





PROFESSIONAL COOK 2
STATUTORY 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. Reason for Statutory Declaration

Indicate why a Statutory Declaration is required for this period of employment:

- Applicant was self-employed
Employer will not complete Employer Declaration
Employer is no longer in business
Employment records are not available

Applicants must attempt to contact current or previous employers to request an Employer Declaration. If you have been unable to obtain an Employer Declaration for any portion of your non-self-employed work experience, indicate the steps you have taken to try to obtain it. If sufficient evidence of steps taken is not provided, the application may not be approved.

Multiple horizontal lines for text entry.

Enter the applicant name (repeat on every page of this form).

Form with three columns: Legal First Name, Legal Middle Name(s), Legal Last Name.



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### E. Statutory Declaration of Job Task Performance

By checking in the appropriate columns, indicate how frequently you have performed the job tasks listed below.

How often have you demonstrated the following job tasks?	Frequently	Occasionally	Never
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#### 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"/>

#### 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"/>

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### B. STOCKS, SOUPS AND SAUCES

#### 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"/>

### 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"/>

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How often have you demonstrated the following job tasks?	Frequently	Occasionally	Never
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### E. MEATS

#### 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			

### F. POULTRY

#### Professional Cook 1 Skills

Trim and portion cut chicken and turkey	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook basic poultry 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 common and specialty poultry (ducks, geese, and quail)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volume and banquet service of poultry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### G. SEAFOOD

#### Professional Cook 1 Skills

Fillet flat and round fish; clean bivalves and shrimp	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook basic fish dishes using moist and dry heat methods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook basic shellfish 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)

Fillet specialty fish and clean crustaceans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volume and banquet service of fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volume and banquet service of shellfish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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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"/>

### 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"/>

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### J. BAKED GOODS AND DESSERTS

#### 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"/>
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## F. 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, you must prove you have the required prerequisite credentials.

I declare that I have attained 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

## G. Applicant Signature

I certify that the information I 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.)

Applicant Name (please print):	Applicant Signature:	Date: (MM/DD/YYYY)
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### H. References

References must accompany all Statutory Declarations. Include with your completed Statutory Declaration the names and contact information of three individuals who can verify your self-declared work experience in this trade. This may include suppliers (maximum one), former employees (maximum one), contractors, or regular, long-term clients (maximum one).

Each individual listed will be contacted by the Industry Training Organization (ITO) responsible for this trade or ITA to verify the information provided on your application.

#### 1. Reference

Legal Last Name of Reference:	Legal First Name of Reference:
Organization/Business Name:	Position/Title:
Business Phone Number:	Reference Cell Number:
Relationship to Applicant:	Email Address:

#### 2. Reference

Legal Last Name of Reference:	Legal First Name of Reference:
Organization/Business Name:	Position/Title:
Business Phone Number:	Reference Cell Number:
Relationship to Applicant:	Email Address:

#### 3. Reference

Legal Last Name of Reference:	Legal First Name of Reference:
Organization/Business Name:	Position/Title:
Business Phone Number:	Reference Cell Number:
Relationship to Applicant:	Email Address:

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