PCK1I – Professional Cook 1 (International)

Trades

Effective Term & Year: Fall 2022
Program Outline Review Date: 2026-03-01

Program Area: Trades Foundation Training

Description:

This comprehensive 8-month Culinary Skills 1 (International Entry) program provides students an opportunity to gain the knowledge and skills needed to work in a supervised culinary environment and consists of technical training in addition to practical and essential skills related to the culinary industry. The Culinary Skills 1 (International Entry) program covers basic cooking and food preparation tasks utilizing knife skills, correct terminology, and a variety of cooking methods. Students learn to follow recipes, weigh and measure food accurately, and develop an understanding of the major techniques and principles used in cooking, baking, and other aspects of food preparation. Practical instruction includes soups, sauces, meat and fish cookery, vegetables, pastry, cold kitchen, meat processing and breakfast cookery. Students are introduced to the preparation and service of luncheon banquets and a la carte menus in our authentic dining room, the Class Act Dining room. Students also participate in a practicum experience at local restaurants. Safe work habits are emphasized, reinforced and practiced throughout the program.

Credentials Granted:

Upon successful completion of the 32-week Professional Cook 1 (International Entry) program, students receive:

College of the Rockies Certificate

Delivery Methods: Hybrid (Face-to-Face and Online)

Program Duration: 32 weeks

Instructional Activity and Hours:

Activity	Hours
Instructional Hours (hrs/wk)	28 hrs/wk
Directed Studies (hrs/wk)	2 hrs/wk
Total (hrs/wk)	30 hrs/wk
Total Program Hours	960 hours

Content Weighting:

Activity	Percentage
Classroom, Directed Studies or Online Instruction	25%
Seminar/Tutorials	75%

Admission Requirements:

FoodSafe Level 1 is required prior to program start.

Highly Recommended Admission Prerequisites:

The following education is **highly** recommended for student success within the program:

- Workplace Math 10 and either Workplace Math 11, Apprenticeship Mathematics 12, History of Math 12, or equivalent

Non-Academic Requirement:

- International student status

Students for whom English is a second language must meet the English Language Proficiency requirement posted on the College website

Flexible Assessment:

Credit cannot 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 (most current edition):

Professional Cooking for Canadian Chefs, 9th ed. with e-book (Wayne Gisslen), 2013.

Please see the instructor's syllabus or check COTR's online text calculator https://textbook.cotr.bc.ca/ for a complete list of the currently required textbooks.

Program Competencies and Technical Training Content:

Upon successful completion of this program, students will be able to

COOK 101 Occupational Skills

- Trade Knowledge
- Safety Standards
- Sanitary Standards
- Production Procedures
- Menu Planning
- Ordering and Inventory
- Ingredients and Nutritional Properties

COOK 102 Stocks, Soups & Sauces

- Stocks
- Thickening and Binding Agents
- Soups
- Sauces

COOK 103 Vegetables & Fruits

- Vegetables
- Fruit

COOK 104 Starches

- Potatoes
- Pasta and Farinaceous Products
- Rice, Grains and Legumes

COOK 105 Meats

- Cut and Process Meats
- Cook Meats

COOK 106 Poultry

- Cut and Process Poultry
- Cook Poultry

COOK 107 Seafood

- Cut and Process Seafood
- Cook Fish
- Cook Shellfish

COOK 108 Garde Manger

- Dressings, Condiments and Accompaniments
- Salads
- Sandwiches

COOK 109 Eggs, Breakfast Cookery & Dairy

- Egg Dishes
- Breakfast Accompaniments
- Dairy Products and Cheeses

COOK 110 Baked Goods & Desserts

- Principles of Baking
- Pastries
- Desserts
- Quick Breads
- Cookies
- Yeast Products

COOK 111 Beverages

- Beverages

COOK Prac Workplace Practicum (120 Hours)

- Workplace restaurant or food place establishment as assigned by instructor.
- Exposure to a full- service kitchen environment.

Evaluation and Assessment:

COOK (PROFESSIONAL COOK 1) LEVEL 1

COTR COURSE	SUBJECT COMPETENCIES	THEORY WEIGHTING	PRACTICAL WEIGHTING
COOK 101	Occupational Skills	15%	15%
COOK 102	Stocks, Soups and Sauces	15%	15%
COOK 103	Vegetables and Fruits	8%	8%
COOK 104	Starches	8%	8%
COOK 105	Meats	15%	15%
COOK 106	Poultry	10%	10%
COOK 107	Seafood	10%	10%
COOK 108	Garde-Manger	6%	6%
COOK 108	Eggs, Breakfast Cookery and Dairy	5%	5%
COOK 109	Baked Goods and Desserts	7%	7%
COOK 110	Beverages	1%	1%
	Total	**100%**	**100%**
In-School Theory & Practical Subject Competency Weighting		25%	75%
Final in-school mark		**IN-SCHOOL %**	

Pass Requirements:

In order to pass this program, students are required to

- achieve a minimum 70% overall final in-school percentage score
- pass all Workplace Health and Safety courses within the program
- complete a 120 hour practicum

This program has a Certificate of Qualification Exam (C of Q) that is administered by the Industry Training Authority. In order to be eligible to write the C of Q exam, students must have a final in-school percentage score of 70 % or higher. The C of Q written exam and the practical assessment are delivered during the final week of the program. Students must achieve a score of 70 % or greater on the C of Q written exam and achieve a Pass for the Practical Assessment in order to receive credit for Professional Cook Level 1 from the ITA.

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)
- Computer

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 2.5.8 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.

Course Descriptions: Refer to Course Outlines – https://outlines.cotr.bc.ca/course/