

CASCADE

Culinary Arts School



Achieve your
goal of trade
certification



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ACCREDITED



Professional Cook 2 Apprenticeship Training Application Package

35190 Delair Road, Abbotsford, BC, V3G 2E2

Phone: 604-556-7000 Fax: 604-556-7001

www.culinaryartsabbotsford.ca

Professional Cook 2 Apprenticeship Training Course Description

- This program is cook's apprentice training for the food service industry.
- The program duration is **23 sessions over 20 weeks.**
- 8 hours are required per day, including quizzes, tests and evaluations.
- The program is offered Monday/Tuesday from 1:00 p.m. to 9:30 p.m.
- Study time at home will be required – a minimum of two hours per day.
- The student will be graded in practical competencies with emphasis placed on:
 - Use of appropriate utensils
 - Ingredients measured or cut accurately
 - Recipe followed correctly
 - Product has desired texture, colour and temperature
 - Product is appropriately seasoned or flavoured
 - Well-organized work with good mis-en-place and safe work habits
 - Work station kept clean and tidy
 - Production time within industry expectations

Students who complete and pass the course will receive credit for Professional Cook 2 training and will be eligible to write the exam to be indentured as apprentices in accordance with the Industry Training Authority.

Only students who complete all requirements of the training program will receive the Graduation Certificate for the Cascade Culinary Art School

Apprenticeship Training Program. These requirements include:

- The entire 23 study units must be completed with 75% average
- All missed time must be made up
- Any payment owed to Cascade Culinary Arts School must be paid in full

To qualify for the program, the applicant must:

- be at least 19 years of age, or a Grade 12 graduate.
- be able to lift 40 pounds.
- have good communication skills and English comprehension.
- provide a medical certificate completed by a licensed physician who certifies that you are in good health, free from communicable diseases, and fit to undertake training.
- certify that you have read a copy of the Cascade Culinary Arts School Contract and Policies (Student Handbook).
- have completed Professional Cook Level 1

Acceptance will be determined after a personal interview with the instructor or program coordinator. Prior experience in a commercial cooking facility would be beneficial but is not required.

Professional Cook 2 Sessions

SESSION	WORKBOOKS	SUBJECT	EXAMS
1	CULINARY ARTS # H	COOKING METHODS	
2	CULINARY ARTS # A	VEGETABLES	COOKING METHODS
3	CULINARY ARTS # A	STARCH	
4	CULINARY ARTS # A	PASTA	
5	CULINARY ARTS # F	GARDE-MANGER	VEGETABLES
6	CULINARY ARTS # D	STOCK & SAUCE PREP	COLD KITCHEN
7	CULINARY ARTS # D	SAUCE COOKING	STOCKS
8	CULINARY ARTS # H	OCCUPATIONAL SKILLS	SAUCE COOKING
9	CULINARY ARTS # H	INVENTORY MANAGEMENT	TRADE SHOW
10	CULINARY ARTS # E	MEAT PREPARATION	INVENTORY MANAGEMENT
11	CULINARY ARTS # B	MEAT COOKING	
12	CULINARY ARTS # B	MEAT COOKING	
13	CULINARY ARTS # I	EGG AND EGG COOKERY	MEAT PREP/MEAT COOKING
14	CULINARY ARTS # G	BAKING AND DESSERTS	EGG AND EGG COOKERY
15	CULINARY ARTS # G	BAKING AND DESSERTS	
16	CULINARY ARTS # G	BAKING AND DESSERTS	
17	CULINARY ARTS # E	POULTRY PREPARATION	BAKING AND DESSERTS
18	CULINARY ARTS # B	POULTRY COOKING	
19	CULINARY ARTS # E	SEAFOOD PREPARATION	POULTRY PREP/ COOKING
20	CULINARY ARTS # C	SEAFOOD COOKING	
21	CULINARY ARTS # D	SOUP PREPARATION	SEAFOOD PREP/ COOKING
22	CULINARY ARTS # D	SOUP COOKING	SOUP PREP/COOKING
23	CULINARY ARTS # K	HEALTH CARE / COOK CHILL	HEALTH CARE / COOK CHILL
24	PROFESSIONAL COOK 2 INDUSTRY TRAINING AUTHORITY EXAM		

The program cost is \$400.00. Registration and courses take place at our training facility in Cascade Community Church, 35190 Delair Road, Abbotsford, BC 604-556-7000.



CASCADE Culinary Arts School

Professional Cook 2 Apprenticeship Training Intake Procedure Checklist

Student Name (Please Print): _____

Procedure for Professional Cook 2 Inquiries

Clients who call the office will be referred to the Chef Instructor who will invite the client to book a time to come into the office to fill out an application and have an interview.

Upon arrival, the office personnel will give the client the application. The client will be instructed to fill out all details before being interviewed by the Chef Training Instructor.

The instructor will then interview the client to explain the course overview and prerequisites for entry into the program.

The instructor will evaluate the goals of the client and offer course options available to meet the needs of individual clients.

The client's application will be active for review until the client has notified the instructor to deactivate the file or has shown no progress of pursuing further action to accomplish the prerequisites for entry into the program.

Please read the textbook, Chapters 1-4 and Chapter 7 prior to class start date.
(You may be tested on the subject matter of these chapters at the beginning of the course.)

Student Checklist

- Be at least 19 years of age or a Grade 12 graduate.
- Complete and submit the Cascade Culinary Arts School application form.
- Return a medical certificate completed by a licensed physician certifying that you are in good health, free from communicable diseases, including TB, and fit to undertake this training.
- Have a personal interview with the training program instructor or the program coordinator.
- Complete the Intake Student Questionnaire prior to acceptance into the course.
- Certify that you have read a copy of the Cascade Culinary Arts School Policies and Procedures and the Student Enrollment Contract.
- Complete a personal release form.

For Office Use Only

Intake Procedure Completed.

Instructor or Coordinator

Date

Medical Certificate

As an entrance requirement to Cascade Culinary Arts School, we require students to obtain confirmation from their doctor that they are in good physical health.

Please complete the section below if the student meets the criteria listed.

Re: _____
Student Name

I, _____, a medical doctor qualified to practice medicine in the Province of British Columbia, have conducted a thorough physical checkup of this student and have determined the following:

- 1) The above named student is free of communicable diseases, including TB.
- 2) The above named student is in good physical health and is able to lift 40 lbs.
- 3) The above named student is healthy enough to work in a kitchen environment.

Signed this _____ day of _____, 20_____.

Doctor's Signature

Print Name



CASCADe Culinary Arts School

Professional Cook 2 Apprenticeship Training Intake Student Questionnaire

Name _____

Please Print

Do you have a resume? _____ Yes _____ No

What do you feel is keeping you from progressing in your career in the hospitality trade?

What skills do you feel that you need for long-term employment as a food service worker?

What are your career goals?

How long have you worked in the food service industry?

What types of food services have you worked in?

- Fast food
- Short order
- Catering
- Institution
- Hot dog stand
- Volunteer
- Care facility
- Other _____

Are you willing to work the weekend and evening shifts that a professional cook must often work? _____ Yes _____ No

Are you ready to start at the bottom level of the food service industry? _____ Yes _____ No

Do you have any daycare concerns that would be a barrier to being able to attend classes? _____ Yes _____ No

Is there any reason why you could not complete the full 20-week training program? _____ Yes _____ No

Have you had any government sponsored training before? _____ Yes _____ No

When starting a new career, employers often place you at the minimum wage scale. Is this going to be a problem? _____ Yes _____ No

If yes why? _____

Do you have a place where you can study the course material without being disturbed? _____ Yes _____ No

Do you have the support of your family in taking this course? _____ Yes _____ No

In this course you will need to taste the food. Will this present a problem? _____ Yes _____ No

If yes, please explain _____

Where did you hear about this course? _____

Have you applied for this course before? _____ Yes _____ No

Applicant's Signature

Date

List three most recent employers:

- 1. _____
- 2. _____
- 3. _____

General Information

1. Have you ever worked in this industry before? _____ Yes _____ No

Specify: _____

2. Why should you be accepted for this course? _____

3. Can you lift up to 40 lbs.? _____ Yes _____ No

4. Do you have any medical or physical restrictions? _____

A medical certificate must be completed by a licensed physician to certify that you are in good health, free from communicable disease and fit to undertake training.

5. Cascade Culinary Arts School is operated by The Salvation Army, a Christian organization. Any concerns regarding this must be addressed before being approved.

Date: _____ Signature: _____

Please tell us where you heard about this program _____

<p><i>For Office Use Only</i></p> <p>Interview Appointment: Date: _____ Time: _____</p> <p>Interviewed by: _____ Date: _____</p> <p>Course Start Date: _____</p> <p>Remarks: _____ _____ _____ _____ _____ _____ _____</p> <p>Recommendation: _____ Accepted _____ Rejected _____ Literacy Upgrade</p>
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