

COOK (PROFESSIONAL COOK 3)

Occupation 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 3 will have met all of the requirements of the national Red Seal standard for Cook. They usually work under limited supervision and will be competent at the major techniques and principles used in cooking, baking, and other aspects of food preparation. In addition to a sound set of cooking skills, a professional cook at this level should be able to plan and cost menus and recipes, and have an understanding of the communication skills that will be necessary to begin to take a leadership role in the kitchen.

For detailed information on the scope of knowledge and skills taught and assessed in this program refer to the Program Outline, available on the ITA website.

Pathways to Certification

In BC, an individual can become certified as a Professional Cook 3 by completing the Professional Cook 3 program or by challenging the certification. Apprenticeship programs are for individuals who have an employer to sponsor them and challenge programs are for individuals who have extensive experience working in the occupation and wish to challenge the certification.

Recommended and Required Education

The following education is **recommended** for apprentices entering this occupation. These are not prerequisites, but rather a desired level of skill or knowledge that will contribute to success in the industry.

- Grade 10 or equivalent including English 10, Mathematics 10 and Science 10
- Preferred: Grade 12

The following education is **required** prior to enrolment in the technical training for this occupation. It will be verified by the training provider upon enrolment.

- FOODSAFE Level 1 certificate OR equivalent

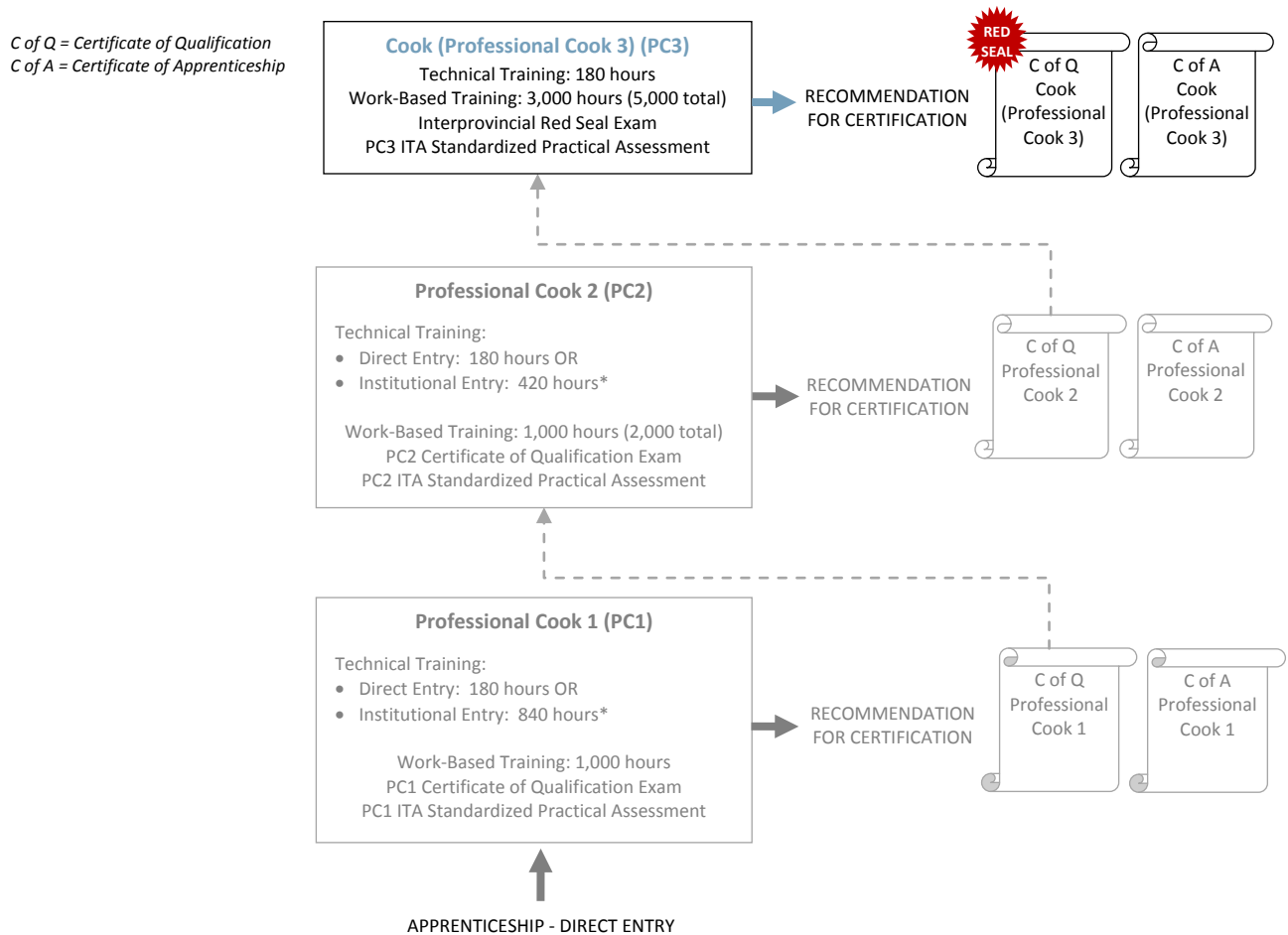
ITA Registration

Individuals who wish to begin an apprenticeship in this program must register with ITA along with their sponsors. Application forms for all programs are available from the ITA website. Online registration is also available for most programs through the ITA website.

Those who wish to challenge the Professional Cook 3 certification must complete the Professional Cook 3 Challenge Application and submit it to ITA. Challenge applications are assessed for proof of workplace hours and scope of experience prior to acceptance of the individual into the Challenge pathway.

Apprenticeship Pathway

This graphic provides an overview of the Cook (Professional Cook 3) apprenticeship pathway.

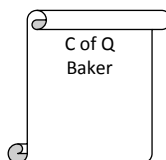


* Individuals who complete technical training through institutional entry receive credit toward the WBT hours of the program:

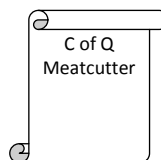
- PC1: 600 hours
- PC2: 240 hours

CROSS-PROGRAM CREDITS

Individuals who hold the credentials listed below are entitled to receive credit toward the completion requirements of this program



Technical Training: None
Work-Based Training: 500 hours



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Work-Based Training: 500 hours

Apprenticeship Program Standards

Credentials Awarded	<ul style="list-style-type: none"> ▪ Cook (Professional Cook 3) – Certificate of Qualification with Interprovincial Red Seal endorsement ▪ Cook (Professional Cook 3) – Certificate of Apprenticeship 												
ITA Registration Prerequisites	<ul style="list-style-type: none"> ▪ Agreement signed by the employer to sponsor the apprentice ▪ Professional Cook 2 – Certificate of Qualification 												
Completion Requirements	<p>Certification as a Professional Cook 3 is awarded upon successful completion of:</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; border-bottom: 1px solid black;">Requirement</th> <th style="text-align: left; border-bottom: 1px solid black;">Level of Achievement Required</th> </tr> </thead> <tbody> <tr> <td style="border-bottom: 1px solid black;">Technical Training</td> <td style="border-bottom: 1px solid black;"> Minimum 70% in technical training: <ul style="list-style-type: none"> ▪ 180 hours (or 6 weeks*) </td> </tr> <tr> <td style="border-bottom: 1px solid black;">Work-Based Training</td> <td style="border-bottom: 1px solid black;"> <ul style="list-style-type: none"> ▪ 3,000 hours (5,000 total in the occupation) </td> </tr> <tr> <td style="border-bottom: 1px solid black;">Interprovincial Red Seal Exam</td> <td style="border-bottom: 1px solid black;"> <ul style="list-style-type: none"> ▪ Minimum 70% </td> </tr> <tr> <td style="border-bottom: 1px solid black;">PC3 ITA Standardized Practical Assessment</td> <td style="border-bottom: 1px solid black;"> Declared competent in all three sections of the assessment: <ul style="list-style-type: none"> ▪ Safety and Sanitation: 5/5 critical factors demonstrated ▪ Organization and Technical Skills: 5/8 critical factors demonstrated ▪ Finished Products: 22/30 critical factors demonstrated </td> </tr> <tr> <td style="border-bottom: 1px solid black;">Recommendation for Certification</td> <td style="border-bottom: 1px solid black;"> <ul style="list-style-type: none"> ▪ Recommendation for certification signed by the Sponsor and an individual holding credentials eligible for sign-off authority </td> </tr> </tbody> </table> <p>Refer to the Cook Assessment Information document for an overview of the assessment tasks and assessment methodology. The Assessment Information package is available from the Professional Cook program page on the ITA website.</p>	Requirement	Level of Achievement Required	Technical Training	Minimum 70% in technical training: <ul style="list-style-type: none"> ▪ 180 hours (or 6 weeks*) 	Work-Based Training	<ul style="list-style-type: none"> ▪ 3,000 hours (5,000 total in the occupation) 	Interprovincial Red Seal Exam	<ul style="list-style-type: none"> ▪ Minimum 70% 	PC3 ITA Standardized Practical Assessment	Declared competent in all three sections of the assessment: <ul style="list-style-type: none"> ▪ Safety and Sanitation: 5/5 critical factors demonstrated ▪ Organization and Technical Skills: 5/8 critical factors demonstrated ▪ Finished Products: 22/30 critical factors demonstrated 	Recommendation for Certification	<ul style="list-style-type: none"> ▪ Recommendation for certification signed by the Sponsor and an individual holding credentials eligible for sign-off authority
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Program Duration	<p>Duration varies depending on how training is delivered, but the program generally takes 2 years to complete.</p> <p>The technical training requirement is typically met through block-release training (full-time, at school) delivered by an ITA-approved training provider. It can also be met through approved alternative training models (e.g., distance education, online, part-time) and/or level challenge where these options are available.</p>												
Sign-off Authority	<p>Credentials eligible to sign-off on the Recommendation for Certification:</p> <ul style="list-style-type: none"> ▪ Cook (Professional Cook 3) – Interprovincial Red Seal endorsement ▪ Cook (Professional Cook 3) – Certificate of Qualification ▪ Cook – Interprovincial Red Seal endorsement ▪ Cook – Certificate of Qualification ▪ Certified Chef de Cuisine ▪ ITA-issued letter authorizing supervision and sign-off of apprentices in this occupation 												
Challenging a Level	<p>The following levels of technical training can be challenged for advanced placement in this program:</p> <ul style="list-style-type: none"> ▪ None 												



Apprenticeship Program Standards

Cross-Program Credits

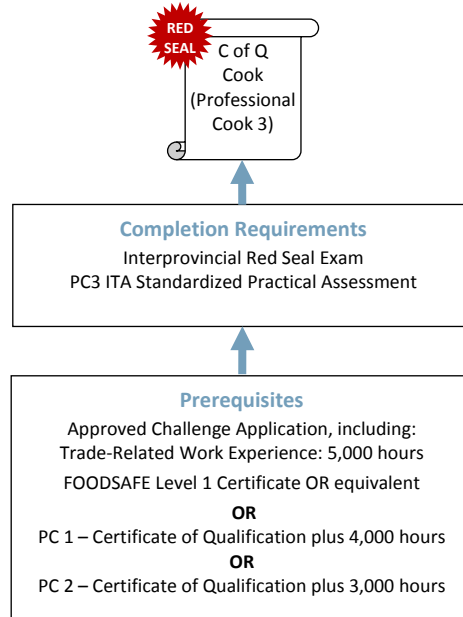
Individuals who hold the credentials listed below are entitled to receive partial credit towards the WBT hours requirement for application to this program:

Credential	Credit(s) Granted
Baker – Certificate of Qualification	<ul style="list-style-type: none"> ▪ Technical training: None ▪ 500 workplace hours
Meatcutter – Certificate of Qualification	<ul style="list-style-type: none"> ▪ Technical training: None ▪ 500 workplace hours

Challenge Pathway

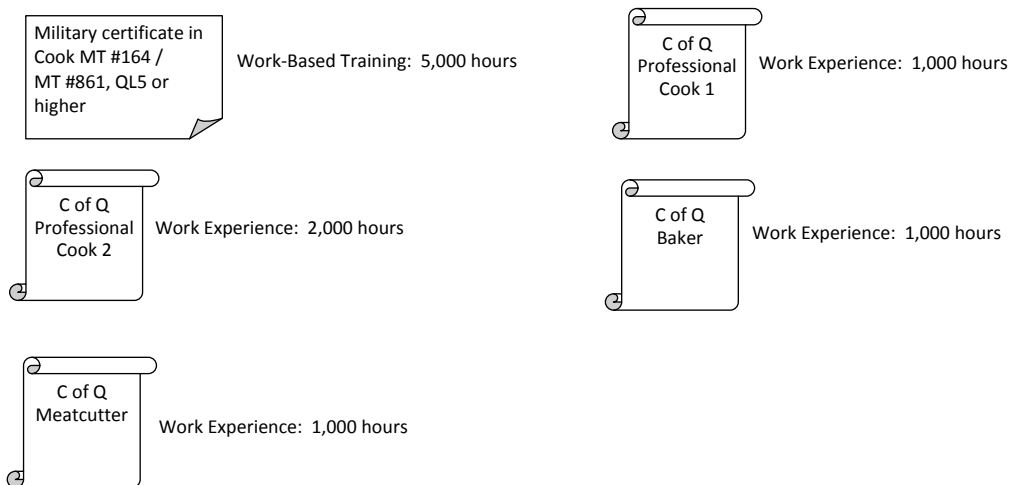
This graphic provides an overview of the Cook (Professional Cook 3) challenge pathway.

C of Q = Certificate of Qualification



CREDIT FOR PRIOR LEARNING

Individuals who hold the credentials listed below are entitled to receive partial credit toward the completion requirements of this program



Challenge Program Standards

Credentials Awarded	Cook (Professional Cook 3) – Certificate of Qualification with Interprovincial Red Seal endorsement												
ITA Registration Prerequisites	<p>An approved Challenge Application, which includes:</p> <ul style="list-style-type: none"> ▪ 5,000 documented hours of directly related experience working in the occupation OR Professional Cook 1 – Certificate of Qualification plus 4,000 hours OR Professional Cook 2 – Certificate of Qualification plus 3,000 hours ▪ FOODSAFE Level 1 certificate OR equivalent 												
Credit for Prior Learning	<p>Individuals who hold the credentials listed below are considered to have met, or partially met, the prerequisites for challenging this program:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Credential</th> <th style="width: 50%;">Credit(s) Granted</th> </tr> </thead> <tbody> <tr> <td>Professional Cook 1 – Certificate of Qualification</td> <td> <ul style="list-style-type: none"> ▪ Work Experience: 1,000 hours </td> </tr> <tr> <td>Professional Cook 2 – Certificate of Qualification</td> <td> <ul style="list-style-type: none"> ▪ Work Experience: 2,000 hours </td> </tr> <tr> <td>Baker – Certificate of Qualification</td> <td> <ul style="list-style-type: none"> ▪ Work Experience: 1,000 hours </td> </tr> <tr> <td>Meatcutter – Certificate of Qualification</td> <td> <ul style="list-style-type: none"> ▪ Work Experience: 1,000 hours </td> </tr> <tr> <td>Military certificate in Cook MT #164 / MT #861, QL5 or higher</td> <td> <ul style="list-style-type: none"> ▪ 5,000 workplace hours </td> </tr> </tbody> </table>	Credential	Credit(s) Granted	Professional Cook 1 – Certificate of Qualification	<ul style="list-style-type: none"> ▪ Work Experience: 1,000 hours 	Professional Cook 2 – Certificate of Qualification	<ul style="list-style-type: none"> ▪ Work Experience: 2,000 hours 	Baker – Certificate of Qualification	<ul style="list-style-type: none"> ▪ Work Experience: 1,000 hours 	Meatcutter – Certificate of Qualification	<ul style="list-style-type: none"> ▪ Work Experience: 1,000 hours 	Military certificate in Cook MT #164 / MT #861, QL5 or higher	<ul style="list-style-type: none"> ▪ 5,000 workplace hours
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Supporting Documents

Cook (Professional Cook 3) Program Outline (2008) – Defines the full scope of knowledge and skills required to competently perform the occupation in BC. Available from the ITA website.

Cook National Occupational Analysis (2008) – Prepared by industry experts, under the guidance of the federal government, for Red Seal trades to define the national standard of competence for the trade. Available from the Red Seal website: www.red-seal.ca.

Cook Assessment Information (2012) – Overview of the assessment tasks and assessment methodology for the ITA Standardized Practical Assessment. Available from the ITA website.

Contacts

The **Industry Training Authority** (ITA) manages B.C.'s industry training and apprenticeship programs. Contact ITA Customer service if you have any questions regarding registration, examinations or certification for this program.

Telephone: 778-328-8700
Toll Free (within BC): 1-866-660-6011
Website: www.itabc.ca

Fax: 778-328-8701
email: customerservice@itabc.ca

Revision History

The standards for this program were reviewed and/or updated on the dates below.

Program Standards Approved: June 2008
Updated: July 2009
Updated: October 2009
Updated: July 2010
Updated: September 2011
Updated: September 2012
Updated: July 2017

Program Profiles are updated regularly. Visit www.itabc.ca for the most current version.