and their applications.
- Demonstrate knowledge of procedures used to prepare creams and custards.

Objectives and Content:

1. Define terminology associated with creams and custards.
2. Identify types of creams and custards, and describe their characteristics.
3. Identify ingredients used in creams and custards, and describe their characteristics and applications.
 - i) flours
 - ii) fats/shortenings
 - iii) sweeteners
 - iv) liquids
 - v) thickening agents
 - vi) dairy products
 - vii) flavourings and seasonings
 - viii) chocolate
 - ix) specialty products
4. Identify the factors to consider when selecting ingredients for creams and custards.
5. Identify allergies and intolerances specific to ingredients used in creams and custards.
6. Describe the procedures used to prepare creams and custards.
7. Identify market forms (pre-prepared and packaged) of creams and custards, and describe their characteristics and applications.
8. Describe plating and finishing techniques.

9. Describe the procedures used to handle and store creams and custards.
10. Calculate formulas and bakers percentages.

Learning Outcomes:

- Demonstrate knowledge of frozen desserts and their applications.
- Demonstrate knowledge of procedures used to prepare frozen desserts.

Objectives and Content:

1. Define terminology associated with frozen desserts.
2. Identify types of frozen desserts and describe their characteristics.
 - i) churned
 - ii) still frozen
3. Identify the factors to consider when selecting ingredients for frozen desserts.
4. Identify allergies and intolerances specific to ingredients used in frozen desserts.
5. Describe the procedures used to prepare frozen desserts.
6. Identify market forms (pre-prepared and packaged) of frozen desserts and describe their characteristics and applications.
7. Describe plating and finishing techniques.
8. Describe the procedures used to handle and store frozen desserts.

COO-345 Chocolate

Learning Outcomes:

- Demonstrate knowledge of chocolate and its applications.

Objectives and Content:

1. Define terminology associated with chocolate.
2. Identify types and properties of chocolate and describe their applications.
3. Identify allergies and intolerances specific to chocolate.
4. Describe the procedures used to temper chocolate.
5. Describe the procedures used to finish chocolate.
6. Identify market forms (pre-prepared and packaged) of chocolate, and describe their characteristics and applications.
7. Describe plating and garnishing techniques.
8. Describe the procedures used to handle and store chocolate.

COO-350 Nutrition

Learning Outcomes:

- Demonstrate knowledge of nutrition and its applications.

Objectives and Content:

1. Define terminology associated with nutrition.
2. Explain the basic principles of nutrition.
 - i) food allergies and intolerances
 - ii) dietary requirements
 - cultural
 - religious
 - vegetarian/vegan
 - iii) dietary restrictions
 - sodium
 - cholesterol
 - diabetic
 - digestive concerns
 - iv) nutrients
 - v) Canada Food Guide
3. Describe food preparation procedures to avoid cross contamination specific to customer needs.
4. Describe the effects of cooking methods on nutrition.
5. Identify requirements for food labeling and informed dining.
 - i) trans fats
 - ii) nutritional labeling
 - iii) allergen information

Learning Outcomes:

- Demonstrate knowledge of food cost controls.
- Demonstrate knowledge of inventory and costing procedures.
- Demonstrate knowledge of food production requirements.

Objectives and Content:

1. Define terminology associated with cost controls.
2. Calculate food quantities and costs.
 - i) food cost
 - ii) food cost percentages
 - iii) as purchased/edible portions
 - iv) recipe and yield conversions
 - v) yield analysis
 - vi) food purchase specifications
3. Describe the procedures used to conduct an inventory.
4. Describe the factors that determine mise en place requirements.
 - i) food/production schedules
 - ii) labour schedules
 - iii) equipment capabilities
5. Calculate operational costs.
 - i) food
 - ii) labour
 - iii) fixed/variable
 - iv) profit
6. Explain the principles of food preparation systems in kitchen management and cost control.
 - i) chill/freeze
 - ii) re-thermalization
 - iii) holding hot foods
 - iv) waste utilization and usable trim

Learning Outcomes:

- Demonstrate knowledge of the procedures used to plan and order food.
- Demonstrate knowledge of the procedures used to plan and execute a menu.

Objectives and Content:

1. Define terminology associated with menu planning.
2. Identify the factors to consider when planning a menu.
 - i) allergies and intolerances
 - ii) variety
 - iii) colour
 - iv) dietary requirements and restrictions of clientele
 - v) nutrition
 - vi) use of product
 - vii) cooking methods
 - viii) clientele/demographics
 - ix) food warnings and advisories
3. Explain the use of local, seasonal and sustainable food products.
4. Identify types of menus and describe their characteristics.
 - i) table d'hôte
 - ii) static
 - iii) cycle
 - iv) à la carte
5. Identify types of service and describe their characteristics.
 - i) American and cafeteria
 - ii) Russian
 - iii) French
 - iv) English and buffet
 - v) à la carte

6. Describe the procedures used to plan and execute a menu.
7. Describe the procedures used to plan and order food based on menu requirements.