

PROFESSIONAL COOK 2

Credential Issued:

ITA Certificate of Qualification (Professional Cook 2)
(Persons completing a formal apprenticeship also receive a Certificate of Apprenticeship)

Occupational Description:

“Cook” means a person who performs all phases of kitchen activities including the preparation and presentation of vegetables, soups, sauces, meat, fish and poultry, cold kitchen items; desserts, baking, pastry; basic menu planning/costing as well as knowledge of safety, sanitation and food storage, and who has a knowledge of human and customer relations.

A “*Professional Cook 2*” usually works under some supervision and performs a variety of cooking and food preparation tasks using multiple cooking methods. In addition to using the major techniques and principles used in cooking, baking, and other aspects of food preparation, at this level, a professional cook should have a preliminary understanding of food costing, menu planning, and purchasing processes.

Program Duration & Structure:

The program is delivered in two formats designed to meet the competency standards and profile defined by the industry, and will generally take up to 1 year to complete. There are two options for training and certification, depending on whether a person enters the training program through the workplace with an employer as sponsor, or through an approved training institution that serves as the initial sponsor:

The program includes:

- In-school: Technical and practical training in all Professional Cook 2 competencies
- Work-based training: 1000 hours following Professional Cook 1 Certification (2000 hours total)

The in-school / technical training requirement is met through two differing training options:

- Workplace Entry Professional Cook 2 Training Program (average program length is 180 hours (6 weeks), and provides technical training only)
- or**
- Institution Entry Professional Cook 2 Training Program (average program length is 420 hours (14 weeks); and provides technical training plus 240 work-based training hours)

In both formats the in-school / technical training requirement is met through participation in training delivered by an ITA approved training provider. The in-school training for both formats can also be met through alternative / flexible training delivery such as part-time and distance education where those options are available.

Program Completion Requirements:

Completion of work-based training:

- 1000 hours following Professional Cook 1 Certification (2000 hours total)
- Recommendation for certification signed by the Sponsor and a certified Cook or holder of an ITA-issued letter authorizing supervision and sign-off of apprentices in the trade, certified Professional Cook 3, or certified Chef de Cuisine (CDC)

Completion of a recognized Professional Cook 2 in-school / technical training program

Professional Cook 2 Certificate of Qualification written examination

Professional Cook 2 ITA standardized practical assessment

Program Challenge Requirements:

- A minimum of 2000 documented hours of directly related work experience in the scope of PC2 skills
or
Professional Cook 1 Certificate of Qualification plus 1000 documented hours of directly related work experience in the scope of PC2 skills
- Professional Cook 2 Certificate of Qualification written examination
- Professional Cook 2 ITA standardized practical assessment

Program Pre-requisites:

- Professional Cook 1 Certificate of Qualification
- FOODSAFE Level 1 certificate
- Recommended Education: Grade 10 or equivalent including English 10, Mathematics 10 and Science 10
- Preferred: Grade 12

Assessment Methods:

- In-school assessments (practical and written assessments)
- Work-based assessments (sponsor attestation)
- Professional Cook 2 Certificate of Qualification written examination
- Professional Cook 2 ITA standardized practical assessment

Linkages to Other Credentials:

Professional Cook 2 is a prerequisite for Cook (*Professional Cook 3*), which carries a Red Seal endorsement (Cook).

Cross Program Credit:***Cross Program Credit***

- Holders of a BC Certificate of Qualification in Baker or Meatcutter will receive 250 hours practical experience credit towards Professional Cook 2 certification, or 500 hours towards certification challenge.

Prior Learning Assessment:

- Conducted on an individual basis

Program Standards Documentation:

- Program Outline
- National Occupational Analysis (2003) www.red-seal.ca

Industry Program Standards Mechanism:

Propel (go2) info@go2propel.ca

Program Providers:

The in school / technical training component of the program is delivered by public post-secondary institutions, private training institutions, and secondary schools that have been approved by ITA.

Technical Training Content:

Occupational Skills	Trade Knowledge, Menu Planning, Ordering and Inventory, Human Resource and Leadership Skills, Cost Management, Front of House, Ingredients and Nutritional Properties
Stocks, Soups and Sauces	Soups, Sauces
Vegetables and Fruits	Vegetables, Vegetarian Dishes
Starches	Potatoes, Pastas and Farinaceous Products, Rice, Grains, and Legumes
Meats	Cut and Process Meats, Cook Meats
Poultry	Cut and Process Poultry, Cook Poultry
Seafood	Cut and Process Seafood, Cook Fish, Cook Shellfish
Garde-Manger	Dressings, Condiments and Accompaniments, Salads, Hors d'oeuvre and Appetizers, Presentation Platters
Baked Goods and Desserts	Pastries, Yeast Products, Cakes and Tortes

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