





# PROFESSIONAL COOK 2

## EMPLOYER DECLARATION OF WORK EXPERIENCE

ITA Customer Service  
800 – 8100 Granville Ave.  
Richmond, BC V6Y 3T6  
Tel: 778-328-8700  
Fax: 778-328-8701  
Toll Free: 1-866-660-6011  
customerservice@itabc.ca

### D. Supervisor Declaration of Job Task Performance

By checking in the appropriate columns, indicate how frequently you, as the direct supervisor of the applicant, have personally witnessed the applicant performing the job tasks listed.

| How often has the applicant demonstrated the following job tasks? | Frequently | Occasionally | Never |
|---|------------|--------------|-------|
|---|------------|--------------|-------|

#### A. OCCUPATIONAL SKILLS

##### Professional Cook 1 Skills

|  |                          |                          |                          |
|--|--------------------------|--------------------------|--------------------------|
| Follow roles and responsibilities in the kitchen             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Apply safe work practices                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Apply food safety standards                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Use tools and equipment; follow and convert recipes          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Use common menu terminology                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Receive and store supplies; handle waste appropriately       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Apply principles of seasoning and basic ingredient knowledge | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

##### Professional Cook 2 Skills (in addition to PC1 skills)

|   |                          |                          |                          |
|---|--------------------------|--------------------------|--------------------------|
| Follow employment standards and practices                                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Apply basic menu planning procedures                                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Take and extend inventory   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prepare food for allergies, intolerances, and special diets               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Use communication skills  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Apply basic purchasing procedures and cost calculations                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Describe table settings, table service, basic service of wine and spirits | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Enter the Supervisor and Applicant names from Page 1 on every page of this form

|                                 |                                |
|---------------------------------|--------------------------------|
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### B. STOCKS, SOUPS AND SAUCES

#### Professional Cook 1 Skills

|  |                          |                          |                          |
|--|--------------------------|--------------------------|--------------------------|
| Prepare stocks from scratch                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Use thickening agents  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prepare basic soups (clear, cream, purée) from scratch       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prepare basic sauces (white, blonde, brown, purée, emulsion) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

#### Professional Cook 2 Skills (in addition to PC1 skills)

|   |                          |                          |                          |
|---|--------------------------|--------------------------|--------------------------|
| Prepare specialty soups (consommé, chilled, ethnic) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prepare secondary and derivative sauces             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

### C. VEGETABLES AND FRUITS

#### Professional Cook 1 Skills

|                           |                          |                          |                          |
|---------------------------|--------------------------|--------------------------|--------------------------|
| Prepare common vegetables | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prepare fruits            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

#### Professional Cook 2 Skills (in addition to PC1 skills)

|  |                          |                          |                          |
|--|--------------------------|--------------------------|--------------------------|
| Specialty and volume vegetable preparation | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Vegetarian diets and vegetarian cooking    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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### D. STARCHES

#### Professional Cook 1 Skills

|                                     |                          |                          |                          |
|-------------------------------------|--------------------------|--------------------------|--------------------------|
| Prepare basic potato dishes         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prepare dry pasta and noodle dishes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prepare rice                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

#### Professional Cook 2 Skills (in addition to PC1 skills)

|  |                          |                          |                          |
|--|--------------------------|--------------------------|--------------------------|
| Specialty and volume potato preparation    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prepare fresh pasta and specialty starches | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prepare grains and legumes                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

### E. MEATS

#### Professional Cook 1 Skills

|   |                          |                          |                          |
|---|--------------------------|--------------------------|--------------------------|
| Trim and portion cut meats                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cook basic meat dishes using moist and dry heat methods | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

#### Professional Cook 2 Skills (in addition to PC1 skills)

|                                     |                          |                          |                          |
|-------------------------------------|--------------------------|--------------------------|--------------------------|
| Debone and process meats            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Volume and banquet service of meats | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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### F. POULTRY

#### **Professional Cook 1 Skills**

- Trim and portion cut chicken and turkey
- Cook basic poultry dishes using moist and dry heat methods

#### **Professional Cook 2 Skills (in addition to PC1 skills)**

- Debone common and specialty poultry (ducks, geese, and quail)
- Volume and banquet service of poultry

### G. SEAFOOD

#### **Professional Cook 1 Skills**

- Fillet flat and round fish; clean bivalves and shrimp
- Cook basic fish dishes using moist and dry heat methods
- Cook basic shellfish dishes using moist and dry heat methods

#### **Professional Cook 2 Skills (in addition to PC1 skills)**

- Fillet specialty fish and clean crustaceans
- Volume and banquet service of fish
- Volume and banquet service of shellfish

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### H. GARDE-MANGER

#### Professional Cook 1 Skills

|  |                          |                          |                          |
|--|--------------------------|--------------------------|--------------------------|
| Prepare basic salad dressings from scratch | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prepare basic salads                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prepare hot and cold sandwiches            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

#### Professional Cook 2 Skills (in addition to PC1 skills)

|   |                          |                          |                          |
|---|--------------------------|--------------------------|--------------------------|
| Prepare specialty dressings and cold sauces | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prepare specialty salads                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prepare hors d'oeuvre and appetizers        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Assemble presentation platters              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

### I. EGGS, BREAKFAST COOKERY, AND DAIRY

#### Professional Cook 1 Skills

|   |                          |                          |                          |
|---|--------------------------|--------------------------|--------------------------|
| Prepare egg dishes                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prepare breakfast items other than eggs | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cook with dairy and cheese              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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### J. BAKED GOODS AND DESSERTS

#### Professional Cook 1 Skills

|  |                          |                          |                          |
|--|--------------------------|--------------------------|--------------------------|
| Apply basic methods used in baking               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prepare basic pies and pastry from scratch       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prepare fruit desserts and custards from scratch | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prepare quick breads from scratch                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prepare cookies from scratch                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prepare basic yeast breads from scratch          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

#### Professional Cook 2 Skills (in addition to PC1 skills)

|  |                          |                          |                          |
|--|--------------------------|--------------------------|--------------------------|
| Prepare puff pastry, choux paste, meringues, specialty pastries    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prepare specialty yeast products (sourdoughs and laminated doughs) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prepare and assemble cakes, cheesecakes, icings and frostings      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

### K. BEVERAGES

#### Professional Cook 1 Skills

|                                 |                          |                          |                          |
|---------------------------------|--------------------------|--------------------------|--------------------------|
| Prepare coffee and tea products | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|---------------------------------|--------------------------|--------------------------|--------------------------|

## E. Confirmation of Prerequisite Credentials or Certificates

For some trades, evidence that the applicant has earned prerequisite credentials or certificates is required before the individual is permitted to challenge certification or receive Supervision and Sign-Off Authority. For those trades, proof that the applicant has the required prerequisite credentials must accompany the application.

I can verify that the applicant has attained all the prerequisite credentials or certification required to be considered eligible to challenge or receive Supervision and Sign-Off Authority in this trade.

FOODSAFE Level 1 OR equivalent - Must be VALID

Copy of certificate attached

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#### F. Supervisor Signature

I certify that the information I, as the current or former direct supervisor of the applicant, have provided is accurate. (Note: Collection and protection of personal information on this form is in accordance with the provisions of the Freedom of Information and Protection of Privacy Act.)

|                                 |                       |                              |
|---------------------------------|-----------------------|------------------------------|
| Supervisor name (Please Print): | Supervisor Signature: | Date Signed:<br>(MM/DD/YYYY) |
|---------------------------------|-----------------------|------------------------------|

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