CKAP2 – Professional Cook 2 Workplace Entry

Trades

Effective Term & Year: Fall 2022
Program Outline Review Date:

Program Area: Trades Apprenticeship Training

Description:

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

Students cover advanced aspects of the kitchen: Food safety, theory, occupational skills, and methods of cookery. Practical instruction includes soups, sauces, meat and fish cookery, vegetables, pastry, cold kitchen, and meat processing.

At this level, a professional cook should have a preliminary understanding of food costing, menu planning, and purchasing processes.

Credentials Granted:

Upon the successful completion of the Level 2 Professional Standardized Practical Assessment program, students receive:

- Professional Cook Level 2 Standardized Practical Assessment credit from SkilledTradesBC.

Delivery Methods: On-Campus (Face-to-Face)

Program Duration: 6 weeks

Instructional Activity and Hours:

Activity	Hours
Instructional Hours (hrs/wk)	30 hrs/wk
Directed Studies (hrs/wk)	
Total (hrs/wk)	30 hrs/wk
Total Program Hours	180 hours

Content Weighting:

Activity	Percentage
Theory	25%
Practical Skills	75%

Admission Requirements:

Foodsafe Level 1, Grade 10 (Grade 12 preferred). Ability to communicate effectively in oral and written English. All applicants will be interviewed by the program coordinator in person or by telephone before the start of class.

Flexible Assessment:

Credit can be awarded for this program through Flexible Assessment.

Program Transfer Credit:

For information about block transfer agreements between programs in British Columbia, Alberta, and elsewhere, please visit http://www.cotr.bc.ca/transfer.

To minimize transfer issues, check with an academic advisor at the institution that will receive the transfer credits.

Textbooks and Required Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Professional Cooking for Canadian Chefs, 7th Edition (Wayne Gisslen), 2011

Program Competencies and Technical Training Content:

- CKAP2 201 Occupational Skills
- CKAP2 202 Stocks, Soups & Sauces
- CKAP2 203 Vegetables & Fruits
- CKAP2 204 Starches
- CKAP2 205 Meats
- CKAP2 206 Poultry
- CKAP2 207 Seafood
- CKAP2 208 Garde Manger
- CKAP2 210 Baked Goods & Desserts

Evaluation and Assessment:

Assignments	% Of total Grade
1. Practical	75%
2. Theory	25%
Total	100%

Pass Requirements:

After each program unit, a student writes an exam on the program topic. To pass a program unit, a student must attain 70% or higher on the theory and practical tests. Practical tests are completed on a daily basis during a student's daily learning activities and cooking tasks.

At the end of COOK 2, a student writes a final exam. Only those students that have passed every unit are eligible to write the final exam. To Pass or Complete COOK 2, a student must attain 70% or higher on the final exam and have an overall average of 70% or higher. COOK 2 is a pre-requisite for COOK 3.

Students must provide their own:

- Cook's uniform of 2 pants, 2 jackets, 2 aprons, 2 towels and a chef's hat
- Closed toe leather shoes
- Knife kit (knife wrap, 10 inch chef knife, flexible 6 inch boning knife, paring knife, peeler and steel)

Academic Policies:

College of the Rockies policies related to courses can be found at https://cotr.bc.ca/about-us/college-policies/ and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.4.8 Academic Performance
- Policy 2.5.3 Grade Appeal
- Policy 2.4.9 Student Concerns Re Faculty

Program Grade

COM	NCG
Completed to the defined standard – 70% or greater	No Credit Granted – less than 70%

Program Changes:

Information contained in program outlines is correct at the time of publication. Content of the program is revised on an ongoing basis to ensure relevance to changing educational, employment, and marketing needs. The instructor endeavours to provide notice of changes to students as soon as possible. The instructor reserves the right to add material to programs.

Industry Training:

The program competencies and technical training content delivered in this program follow the SkilledTradesBC Program Outline for this trade.

Safety Catalog:

WorkSafeBC regulations apply to all trades programs. Students are expected to follow all safe work practices and have high regard for the safety of others as well as of themselves. Students are responsible to wear personal protective equipment (PPE) as directed. At a minimum, students must provide and wear approved safety footwear and eyewear at all times in the shop. Additional PPE may be required for specific tasks. Students are expected to wear clothing suitable for working safely in the shop.