

Red Seal Occupational Standard

Cook



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Employment and
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RED SEAL OCCUPATIONAL STANDARD COOK



Title: Cook

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FOREWORD

The Canadian Council of Directors of Apprenticeship (CCDA) recognizes this Red Seal Occupational Standard (RSOS) as the Red Seal standard for the Cook trade.

Background

The first National Conference on Apprenticeship in Trades and Industries, held in Ottawa in 1952, recommended that the federal government be requested to cooperate with provincial and territorial apprenticeship committees and officials in preparing analyses of a number of skilled occupations. Employment and Social Development Canada (ESDC) sponsors the Red Seal Program, which, under the guidance of the CCDA, develops a national occupational standard for each of the Red Seal trades.

Standards have the following objectives:

- to describe and group the tasks performed by skilled workers;
- to identify which tasks are performed in every province and territory;
- to develop instruments for use in the preparation of Interprovincial Red Seal Examinations and assessment tools for apprenticeship and certification authorities;
- to develop common tools for apprenticeship on-the-job and technical training in Canada;
- to facilitate the mobility of apprentices and skilled workers in Canada;
- to supply employers, employees, associations, industries, training institutions and governments with occupational standards.

Any questions, comments, or suggestions for changes, corrections, or revisions to this standard or any of its related products may be forwarded to:

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This standard was prepared by the Apprenticeship and Sectoral Initiatives Directorate of ESDC. The coordinating, facilitating and processing of this standard were undertaken by employees of the standards development team of the Trades and Apprenticeship Division and of New Brunswick, the host jurisdiction for this trade.

STRUCTURE OF THE OCCUPATIONAL STANDARD

To facilitate understanding of the occupation, this standard contains the following sections:

Methodology: an overview of the process for development, review, validation and weighting of the standard

Description of the Cook trade: An overview of the trade's duties, work environment, job requirements, similar occupations and career progression

Trends in the Cook trade: Some of the trends identified by industry as being the most important for workers in this trade

Essential Skills Summary: An overview of how each of the nine essential skills is applied in this trade

Roles and Opportunities for Skilled Trades in a Sustainable Future: an overarching description of how in the context of climate change, skilled trades play a large role in implementing solutions and adjusting to changes in the world. In addition to highlighting the importance of this awareness, the standard may also contain more details on activities, skills and knowledge elements that are specific to the trade

Industry Expected Performance: description of the expectations regarding the level of performance of the tasks, including information related to specific codes, regulations and standards that must be observed

Language Requirements: description of the language requirements for working and studying in this trade in Canada

Pie Chart of Red Seal Examination Weightings: a graph which depicts the national percentages of exam questions assigned to the major work activities

Task Matrix: a chart which outlines graphically the major work activities, tasks and sub-tasks of this standard

Major Work Activity (MWA): the largest division within the standard that is comprised of a distinct set of trade activities

Task: distinct actions that describe the activities within a major work activity

Task Descriptor: a general description of the task

Sub-task: distinct actions that describe the activities within a task

Skills:

Performance Criteria: description of the activities that are done as the sub-task is performed

Evidence of Attainment: proof that the activities of the sub-task meet the expected performance of a tradesperson who has reached journeyperson level

Knowledge:

Learning Outcomes: describes what should be learned relating to a sub-task while participating in technical or in-school training

Learning Objectives: topics to be covered during technical or in-school training in order to meet the learning outcomes for the sub-task

Range of Variables: elements that provide a more in-depth description of a term used in the performance criteria, evidence of attainment, learning outcomes, or learning objectives

Appendix A – Acronyms: a list of acronyms used in the standard with their full name

Appendix B – Tools and Equipment / Outils et équipement: a non-exhaustive list of tools and equipment used in this trade

Appendix C – Glossary / Glossaire: definitions or explanations of selected technical terms used in the standard

METHODOLOGY

Development of the Standard

A draft standard is developed by a broad group of trade representatives, including tradespeople, instructors and employers at a National Workshop led by a team of facilitators. This draft standard breaks down all the tasks performed in the occupation and describes the knowledge and abilities required for a tradesperson to demonstrate competence in the trade.

Draft Review

The RSOS development team forwards a copy of the standard and its translation to provincial and territorial authorities who consult with industry representatives to review it. Their recommendations are assessed and incorporated into the standard.

Validation and Weighting

Participating provinces and territories also consult with industry to validate and weight the document for the purpose of planning the makeup of the Red Seal Interprovincial Examination for the trade. They validate and weight the major work activities (MWA), tasks and sub-tasks, of the standard as follows:

MWA	Each jurisdiction assigns a percentage of questions to each MWA for an examination that would cover the entire trade.
TASKS	Each jurisdiction assigns a percentage of exam questions to each task within a MWA.
SUB-TASKS	Each jurisdiction indicates, with a YES or NO, whether or not each sub-task is performed by skilled workers within the occupation in its jurisdiction.

The results of this exercise are submitted to the RSOS development team who then analyzes the data and incorporates it into the document. The RSOS provides the individual jurisdictional validation results as well as the national averages of all responses. The national averages for MWA and task weighting guide the Interprovincial Red Seal Examination plan for the trade.

The validation of the RSOS is used to identify common core sub-tasks across Canada for the occupation. If at least 70% of the responding jurisdictions' industry performs a sub-task, it shall be considered common core. Interprovincial Red Seal Examination questions are limited to the common core sub-tasks identified through this validation process.

Definitions for Validation and Weighting

YES	sub-task performed by qualified workers in the occupation in that province or territory
NO	sub-task not performed by qualified workers in the occupation in that province or territory
NV	standard <u>N</u> ot <u>V</u> alidated by that province or territory
ND	trade <u>N</u> ot <u>D</u> esignated in a province or territory
NOT COMMON CORE (NCC)	sub-task, task or MWA performed less than 70% of responding jurisdictions; these will not be tested by the Interprovincial Red Seal Examination for the trade
NATIONAL AVERAGE %	average percentage of questions assigned to each MWA and task in Interprovincial Red Seal Examination for the trade

Provincial/Territorial Abbreviations

NL	Newfoundland and Labrador
NS	Nova Scotia
PE	Prince Edward Island
NB	New Brunswick
QC	Quebec
ON	Ontario
MB	Manitoba
SK	Saskatchewan
AB	Alberta
BC	British Columbia
NT	Northwest Territories
YT	Yukon Territory
NU	Nunavut

DESCRIPTION OF THE COOK TRADE

“Cook” is this trade’s official Red Seal occupational title approved by the Canadian Council of Directors of Apprenticeship (CCDA); it is also the trade name used by all provinces and territories in Canada.

Cooks prepare, cook, season and present a wide variety of foods such as meat, fish, poultry, game, pasta, pulses, grains, nuts, dairy products, eggs, vegetables, fruit, stocks, soups, sauces, salads, desserts and baked goods. They cook complete meals or individual dishes. Cooks may plan menus, determine the size of food portions and estimate food requirements and cost, as well as monitor and order supplies, and oversee others in the preparation, cooking and handling of food.

They must also be familiar with food safety and hygiene requirements, safe work practices and with health regulations pertaining to food handling, preparation and service.

Areas of specialization vary according to where the cook is employed. Cooks may also specialize in ethnic food preparation, or in preparing meals according to dietary and varying nutritional requirements. Cooks are generally employed in the hospitality and tourism sector (e.g. restaurants, hotels, resorts, catering services, country clubs and aboard ships) or in institutional settings (e.g. hospitals, nursing homes, seniors’ residences, daycare services, educational institutes, correctional facilities, camps and military bases).

While some cooks may have conventional work schedules, most cooks work shift work, including early mornings, late evenings, holidays and weekends, and the number of hours worked each week varies depending on the type of position and establishment the cook is employed at.

Cooks often come under a great deal of pressure to provide quick and quality service. They must, at all times, maintain quality of food and ensure that food safety and sanitation guidelines be followed. Workplaces are clean and well lit, but can be hot and space-restricted. Cooks must be able to stand for extended periods, to function in close quarters, and to lift heavy objects such as pots and heavy bags. Occupational hazards include burns, cuts, slips and falls. Cooks who work at camps in remote areas must be able to work under particular conditions and can be away from home for extended periods.

Creativity, a keen sense of taste and smell, interest in precision work and a good memory for details are key attributes for people entering this trade. Cooks must be able to remember recipes and be able to adapt them to available ingredients and the current requirements. They must be conscious of health information such as dietary requirements and allergies. Cooks must also be able to work independently, as part of a team and help their colleagues, have good organizational skills, and have the ability to multi-task to effectively do their jobs. Other important abilities for cooks include solid mathematical, communication and consumer service skills. Cooks should be versatile enough to assist with any task that needs doing within the kitchen and any other related task.

With experience, cooks may act as mentors and trainers to apprentices in the trade. They can also move into other positions such as kitchen managers, chefs, banquet managers, instructors, sales, food service administrators and managers, general managers or food writers. They can also own their own business.

This standard recognizes similarities or overlaps with the work of bakers and butchers.

TRENDS IN THE COOK TRADE

Growing Diversity in Industry

In certain regions, more attention is being given to Indigenous perspectives. Canada's increasingly diverse population is requiring cooks to broaden their knowledge of traditional, northern or boreal, and international cuisines to meet consumer demands. Consumers are demanding that cooks become more familiar with a greater variety of ingredients, cooking methods and dishes, drawn from diverse cultures and regions.

A growing emphasis is being placed on cooks having to be strong interpersonal communicators. This can be particularly important in work environments that are diverse (e.g. cross-cultural, cross-generational, multilingual, inclusive), and where cooks interact with their consumers and clients. There is a constant evolution of the work environment in this industry, becoming one that is more inclusive, equitable, flexible and respectful.

Plant-Based Eating Trends

There is a growing demand for plant-based cuisine, such as vegetarian and vegan diets. The Canada Food Guide 2019 also places a higher emphasis on more whole fruits and vegetables as a recommended proportion of Canadians' dietary intake. Cooks must be able to demonstrate creativity and innovation in this area to meet consumer demand. Plant-based ingredients such as tofu, tempeh and quinoa are becoming more mainstream.

Customization in Cooking

Consumers require more customization to their meals for reasons such as allergies and chronic medical conditions (e.g. diabetes, food intolerances, heart conditions). Cooks must be able to adapt their menu items to meet consumer preferences and requirements.

Business Trends and Practices

Consumers increasingly want more value for their money and expect food venues to contribute towards social responsibility (e.g., supporting local farmers, sensible sourcing, reduced footprint). As a result, an increasing number of food venues are adapting their sourcing methods to be more environmentally sustainable. There is a trend of some venues growing their own produce or manufacturing food products in-house. Some examples of this include in-house charcuterie, fermentation, farm to table cuisine and on-site greenhouses.

A growing number of businesses are striving to significantly reduce food waste by composting and donating food leftovers. Cooks are expected to become more resourceful and innovative in making use of the entirety of base ingredients.

At the same time, economic issues such as staffing costs and availability, globalized food systems, growing dependence on outsourcing, and tight profit margins require that cooks be innovative to succeed.

There is a shift in how food outlets deliver products. New business models such as food halls, quick-service restaurants, food trucks, ghost kitchens, meal plans, pop-ups, home chefs and ready-to-eat food services are creating new opportunities and challenges for cooks.

Technological Impacts on the Trade

Cooks must become familiar with new technology that is continually being introduced in kitchen equipment. Some examples include automated equipment, combi-ovens, thermal circulators, and wireless sensors.

Social media exposure and marketing are important developments in the industry. These platforms are influencing cooks to become more innovative in creating dishes that “play well” on social media (e.g. unique presentation with bright colours and excellent plating). These social media platforms also provide outlets for consumer reviews and feedback.

Consumer demand for convenience and quality food is driving other technological changes in the food service industry. Digital ordering platforms provide new challenges for cooks who have to develop menu options that can be prepared and shipped without diminished quality.

Consumers expect greater transparency in all aspects of their food choices. Regulations and emerging software technologies enable consumers to make more informed decisions. As a result, cooks may need to adapt to this technology by becoming more informed on the ingredients they are using and communicating this information to consumers.

ESSENTIAL SKILLS SUMMARY

Essential skills are needed for work, learning and life. They provide the foundation for learning all other skills and enable people to evolve with their jobs and adapt to workplace change.

Through extensive research, the Government of Canada and other national and international agencies have identified and validated nine essential skills. These skills are used in nearly every occupation and throughout daily life in different ways.

A series of CCDA-endorsed tools have been developed to support apprentices in their training and to be better prepared for a career in the trades. The tools can be used independently or with the assistance of a tradesperson, trainer, employer, teacher or mentor to:

- understand how essential skills are used in the trades;
- learn about individual essential skills strengths and areas for improvement; and
- improve essential skills and increase success in an apprenticeship program.

Tools are available online or for order at: <https://www.canada.ca/en/employment-social-development/programs/essential-skills/profiles.html>.

The application of these skills may be described throughout this document within the competency statements which support each subtask of the trade. The following are summaries of the requirements in each of the essential skills, taken from the essential skills profile. A link to the complete essential skills profile can be found at: www.red-seal.ca.

READING

Cooks read a variety of documents such as cookbooks, recipes, manuals and banquet event orders (BEO). With regard to health and safety information, they use notices, food recalls or allergy alerts and other food safety information. Cooks read warnings and instructions written on signs, labels and packaging. Cooks may also read trade publications to learn about food service and hospitality trends and technological advances in commercial kitchens. They may read legal agreements such as contracts and confidentiality agreements.

DOCUMENT USE

Cooks scan labels on product packaging to locate data such as cooking times, potential allergens and ingredients. They interpret safety data sheets (SDS), safety symbols and icons. Cooks locate information and data found in a variety of tables pertaining to work schedules, food orders, cooking times, quantities of food, logs, invoices and costs. Equipment manuals are used to instruct on proper use, cleaning and the use of personal protective equipment (PPE).

WRITING

Cooks write reminders and notes to co-workers to explain changes in meal preparation routines and food safety procedures. They may also write instructions about specific delivery and handling of food or write brief comments on recipes about cooking times or changes in ingredients. Cooks may write incident reports or requests for equipment upgrades. They write sign-in and sign-out sheets and daily logs to record temperature tracking and sanitation sign offs. Prep sheets are written with daily tasks and routines, identified completions and inventory information. It is important that cooks accurately label and date products for storage.

ORAL COMMUNICATION

Cooks discuss work assignments with co-workers. They speak with consumers to take orders, and discuss their opinions on recipes and meals. Cooks may make product suggestions and participate in product development meetings. Cooks may explain procedures and safety protocols to kitchen and food servers. They may participate in interdepartmental meetings to harmonize the operations of the organization. They may provide mentoring and coaching to other members of the brigade.

NUMERACY

Cooks measure and convert weight and volume of ingredients between imperial and metric systems. They calculate ingredient quantities when modifying recipes. Cooks estimate the yield of bulk items to determine the number of servings. They estimate the time required to prepare food and organize their tasks to meet deadlines. Cooks may calculate the cost of menu items and inventory.

THINKING

Cooks may choose ingredients and decide how to modify recipes and food preparation practices to meet consumers' requirements. They must also assess the quality, appearance and taste of the food they produce. Cooks decide the order of food preparation and housekeeping tasks. To ensure a smooth workflow and maximum efficiency, they may plan tasks, and review and modify work priorities and deadlines on a regular basis. Cooks coordinate their work with other co-workers. They are required to problem solve on the fly and to work under pressure. They think strategically about issues such as quality, profitability and sustainability.

DIGITAL TECHNOLOGY

Cooks may use calculators to complete tasks such as cost or ingredient calculation. They may use hardware (tablets, laptops, smartphones, etc.) and software or databases to monitor inventory of ingredients and supplies, to place orders, to input or retrieve recipes, take table reservations and to write memos, reports and digital logging. Cooks use digitally controlled kitchen equipment to prepare food. They may use digital technology to seek and offer advice and to access training courses and seminars offered by suppliers, associations or employers. They regularly use the Internet to post and search for recipes, trends, inspiration and information related to cooking.

WORKING WITH OTHERS

Cooks usually work within an integrated team that may include other cooks, chefs, kitchen staff, stewards, servers and management. Cooks must work with each member of the team at all times to ensure operations run smoothly. They coordinate their activities with others to ensure optimum use of time, work space, food supplies and equipment. They also work with outside personnel such as vendors, delivery people, inspectors and contractors.

CONTINUOUS LEARNING

Cooks should stay abreast of trade trends. To advance in the trade, they need to access a variety of resources such as professional associations, seminars, core training sessions, food supplier demonstrations, trade shows and workshops. They may participate in events such as community activities, conferences and cooking competitions.

Roles and Opportunities for Skilled Trades in a Sustainable Future

Climate change affects all of us. Trades play a large role in implementing solutions and adjusting to changes in the world.

Throughout this standard, there may be specific references to tasks, skills and knowledge that clearly show this trade's role in a more sustainable future. Each trade has different roles to play and contributions to make in their own way.

For example:

- Construction tradespeople need to consider the materials they are using, building methods, and improvements to mechanical and electrical installations. There are important changes to codes and standards to help meet the climate change goals and commitments set for 2030 and 2050. Retrofits and new construction of low-energy buildings provide enormous opportunities for workers in this sector. Concepts, such as energy efficiency and regarding buildings as systems are foundational.
- Automotive and mechanical trades are seeing a shift towards the electrification of vehicles and equipment. As a result, new skills and knowledge will be required for tradespeople working in this sector. There are mandates for sales of new light-duty zero-emission vehicles (ZEV) in Canada, with the goal of achieving 100% ZEV sales by 2035. Due to this mandate, the demand for these vehicles is growing quickly among consumers and fleets. With this escalating demand, the need for skilled workers to maintain and repair these vehicles is also increasing.
- In industrial and resource sectors, there is pressure to move towards increased electrification of industrial processes. Many industrial and commercial facilities are also being upgraded to improve energy efficiency in areas such as lighting systems, and new production processes and technologies. There are also opportunities in carbon capture, utilization and storage (CCUS), as well as the production and export of low-carbon hydrogen.
- Trades in the service sector may also need to be aware of responsible sourcing, as well as efficient use of products and materials. New ways of working better are always a part of the job.

There are fast-moving changes in guidelines, codes, regulations and specifications. Many are being implemented for the purpose of energy efficiency and climate change. Those that affect specific trades may be mentioned within the standard. Examples of these guidelines and legislation include:

- The National Energy Code of Canada for Buildings (NECB).
- The Canadian Net-Zero Emissions Accountability Act (CNZEAA).
- programs that encourage sustainable building design and construction such as Leadership in Energy and Environmental Design (LEED) and the Zero Carbon Building (ZCB) standards.

- the Montreal Protocol for phasing out R22 refrigerants.
- energy efficiency programs such as ENERGY STAR.
- principles of the United Nations Declaration for the Rights of Indigenous Peoples pertaining to energy sector development.

Apprentices and tradespeople need to increase their climate literacy and reinforce their own understanding of energy issues and environmental practices. It is important for them to understand why these changes are happening and their effect on trades' work. While individual tradespeople and apprentices may not be able to choose certain elements like; the architectural design of buildings, building material selection, regulatory requirements, use of electric vehicles and technologies, they must understand the impact of using these elements in their work. Impacts include using environmentally friendly products and following requirements related to the disposal and recycling of materials.

In apprenticeship, as well as in ongoing professional development, employers and instructors should encourage learning about these concepts, why they are important, how they are implemented, and the overarching targets they are aiming to achieve.

All in all, it's about doing the work better and building a better world.

INDUSTRY EXPECTED PERFORMANCE

All tasks must be performed according to the applicable jurisdictional codes and standards. All health and safety standards must be respected and observed. Work should be done efficiently and to a high quality without material waste or environmental damage. All requirements of employers, consumers, clients and quality control policies must be met. At a journeyperson level of performance, all tasks must be done with minimal direction and supervision. As a journeyperson progresses in their career there is an expectation they continue to upgrade their skills and knowledge to maintain pace with industry and promote continuous learning in their trade through mentoring of apprentices.

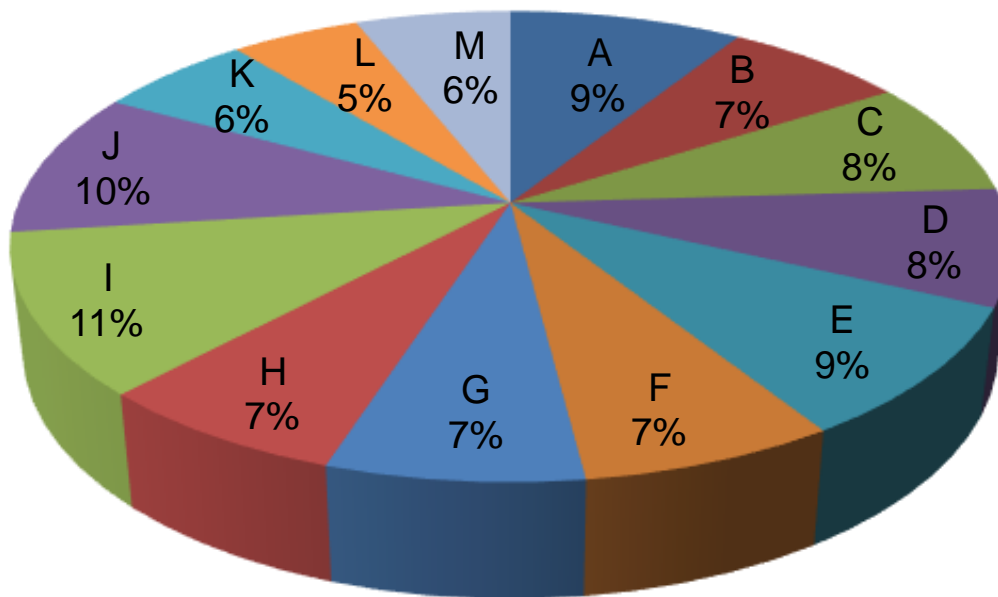
LANGUAGE REQUIREMENTS

It is expected that journeypersons are able to understand and communicate in either English or French, which are Canada's official languages. English or French are the common languages of business as well as languages of instruction in apprenticeship programs.

PIE CHART

OF RED SEAL EXAMINATION

WEIGHTINGS



MWA A	Hygiene, sanitation and safety	9%
MWA B	Common occupational skills	7%
MWA C	Produce	8%
MWA D	Stocks, broths and soups	8%
MWA E	Sauces	9%
MWA F	Cheese, dairy, dairy plant-based alternatives, eggs and egg products	7%
MWA G	Pastas, noodles, stuffed pastas and dumplings	7%
MWA H	Grains, pulses, seeds, nuts and alternative proteins	7%
MWA I	Meats, game, poultry, game birds and variety meats	11%
MWA J	Fish and seafood	10%
MWA K	Salads and sandwiches	6%
MWA L	Specialty preparation	5%
MWA M	Sweet and savoury baked goods and desserts	6%

This pie chart represents a breakdown of the interprovincial Red Seal examination. Percentages are based on the collective input from workers from the trade from across Canada. The Task Matrix on the next pages indicates the breakdown of tasks and sub-tasks within each Major Work Activity and the breakdown of questions assigned to the Tasks. The interprovincial Red Seal examination for this trade has 150 questions.

COOK

TASK MATRIX

A – Hygiene, sanitation and safety

9%

Task A-1 Performs safety and hygiene-related functions 40%	1.01 Maintains safe work environment	1.02 Uses personal protective equipment (PPE) and safety equipment	1.03 Maintains personal hygiene
Task A-2 Practices food safety procedures 60%	2.01 Maintains safe condition and temperature of raw and finished product	2.02 Cools food rapidly	2.03 Re-thermalizes foods
	2.04 Prevents cross-contamination	2.05 Cleans tools and equipment	2.06 Sanitizes tools and equipment

B – Common occupational skills

7%

Task B-3 Uses tools and equipment 15%	3.01 Uses knives	3.02 Uses pots, pans and utensils	3.03 Uses equipment and appliances
Task B-4 Organizes work 14%	4.01 Organizes kitchen workplace	4.02 Schedules production	
Task B-5 Manages information 11%	5.01 Plans menu and mise en place	5.02 Uses documentation	
Task B-6 Manages products 17%	6.01 Orders products	6.02 Receives products	6.03 Stores products
	6.04 Maintains inventory		
Task B-7 Performs trade activities 16%	7.01 Uses recipes	7.02 Performs portion control	7.03 Presents finished product
	7.04 Uses convenience foods		
Task B-8 Adapts cooking practices to meet dietary requirements 15%	8.01 Adapts kitchen practices to meet dietary requirements	8.02 Selects ingredients to meet dietary requirements	8.03 Prepares food to meet dietary requirements
Task B-9 Uses communication and mentoring techniques 12%	9.01 Uses communication techniques	9.02 Uses mentoring techniques	

C – Produce

8%

Task C-10 Prepares herbs and spices 25%	10.01 Selects herbs and spices	10.02 Cleans herbs	10.03 Processes herbs and spices
	11.01 Selects vegetables	11.02 Cleans vegetables	11.03 Processes vegetables
Task C-11 Prepares vegetables 42%	11.04 Cooks vegetables	11.05 Finishes vegetables	
	12.01 Selects fruit	12.02 Cleans fruit	12.03 Processes fruit
Task C-12 Prepares fruit 33%	12.04 Cooks fruit	12.05 Finishes fruit	

D – Stocks, broths and soups

8%

Task D-13 Prepares stocks and broths 49%	13.01 Selects stock and broth ingredients	13.02 Processes stock and broth ingredients	13.03 Cooks stocks and broths
	14.01 Selects soup ingredients	14.02 Processes soup ingredients	14.03 Cooks soups
Task D-14 Prepares soups 51%	14.04 Finishes soups		

E – Sauces

9%

Task E-15 Prepares thickening and binding agents 29%	15.01 Selects thickening and binding ingredients	15.02 Processes thickening and binding ingredients	
Task E-16 Prepares sauces 71%	16.01 Selects sauce ingredients	16.02 Processes sauce ingredients	16.03 Cooks sauces
	16.04 Finishes sauces		

F – Cheese, dairy, plant-based dairy alternatives, eggs and egg products

7%

Task F-17 Uses cheese, dairy products and plant-based dairy alternative products 49%	17.01 Selects cheese, dairy and plant-based dairy alternative ingredients	17.02 Processes cheese, dairy and plant-based dairy alternative ingredients	17.03 Finishes cheese, dairy and plant-based dairy alternative products
Task F-18 Prepares eggs and egg-based dishes 51%	18.01 Selects ingredients for eggs and egg-based dishes	18.02 Processes ingredients for eggs and egg-based dishes	18.03 Cooks eggs and egg-based dishes
	18.04 Finishes eggs and egg-based dishes		

G – Pastas, noodles, stuffed pastas and dumplings

7%

Task G-19 Prepares pastas and noodles 58%	19.01 Selects pasta and noodle ingredients	19.02 Processes pastas and noodles	19.03 Cooks pastas and noodles
	19.04 Finishes pastas and noodles		
Task G-20 Prepares stuffed pastas and dumplings 42%	20.01 Selects stuffed pasta and dumpling ingredients	20.02 Processes stuffed pastas and dumplings	20.03 Cooks stuffed pastas and dumplings
	20.04 Finishes stuffed pastas and dumplings		

H – Grains, pulses, seeds, nuts and alternative proteins

7%

Task H-21 Prepares grains and pulses 39%	21.01 Selects grains and pulses	21.02 Processes grains and pulses	21.03 Cooks grains and pulses
Task H-22 Prepares seeds and nuts 25%	22.01 Selects seeds and nuts	22.02 Processes seeds and nuts	22.03 Cooks seeds and nuts
Task H-23 Prepares alternative proteins 36%	23.01 Selects alternative proteins	23.02 Processes alternative proteins	23.03 Cooks alternative proteins

I – Meats, game, poultry, game birds and variety meats

11%

Task I-24 Prepares meats and game meats 46%	24.01 Selects meats and game meats	24.02 Processes meats and game meats	24.03 Cooks meats and game meats
	24.04 Finishes meats and game meats		
Task I-25 Prepares poultry and game birds 39%	25.01 Selects poultry and game birds	25.02 Processes poultry and game birds	25.03 Cooks poultry and game birds
	25.04 Finishes poultry and game birds		
Task I-26 Prepares variety meats 15%	26.01 Selects variety meats	26.02 Processes variety meats	26.03 Cooks variety meats
	26.04 Finishes variety meats		

J – Fish and seafood

10%

Task J-27 Prepares fin fish 47%	27.01 Selects fin fish	27.02 Processes fin fish	27.03 Cooks fin fish
	27.04 Finishes fin fish		
Task J-28 Prepares seafood 53%	28.01 Selects seafood	28.02 Processes seafood	28.03 Cooks seafood
	28.04 Finishes seafood		

K – Salads and sandwiches

6%

Task K-29 Prepares sandwiches 32%	29.01 Selects sandwich ingredients	29.02 Processes sandwich ingredients	29.03 Assembles sandwiches
	29.04 Cooks sandwiches		
Task K-30 Prepares salads 38%	30.01 Selects salad ingredients	30.02 Processes salad ingredients	30.03 Finishes salad
Task K-31 Prepares condiments, preserves and dressings 30%	31.01 Selects ingredients for condiments, preserves and dressings	31.02 Processes ingredients for condiments, preserves and dressings	

L – Specialty preparation

5%

Task L-32 Prepares hors d'oeuvres and other finger foods 34%	32.01 Selects ingredients for hors d'oeuvres and other finger foods	32.02 Processes ingredients for hors d'oeuvres and other finger foods	32.03 Assembles hors d'oeuvres and other finger foods
	32.04 Cooks hors d'oeuvres and other finger foods	32.05 Finishes hors d'oeuvres and other finger foods	
Task L-33 Prepares charcuterie and cured products 28%	33.01 Selects ingredients for charcuterie and cured products	33.02 Processes ingredients for charcuterie and cured products	33.03 Cooks charcuterie and cured products
	33.04 Finishes charcuterie and cured products		
Task L-34 Prepares gels and glazes 15%	34.01 Selects ingredients for gels and glazes	34.02 Processes ingredients for gels and glazes	34.03 Finishes gels and glazes
Task L-35 Prepares marinades, rubs and brines 23%	35.01 Selects marinade, rub and brine ingredients	35.02 Processes marinade, rub and brine ingredients	

M – Sweet and savoury baked goods and desserts

6%

Task M-36 Prepares dough-based products 27%	36.01 Selects ingredients for dough	36.02 Processes ingredients for dough	36.03 Cooks dough-based products
	36.04 Finishes dough-based products		
Task M -37 Prepares batter-based products 17%	37.01 Selects ingredients for batters	37.02 Processes ingredients for batters	37.03 Cooks batter-based products
	37.04 Finishes batter-based products		
Task M -38 Prepares creams, mousses, frozen desserts, fillings, icings, toppings and sugar works 16%	38.01 Selects ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works	38.02 Processes ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works	38.03 Finishes creams, mousses, frozen desserts, fillings, icings, toppings and sugar works
Task M -39 Assembles cakes 10%	39.01 Selects cake components for assembly	39.02 Finishes cakes	
Task M -40 Prepares savoury and sweet pastries and pies 18%	40.01 Selects ingredients for savoury and sweet pastries and pies	40.02 Assembles savoury and sweet pastries and pies	40.03 Cooks savoury and sweet pastries and pies
	40.04 Finishes savoury and sweet pastries and pies		
Task M -41 Prepares chocolate 12%	41.01 Selects chocolate and ingredients	41.02 Processes chocolate	41.03 Finishes chocolate

Harmonization of Apprenticeship Training

Provincial and territorial apprenticeship authorities are each responsible for their respective apprenticeship programs. In the spirit of continual improvement, and to facilitate mobility among apprentices in Canada, participating authorities have agreed to work towards harmonizing certain aspects of their programs where possible. After consulting with their stakeholders in the trade, they have reached consensus on the following elements. Note that implementation of these elements may vary from jurisdiction to jurisdiction, depending on their own circumstances. For more information on the implementation in any province and territory, please contact that jurisdiction's apprenticeship authority.

1. Trade name

The official Red Seal name for this trade is Cook.

2. Number of Levels of Apprenticeship

The number of levels of technical training recommended for this trade is 3 (three).

3. Total Training Hours During Apprenticeship Training

The total hours of training, including both on-the-job and in-school training for this trade is 5400.

4. Sequencing Topics and Related Sub-tasks

The topic titles in the table below are placed in a column for each apprenticeship level for technical training. Each topic is accompanied by the sub-tasks and their reference number. The topics in the grey shaded cells represent those that are covered "in context" with other training in the subsequent years.

Level 1	Level 2	Level 3
	Context	Context
	Food Safety Procedures	Food Safety Procedures
	Vegetables	
	Fruit	Fruit
		Soups
		Thickening and Binding Agents
		Cake Assembly
Safety-Related Functions 1.01 Maintains safe work environment 1.02 Uses personal protective equipment (PPE) and safety equipment 1.03 Maintains personal hygiene		

Level 1	Level 2	Level 3
Food Safety Procedures 2.01 Maintains safe condition and temperature of raw and finished product 2.02 Cools food rapidly 2.03 Re-thermalizes foods 2.04 Prevents cross-contamination 2.05 Cleans tools and equipment 2.06 Sanitizes tools and equipment		
Tools and Equipment 3.01 Uses knives 3.02 Uses pots, pans and utensils 3.03 Uses equipment and appliances		
Organizes Work 4.01 Organizes kitchen workplace		Organizes Work 4.02 Schedules production
Information Management 5.02 Uses documentation		Information Management 5.01 Plans menu and mise en place 5.02 Uses documentation
Manages Products 6.02 Receives products 6.03 Stores products 6.04 Maintains inventory		Manages Products 6.01 Orders products 6.04 Maintains inventory
Trade Activities 7.01 Uses recipes 7.02 Performs portion control 7.03 Presents finished product 7.04 Prepares convenience foods	Trade Activities 7.03 Presents finished product	Trade Activities 7.03 Presents finished product
		Adaptive Cooking 8.01 Adapts kitchen practices to meet dietary requirements 8.02 Selects ingredients to meet dietary requirements 8.03 Prepares food to meet dietary requirements
Communication 9.01 Uses communication		Mentoring 9.02 Uses mentoring techniques
Herbs and Spices 10.01 Selects herbs and spices 10.02 Cleans herbs 10.03 Processes herbs and spices		
Vegetables 11.01 Selects vegetables 11.02 Cleans vegetables 11.03 Processes vegetables 11.04 Cooks vegetables 11.05 Finishes vegetables		

Level 1	Level 2	Level 3
Fruit 12.01 Selects fruit 12.02 Cleans fruit 12.03 Processes fruit 12.04 Cooks fruit 12.05 Finishes fruit		
Stocks and Broths 13.01 Selects stock and broth ingredients 13.02 Processes stock and broth ingredients 13.03 Cooks stocks and broths	Stocks and Broths 13.01 Selects stock and broth ingredients 13.02 Processes stock and broth ingredients 13.03 Cooks stocks and broths	
Soups (Introduction) 14.01 Selects soup ingredients 14.02 Processes soup ingredients 14.03 Cooks soups 14.04 Finishes soups	Soups 14.01 Selects soup ingredients 14.02 Processes soup ingredients 14.03 Cooks soups 14.04 Finishes soups	
Thickening and Binding Agents* 15.01 Selects thickening and binding ingredients 15.02 Processes thickening and binding ingredients	Thickening and Binding Agents 15.01 Selects thickening and binding ingredients 15.02 Processes thickening and binding ingredients	
	Sauces 16.01 Selects sauce ingredients 16.02 Processes sauce ingredients 16.03 Cooks sauces 16.04 Finishes sauces	Sauces 16.02 Processes sauce ingredients 16.03 Cooks sauces 16.04 Finishes sauces
Cheese, Dairy, Plant-Based Dairy Alternatives 17.01 Selects cheese, dairy and plant-based dairy alternative ingredients 17.02 Processes cheese, dairy and plant-based dairy alternative ingredients		Cheese, Dairy, Plant-Based Dairy Alternatives 17.01 Selects cheese, dairy and plant-based dairy alternative ingredients 17.02 Processes cheese, dairy and plant-based dairy alternative ingredients 17.03 Finishes cheese, dairy and plant-based dairy alternative products
Eggs and Egg-Based Dishes 18.01 Selects ingredients for eggs and egg-based dishes 18.02 Processes ingredients for eggs and egg-based dishes 18.03 Cooks eggs and egg-based dishes 18.04 Finishes eggs and egg-based dishes		
Pastas and Noodles (Dry) 19.01 Selects pasta and noodle ingredients 19.02 Processes pastas and noodles 19.03 Cooks pastas and noodles 19.04 Finishes pastas and noodles	Pastas and Noodles (Fresh) 19.01 Selects pasta and noodle ingredients 19.02 Processes pastas and noodles 19.03 Cooks pastas and noodles 19.04 Finishes pastas and noodles	

Level 1	Level 2	Level 3
	Dumplings 20.01 Selects dumpling ingredients 20.02 Processes dumplings 20.03 Cooks dumplings 20.04 Finishes dumplings	
Grains and Pulses 21.01 Selects grains and pulses 21.02 Processes grains and pulses 21.03 Cooks grains and pulses		
Seeds and Nuts 22.01 Selects seeds and nuts 22.02 Processes seeds and nuts 22.03 Cooks seeds and nuts		
	Alternative Proteins 23.01 Selects alternative proteins	Alternative Proteins 23.01 Selects alternative proteins 23.02 Processes alternative proteins 23.03 Cooks alternative proteins
Meats 24.01 Selects meats 24.02 Processes meats 24.03 Cooks meats 24.04 Finishes meats	Meats 24.01 Selects meats 24.02 Processes meats 24.03 Cooks meats 24.04 Finishes meats	Game Meats 24.01 Selects meats 24.02 Processes meats 24.03 Cooks meats 24.04 Finishes meats
Poultry 25.01 Selects poultry and game birds 25.02 Processes poultry and game birds 25.03 Cooks poultry and game birds 25.04 Finishes poultry and game birds	Poultry 25.01 Selects poultry and game birds 25.02 Processes poultry and game birds 25.03 Cooks poultry and game birds 25.04 Finishes poultry and game birds	Game Birds 25.01 Selects poultry and game birds 25.02 Processes poultry and game birds 25.03 Cooks poultry and game birds 25.04 Finishes poultry and game birds
		Variety Meats 26.01 Selects variety meats 26.02 Processes variety meats 26.03 Cooks variety meats 26.04 Finishes variety meats
Fin Fish 27.01 Selects fin fish 27.02 Processes fin fish 27.03 Cooks fin fish 27.04 Finishes fin fish	Fin Fish 27.01 Selects fin fish 27.02 Processes fin fish 27.03 Cooks fin fish 27.04 Finishes fin fish	
	Seafood 28.01 Selects seafood 28.02 Processes seafood 28.03 Cooks seafood 28.04 Finishes seafood	Seafood 28.01 Selects seafood 28.02 Processes seafood 28.03 Cooks seafood 28.04 Finishes seafood

Level 1	Level 2	Level 3
Sandwiches 29.01 Selects sandwich ingredients 29.02 Processes sandwich ingredients 29.03 Assembles sandwiches 29.04 Cooks sandwiches		
Salads 30.01 Selects salad ingredients 30.02 Processes salad ingredients 30.03 Finishes salad		
Dressings 31.01 Selects ingredients for condiments, preserves and dressings 31.02 Processes ingredients for condiments, preserves and dressings		Condiments and Preserves 31.01 Selects ingredients for condiments, preserves and dressings 31.02 Processes ingredients for condiments, preserves and dressings
		Hors D'œuvres and Other Finger Foods 32.01 Selects ingredients for hors d'oeuvres and other finger foods 32.02 Processes ingredients for hors d'oeuvre and other finger food ingredients 32.03 Assembles hors d'oeuvres and other finger foods 32.04 Cooks hors d'oeuvres and finger foods 32.05 Finishes hors d'oeuvres and other finger foods
		Charcuterie and Cured Products 33.01 Selects ingredients for charcuterie and cured products 33.02 Processes ingredients for charcuterie and cured products 33.03 Cooks charcuterie and cured products 33.04 Finishes charcuterie and cured products
		Gels and Glazes 34.01 Selects ingredients for gels and glazes 34.02 Processes ingredients for gels and glazes 34.03 Finishes gels and glazes
	Marinades, Rubs and Brines 35.01 Selects marinade, rub and brine ingredients 35.02 Processes marinade, rub and brine ingredients	
Dough-Based Products 36.01 Selects ingredients for dough 36.02 Processes ingredients for dough 36.03 Cooks dough-based products 36.04 Finishes dough-based products	Dough-Based Products 36.01 Selects ingredients for dough 36.02 Processes ingredients for dough 36.03 Cooks dough-based products 36.04 Finishes dough-based products	Dough-Based Products 36.01 Selects ingredients for dough 36.02 Processes ingredients for dough 36.03 Cooks dough-based products 36.04 Finishes dough-based products

Level 1	Level 2	Level 3
Batter-Based Products 37.01 Selects ingredients for batters 37.02 Processes ingredients for batters 37.03 Cooks batter-based products 37.04 Finishes batter-based products	Batter-Based Products 37.01 Selects ingredients for batters 37.02 Processes ingredients for batters 37.03 Cooks batter-based products 37.04 Finishes batter-based products	Batter-Based Products 37.01 Selects ingredients for batters 37.02 Processes ingredients for batters 37.03 Cooks batter-based products 37.04 Finishes batter-based products
	Creams, Mousses, Frozen Desserts, Fillings, Icings, Toppings and Sugar Works 38.01 Selects ingredients for creams, mousses, frozen desserts, filling, icings, toppings and sugar works 38.02 Processes ingredients for creams, mousses, frozen desserts, filling, icings, toppings and sugar works 38.03 Finishes ingredients for creams, mousses, frozen desserts, filling, icings, toppings and sugar works	Creams, Mousses, Frozen Desserts, Fillings, Icings, Toppings and Sugar Works 38.01 Selects ingredients 38.02 Processes ingredients 38.03 Finishes ingredients
	Cake Assembly 39.01 Selects cake components for assembly 39.02 Finishes cakes	
	Savoury and Sweet Pastries and Pies 40.01 Selects ingredients for savoury and sweet pastries and pies 40.02 Assembles savoury and sweet pastries and pies 40.03 Cooks savoury and sweet pastries and pies 40.04 Finishes savoury and sweet pastries and pies	Savoury and Sweet Pastries and Pies 40.01 Selects ingredients for savoury and sweet pastries and pies 40.02 Assembles savoury and sweet pastries and pies 40.03 Cooks savoury and sweet pastries and pies 40.04 Finishes savoury and sweet pastries and pies
		Chocolate 41.01 Selects chocolate and ingredients 41.02 Processes chocolate and ingredients 41.03 Finishes chocolate

MAJOR WORK ACTIVITY A

Hygiene, sanitation and safety

TASK A-1 Performs safety and hygiene-related functions

TASK DESCRIPTOR

Cooks are expected to perform safety-related functions throughout all activities of the trade. They maintain, clean and sanitize tools and equipment to ensure a safe and hygienic workplace. They use personal protective equipment (PPE) and safety equipment by complying with codes and regulations such as the Workplace Hazardous Materials Information System (WHMIS). Cooks must constantly maintain personal hygiene.

A-1.01 Maintains safe work environment

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
A-1.01.01P	identify and report <i>potential hazards</i>	<i>potential hazards</i> are identified and reported according to <i>jurisdictional regulations</i>
A-1.01.02P	clear and clean walkways	walkways are cleared and cleaned by removing obstacles, wiping up spills, placing cautionary signage and reporting according to <i>jurisdictional regulations</i>
A-1.01.03P	clean workstation	workstation is cleaned by washing, rinsing and sanitizing work surfaces using prepared and tested solution according to manufacturers' specifications and <i>jurisdictional regulations</i>
A-1.01.04P	maintain clutter-free workstation	clutter-free workstation is maintained by removing unnecessary tools, equipment, foods and debris
A-1.01.05P	store and lock up hazardous products	hazardous products are stored and locked up according to manufacturers' specifications and <i>jurisdictional regulations</i>
A-1.01.06P	store hazardous equipment and utensils	hazardous equipment and utensils are stored according to company policy, manufacturers' specifications and <i>jurisdictional regulations</i>

A-1.01.07P	complete cleaning task list on a daily, weekly and monthly basis	cleaning task list is completed on a daily, weekly and monthly basis according to company policy and <i>jurisdictional regulations</i>
A-1.01.08P	secure workstations when not in use	workstations, when not in use, are secured by minimizing <i>potential hazards</i> according to <i>procedures</i>
A-1.01.09P	lock out equipment	equipment is locked out according to company policy, <i>jurisdictional regulations</i> and manufacturers' specifications
A-1.01.10P	prepare, test, label and store cleaning and sanitation solutions	cleaning and sanitation solutions are prepared, tested, labelled and stored according to manufacturers' specifications and <i>jurisdictional regulations</i>
A-1.01.11P	identify location of safety exits and assembly areas	location of safety exits and assembly areas are identified in the event of <i>dangerous situations</i> according to <i>jurisdictional regulations</i>
A-1.01.12P	identify emergency procedures	emergency procedures are identified according to company policy

RANGE OF VARIABLES

potential hazards include: water, debris, exposed electrical wires, uneven floors, unidentified liquids and chemicals, fire, environmental, damaged furniture, fixtures and equipment, poor lighting, inadequate ventilation

jurisdictional regulations include: Workplace Hazardous Material Information System (WHMIS), Hazard Analysis Critical Control Points (HACCP), Occupational Health and Safety (OH&S), public health regulations

procedures include: removing knives, disconnecting electrical appliances, shutting down appliances, wiping up spills, placing cautionary signage

dangerous situations include: fire, explosions, gas malfunctions

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
A-1.01.01L	demonstrate knowledge of industry standards and <i>safe work practices</i>	define terminology associated with health and safety
		identify <i>potential hazards</i> , and describe <i>safe work practices</i>
		identify risks associated with physical and mental impairment on the job
A-1.01.02L	demonstrate knowledge of kitchen sanitation standards	identify types of sanitizing products and describe their applications and procedures for use
		describe importance of sanitizing complete kitchen and equipment
A-1.01.03L	demonstrate knowledge of procedures used to sanitize kitchens and equipment	describe method for sanitizing and cleaning

		describe <i>procedures used to maintain a sanitary food service operation</i>
		describe procedures used to disassemble and assemble kitchen tools and equipment and their accessories for sanitizing purposes
A-1.01.04L	demonstrate knowledge of regulatory requirements pertaining to health and safety	identify <i>jurisdictional regulations</i>

RANGE OF VARIABLES

safe work practices include: proper lifting, hoisting and transferring procedures, safe posture and movements (sitting, standing and bending)

potential hazards include: water, debris, exposed electrical wires, uneven floors, unidentified liquids and chemicals, fire, environmental, damaged furniture, fixtures and equipment, poor lighting, inadequate ventilation

procedures used to maintain a sanitary food service operation include: clean, sanitize, manage waste and recycle, control pests and rodents, prevent cross contamination

A-1.02 Uses personal protective equipment (PPE) and safety equipment

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
A-1.02.01P	dress in industry-specific clothing and approved footwear	industry-specific clothing and approved footwear are worn to prevent injuries and product contamination
A-1.02.02P	locate <i>PPE</i> and <i>safety equipment</i>	<i>PPE</i> and <i>safety equipment</i> are located according to <i>jurisdictional regulations</i>
A-1.02.03P	select <i>PPE</i> and <i>safety equipment</i>	<i>PPE</i> and <i>safety equipment</i> are selected according to <i>jurisdictional regulations</i> , task to be performed and company policy
A-1.02.04P	identify worn, defective and expired <i>PPE</i> and <i>safety equipment</i>	worn, defective and expired <i>PPE</i> and <i>safety equipment</i> are identified according to <i>jurisdictional regulations</i> and sensory assessment

RANGE OF VARIABLES

PPE includes: goggles, respirators, protective gloves (rubber/latex, cut-resistant, heat-resistant), rubber aprons, non-slip protective footwear

safety equipment includes: fire extinguishers, fire blankets, eye-wash stations, WHMIS stations, first aid kits, Automatic External Defibrillator (AED)

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
A-1.02.01L	demonstrate knowledge of PPE and safety equipment , their applications, maintenance and procedures for use	identify types of PPE and safety equipment and describe their applications and procedures for use
		describe procedures used to maintain PPE and safety equipment
A-1.02.02L	demonstrate knowledge of regulatory requirements pertaining to PPE and safety equipment	interpret jurisdictional regulations pertaining to PPE and safety equipment

RANGE OF VARIABLES

PPE includes: goggles, respirators, protective gloves (rubber/latex, cut-resistant, heat-resistant), rubber aprons, non-slip protective footwear

safety equipment includes: fire extinguishers, fire blankets, eye-wash stations, WHMIS stations, first aid kits, Automatic External Defibrillator (AED)

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

A-1.03 Maintains personal hygiene

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS		
	Performance Criteria	Evidence of Attainment
A-1.03.01P	follow handwashing procedures	handwashing procedures are followed according to jurisdictional regulations
A-1.03.02P	maintain good personal hygienic conditions	good personal hygienic conditions are maintained according to company policy and jurisdictional regulations
A-1.03.03P	wear clean work attire	clean work attire is worn
A-1.03.04P	wear hair and beard nets and hats	hair and beard nets and hats are worn to reduce contamination risks according to jurisdictional regulations
A-1.03.05P	ensure nails are short	nails are kept short according to company policy and jurisdictional regulations

A-1.03.06P	remove jewelry and accessories	jewelry and accessories are removed to reduce contamination risks according to company policy and <i>jurisdictional regulations</i>
A-1.03.07P	cover all exposed cuts and wounds	all exposed cuts and wounds are covered according to <i>jurisdictional regulations</i>

RANGE OF VARIABLES

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

work attire includes: aprons, pants, shirts, jackets, hats, approved footwear

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
A-1.03.01L	demonstrate knowledge of personal hygiene principles and practices	describe <i>hygienic practices</i>
		define terminology associated with personal hygiene and <i>hygienic practices</i>
A-1.03.02L	demonstrate knowledge of procedures to maintain personal hygiene	describe procedures used to ensure personal hygiene and clean apparel
		describe procedures used for hand washing
A-1.03.03L	demonstrate knowledge of <i>jurisdictional regulations</i> pertaining to health and safety	interpret food health regulations and guidelines associated with the practice of personal hygiene
		interpret <i>jurisdictional regulations</i> and company guidelines associated with wearing <i>personal items</i>

RANGE OF VARIABLES

hygienic practices include: frequent handwashing, wearing clean uniforms, wearing hair and beard nets, using single-use towels, using deodorant, using hair restraints, oral health, frequent bathing

personal items include: fragrances, jewelry, nail polish, accessories

TASK A-2 Practices food safety procedures

TASK DESCRIPTOR

Practicing food safety procedures is the most critical component of the food service industry and ensures consumer and employee health and safety. Cleaning and sanitizing are two separate tasks that are both crucial; cleaning removes physical debris and sanitizing removes biological contaminants.

A-2.01 Maintains safe condition and temperature of raw and finished product

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
A-2.01.01P	select and use tools and equipment	tools and equipment are selected and used for maintaining safe foods according to jurisdictional regulations
A-2.01.02P	verify and record that food is at required internal temperature	food is checked at specific intervals to ensure it is at required internal temperature by using a thermometer and results are recorded
A-2.01.03P	read various types of thermometers	various types of thermometers are read according to manufacturers' specifications
A-2.01.04P	monitor temperature of equipment	temperature of equipment is monitored to ensure safety of products according to jurisdictional regulations
A-2.01.05P	hold and store finished product	finished product is held and stored at temperatures and time limits according to company policies and jurisdictional regulations
A-2.01.06P	take corrective measures	corrective measures are taken by applying further cooling or heating to ensure required temperature is reached according to company policies and jurisdictional regulations
A-2.01.07P	discard product	product is discarded according to company policies and jurisdictional regulations

RANGE OF VARIABLES

tools and equipment include: thermometers, ice wands, ice baths, blast chillers, bain-marie, refrigerator, hot holding cabinets

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

types of thermometers include: digital, analog, laser

KNOWLEDGE

Learning Outcomes		Learning Objectives
A-2.01.01L	demonstrate knowledge of safe conditions and temperatures of raw and finished products	identify methods used to take temperatures of food products, and describe their associated procedures
		identify required internal temperature of cooked and raw foods
		identify time and temperatures required for holding hot and cold foods
		identify time limits for cooling of cooked foods
		identify storing techniques for hot and cold foods
		identify danger zone temperatures and times
		identify health concerns of improper food handling, storage and preparation
		identify types of food-borne illnesses, their causes and prevention
A-2.01.02L	demonstrate knowledge of procedures used to maintain safe condition and temperature of raw and finished product	identify potentially hazardous foods
		describe safe food handling and storage techniques
A-2.01.03L	demonstrate knowledge of regulatory requirements pertaining to safe food handling and storage techniques	describe time and temperature controls concerning danger zone
		interpret jurisdictional regulations and requirements pertaining to safe food handling and storage techniques

RANGE OF VARIABLES

safe food handling and storage techniques include: preventing cross-contamination, maintaining foods at safe temperatures, receiving and storing foods (first in, first out – FIFO)

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

A-2.02 Cools food rapidly

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
A-2.02.01P	select cooling methods and vessels	cooling methods and vessels are selected for rapid cooling
A-2.02.02P	monitor cooling process	cooling process is monitored to ensure that targeted temperature is reached within allotted time according to jurisdictional regulations
A-2.02.03P	take corrective measures	corrective measures are taken by adjusting the cooling process to ensure required temperature is reached using various methods or taking further actions according to company policies and jurisdictional regulations

RANGE OF VARIABLES

methods include: ice bath, divide product into smaller batches, place product in refrigerated unit, use ice wands, use blast chiller

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

further actions include: recording, disposing of item, informing supervisor

KNOWLEDGE

	Learning Outcomes	Learning Objectives
A-2.02.01L	demonstrate knowledge of methods used to cool foods rapidly	describe cooling process for products describe methods for cooling foods to required temperature in a required time frame while maintaining quality and safety of product identify temperatures required for cold holding of food describe danger zone temperatures
A-2.02.02L	demonstrate knowledge of jurisdictional regulations	interpret jurisdictional regulations

RANGE OF VARIABLES

methods include: ice bath, divide product into smaller batches, place product in refrigerated unit, use ice wands, use blast chiller

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

A-2.03 Re-thermalizes foods

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
A-2.03.01P	select and use tools and equipment	tools and equipment are selected and used according to type of product, re-thermalizing method and appliance being used
A-2.03.02P	re-heat food	food is re-heated to required temperature and timeframe according to jurisdictional regulations , manufacturers' specifications and desired results
A-2.03.03P	verify internal temperature	internal temperature is verified by using thermometers
A-2.03.04P	take corrective measures	corrective measures are taken by adjusting re-thermalization process to ensure required temperature is reached using various methods or taking further actions according to company policies and jurisdictional regulations

RANGE OF VARIABLES

tools and equipment include: pans, pots, food service containers, stoves, microwaves, thermometer, ovens, thermal circulator, combi-oven

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

methods include: divide product in smaller batches, apply heat according to method being used

further actions include: recording, disposing of item, informing supervisor

KNOWLEDGE

	Learning Outcomes	Learning Objectives
A-2.03.01L	demonstrate knowledge of principles of re-thermalizing food	identify types of tools and equipment used to re-heat foods
		describe impact of quantity on re-thermalizing process
A-2.03.02L	demonstrate knowledge of methods used to re-thermalize food	identify required internal temperature of cooked foods

		describe methods for re-heating foods to required temperature in a required time frame while maintaining quality and safety of product
A-2.03.03L	demonstrate knowledge of regulatory requirements pertaining to safe food handling and storage techniques	interpret jurisdictional regulations and requirements pertaining to safe food handling and storage techniques

RANGE OF VARIABLES

tools and equipment include: pans, pots, food service containers, stoves, microwaves, thermometer, ovens, thermal circulator, combi-oven

methods include: divide product in smaller batches, apply heat according to method being used

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

safe food handling and storage techniques include: preventing cross-contamination, maintaining foods at safe temperatures, receiving and storing foods (FIFO)

A-2.04 Prevents cross-contamination

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
A-2.04.01P	recognize potential food contamination risks	potential food contamination risks are recognized using sensory assessments and thermometers according to jurisdictional regulations
A-2.04.02P	use clean and sanitized work surfaces, tools and equipment	clean and sanitized work surfaces, tools and equipment are used according to jurisdictional regulations
A-2.04.03P	wash hands and change gloves	gloves are discarded and hands are washed to avoid potential food contamination risks
A-2.04.04P	follow storage techniques	storage techniques are followed according to company policy and jurisdictional regulations
A-2.04.05P	use designated storage containers, cutting boards and utensils specific to products	designated storage containers, cutting boards and utensils specific to products are used according to company safety plan
A-2.04.06P	set up sanitizing system equipment	sanitizing system equipment is set up according to jurisdictional regulations

RANGE OF VARIABLES

potential food contamination risks include: unsanitary work surfaces, improper storage, chemical, cross use of utensils and equipment, clothes, cell phones, soiled towels, gloves, biological, physical

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

storage techniques include: raw food on the bottom and cooked food on the top, elevate minimum distance above floor, separate meat items accordingly, cover

sanitizing system equipment includes: pails, spray bottles, gloves

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
A-2.04.01L	demonstrate knowledge of preventing cross-contamination, and associated principles and practices	identify potential food contamination risks
		identify types of food contaminations, their causes and prevention
		identify sanitizing system equipment
		identify sanitizing products and concentrations used to prevent cross-contamination
		identify communicable illnesses
		describe principles and practices of personal hygiene and food safety relating to cross-contamination
		describe storage techniques
A-2.04.02L	demonstrate knowledge of dietary requirements	identify types of dietary requirements
A-2.04.03L	demonstrate knowledge of regulatory requirements pertaining to safe food handling and storage techniques	interpret jurisdictional regulations and requirements pertaining to safe food handling and storage techniques

RANGE OF VARIABLES

potential food contamination risks include: unsanitary work surfaces, improper storage, chemical, cross use of utensils and equipment, clothes, cell phones, soiled towels, gloves, biological, physical

sanitizing system equipment includes: pails, spray bottles, gloves

communicable illnesses include: gastro-intestinal, hepatitis, Norwalk virus

storage techniques include: raw food on the bottom and cooked food on the top, elevate minimum distance above floor, separate meat items accordingly, cover

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

safe food handling and storage techniques include: preventing cross-contamination, maintaining foods at safe temperatures (food danger zone), receiving and storing foods (FIFO)

A-2.05 Cleans tools and equipment

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
A-2.05.01P	identify utensils, tools, equipment and appliances to be cleaned	utensils, tools, equipment and appliances to be cleaned are identified
A-2.05.02P	disassemble and assemble kitchen tools and equipment for cleaning purposes	kitchen tools and equipment are disassembled and assembled for cleaning purposes according to <i>jurisdictional regulations</i>
A-2.05.03P	remove residual debris	residual debris is removed by using hot soap solutions according to manufacturers' specifications prior to sanitizing processes, while ensuring soap concentration according to <i>jurisdictional regulations</i>
A-2.05.04P	apply <i>cleaning procedures</i>	<i>cleaning procedures</i> are applied according to company policies and <i>jurisdictional regulations</i>
A-2.05.05P	remove tough cooked-on, carbonized, dehydrated or stubborn residual debris or stains	tough cooked-on, carbonized, dehydrated or stubborn residual debris or stains are removed using <i>cleaning tools and equipment</i>
A-2.05.06P	rinse and dry utensils, tools, equipment and appliances	utensils, tools, equipment and appliances are rinsed and dried thoroughly

RANGE OF VARIABLES

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

cleaning procedures include: use of chemicals, three-sink method, proper heat and drying techniques

cleaning tools and equipment include: dishwasher, thermometer, scouring pads, brushes, cloths, sinks, buckets

KNOWLEDGE

	Learning Outcomes	Learning Objectives
A-2.05.01L	demonstrate knowledge of <i>cleaning tools and equipment</i>	identify <i>cleaning tools and equipment</i> , and describe their applications and procedures for use
		identify cleaning products, and describe their applications and procedures for use
A-2.05.02L	demonstrate knowledge of procedures used to clean tools and equipment	describe procedures used to disassemble and assemble tools and equipment, and their accessories for cleaning purposes

		describe <i>cleaning procedures</i>
A-2.05.03L	demonstrate knowledge of regulatory requirements pertaining to cleaning tools and equipment	interpret <i>jurisdictional regulations</i> pertaining to cleaning tools and equipment

RANGE OF VARIABLES

cleaning tools and equipment include: dishwasher, thermometer, scouring pads, brushes, cloths, sinks, buckets

cleaning procedures include: use of chemicals, three-sink method, proper heat and drying techniques

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

A-2.06 Sanitizes tools and equipment

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
A-2.06.01P	identify utensils, tools, equipment and appliances to be sanitized	utensils, tools, equipment and appliances to be sanitized are identified
A-2.06.02P	apply <i>sanitization procedures</i>	<i>sanitization procedures</i> are applied according to company policies and <i>jurisdictional regulations</i>
A-2.06.03P	apply sanitizing solution	sanitizing solution is applied according to company policies and <i>jurisdictional regulations</i>

RANGE OF VARIABLES

sanitization procedures include: use of chemicals, using test strips to measure pH, proper heat and drying techniques

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE

	Learning Outcomes	Learning Objectives
A-2.06.01L	demonstrate knowledge of <i>sanitizing tools and equipment</i>	identify <i>sanitizing tools and equipment</i> , and describe their applications and procedures for use
		identify sanitizing products and describe their applications and procedures for use
A-2.06.02L	demonstrate knowledge of procedures used to sanitize tools and equipment	describe procedures used to disassemble and assemble tools and equipment and their accessories for sanitizing purposes
		describe three-sink method of sanitization

		describe <i>sanitization procedures</i>
A-2.06.03L	demonstrate knowledge of regulatory requirements pertaining to sanitization of tools and equipment	interpret <i>jurisdictional regulations</i> pertaining to sanitization of tools and equipment

RANGE OF VARIABLES

sanitizing tools and equipment include: dishwasher, thermometer, spray bottles, sinks, buckets, cloths

sanitization procedures include: use of chemicals, using test strips to measure pH, proper heat and drying techniques

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

MAJOR WORK ACTIVITY B

Common Occupational Skills

TASK B-3 Uses tools and equipment

TASK DESCRIPTOR

Cooks use mechanized and non-mechanized tools and equipment in the production of food.

B-3.01 Uses knives

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
B-3.01.01P	select knives	knives are selected according to desired results
B-3.01.02P	utilize knives	knives are utilized according to desired results
B-3.01.03P	inspect knives	knives are inspected for cleanliness, sharpness and damage
B-3.01.04P	select and use sharpening tools	sharpening tools are selected and used according to manufacturers' specifications and desired results
B-3.01.05P	wash, dry and sanitize knives	knives are washed, dried and sanitized according to type of knife, company policy and jurisdictional regulations
B-3.01.06P	store knives	knives are stored to ensure edge retention and safety
B-3.01.07P	choose cutting surfaces to prevent damage to knives and safety	cutting surfaces are chosen to prevent damage to knives and safety according to jurisdictional regulations and recipe specifications

RANGE OF VARIABLES

sharpening tools include: whetstone, steel, pull sharpener, electric sharpener

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

cutting surfaces include: wood, plastic, colour-coded surfaces

KNOWLEDGE

Learning Outcomes		Learning Objectives
B-3.01.01L	demonstrate knowledge of knives, their characteristics and applications	identify types of knives , and describe their characteristics and applications
		describe materials used in knives
		identify types of cutting surfaces used to prevent damage to knives and ensure safety
B-3.01.02L	demonstrate knowledge of procedures to use knives	describe procedures used to inspect, wash and store knives
		identify types of sharpening tools , and describe their applications and procedures for use
		identify hazards, and describe safe work practices and precautions pertaining to use of knives
		describe knife handling techniques

RANGE OF VARIABLES

types of knives include: French, paring, cleaver, boning, filleting, carving

materials used in knives include: stainless steel, carbon steel, ceramic, wood, poly-propylene

cutting surfaces include: wood, plastic, colour-coded surfaces

sharpening tools include: whetstone, steel, pull sharpener, electric sharpener

B-3.02 Uses pots, pans and utensils

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
B-3.02.01P	select pots, pans and utensils	pots, pans and utensils are selected according to desired results and recipe specifications
B-3.02.02P	utilize pots, pans and utensils	pots, pans and utensils are utilized according to desired results, recipe specifications and manufacturers' specifications
B-3.02.03P	inspect pots, pans and utensils	pots, pans and utensils are inspected according to company policies and jurisdictional regulations

B-3.02.04P	wash, sanitize and dry pots, pans and utensils	pots, pans and utensils are washed, sanitized and dried according to <i>jurisdictional regulations</i>
B-3.02.05P	store pots, pans and utensils	pots, pans and utensils are stored to maximize efficiency, and to prevent damage and unsanitary conditions
B-3.02.06P	choose <i>material appropriate utensils</i> to prevent damage to pots and pans	<i>material appropriate utensils</i> are chosen to prevent damage to pots and pans
B-3.02.07P	control heat	heat is controlled to prevent damage to pots, pans and utensils

RANGE OF VARIABLES

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

material appropriate utensils include: hard wood, high heat resistant silicone, stainless steel, non-stick coated, bamboo

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
B-3.02.01L	demonstrate knowledge of pots, pans and utensils, and their characteristics and applications	identify <i>types of pots and pans</i> , and describe their characteristics and applications
		identify <i>materials used in pots and pans</i>
		identify <i>types of utensils</i> , their characteristics and applications
		identify <i>material appropriate utensils</i>
B-3.02.02L	demonstrate knowledge of procedures to use pots, pans and utensils	describe procedures to use different <i>types of pots and pans</i>
		describe procedures to use different <i>types of utensils</i>
		describe procedures used to inspect and store pots, pans and utensils
		describe correct placement of pots and pans on stove top or in oven
		identify hazards, and describe safe work practices and precautions pertaining to use of pots, pans and utensils
		describe procedures used to wash, sanitize and dry pots, pans and utensils
		describe treatment methods for various types of pots, pans and utensils
B-3.02.03L	demonstrate knowledge of regulatory requirements regarding use of pots, pans and utensils	describe <i>jurisdictional regulations</i> regarding use of pots, pans and utensils

RANGE OF VARIABLES

types of pots and pans include: braising, roasting, sauté, stock, brazier, wok

materials used in pots and pans include: copper, stainless steel, aluminum, non-stick material, cast iron, ceramic, stoneware

types of utensils include: wooden spoons, whisks, spatulas, scissors, tongs, tweezers

material appropriate utensils include: hard wood, high heat resistant silicone, stainless steel, non-stick coated, bamboo

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

B-3.03 Uses equipment and appliances

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
B-3.03.01P	select equipment and appliances for use	equipment and appliances are selected for use according to recipe specifications and desired results
B-3.03.02P	operate equipment and appliances	equipment and appliances are operated according to manufacturers' specifications
B-3.03.03P	inspect equipment and appliances	equipment and appliances are inspected for safety and performance
B-3.03.04P	assemble and disassemble equipment and appliances	equipment and appliances are assembled and disassembled according to manufacturers' specifications
B-3.03.05P	store equipment, appliances and accessories	equipment, appliances and accessories are stored according to manufacturers' specifications, company policies and to ensure safety
B-3.03.06P	clean, sanitize and maintain equipment and appliances	equipment and appliances are cleaned, sanitized and maintained according to manufacturers' specifications, company policies and jurisdictional regulations

RANGE OF VARIABLES

equipment and appliances include: stoves, ovens, deep fryers, meat grinders, slicers, mixers, vacuum packaging machines, thermometers, scales, food processors, refrigeration equipment

maintain equipment and appliances includes: oiling, calibrating, lubricating, cleaning

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
B-3.03.01L	demonstrate knowledge of equipment and appliances , their accessories and applications	identify types of equipment and appliances , and describe their accessories and applications
B-3.03.02L	demonstrate knowledge of procedures to use and maintain equipment and appliances	describe procedures for using equipment and appliances
		describe procedures used to inspect and store equipment and appliances
		identify hazards, and describe safe work practices and precautions pertaining to use of equipment and appliances
		describe procedures used to clean, sanitize and maintain equipment and appliances

RANGE OF VARIABLES

equipment and appliances include: stoves, ovens, deep fryers, meat grinders, slicers, mixers, vacuum packaging machines, thermometers, scales, food processors, refrigeration equipment

maintain equipment and appliances includes: oiling, calibrating, lubricating, cleaning

TASK B-4 Organizes work

TASK DESCRIPTOR

Cooks manage their work in an effective and efficient manner by organizing the workspace and scheduling production.

B-4.01 Organizes kitchen workplace

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
B-4.01.01P	arrange <i>utensils, equipment, appliances</i> and products	<i>utensils, equipment, appliances</i> and products are arranged for flow of production
B-4.01.02P	organize and maintain workspace	workspace is organized and maintained according to company policies and production needs

RANGE OF VARIABLES

utensils include: knives, wooden spoons, whisks, spatulas, scissors, tongs, tweezers

equipment and appliances include: meat grinders, slicers, mixers, vacuum packaging machines, thermometers, scales, food processors, blender

KNOWLEDGE

	Learning Outcomes	Learning Objectives
B-4.01.01L	demonstrate knowledge of organizing and maintaining kitchen workspace	identify terminology associated with food preparation and service procedures identify <i>methods used for communication</i> in workplace identify organization and maintenance procedures of kitchen workspace and mise en place
B-4.01.02L	demonstrate knowledge of procedures used to plan and maintain kitchen workspace	describe procedures used to plan and maintain kitchen workspace and mise en place
B-4.01.03L	demonstrate knowledge of <i>safe work practices</i>	define terminology associated with health and safety identify <i>potential hazards</i> and describe <i>safe work practices</i>
B-4.01.04L	demonstrate knowledge of regulatory requirements pertaining to health and safety	interpret <i>jurisdictional regulations</i> pertaining to health and safety

RANGE OF VARIABLES

methods used for communication include: electronic, verbal, written

safe work practices include: proper lifting and transferring procedures, safe posture and movements (sitting, standing, rigging, bending)

potential hazards include: water, debris, exposed electrical wires, uneven floors, chemicals, fire, environmental

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

B-4.02 Schedules production

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
B-4.02.01P	identify daily and forecasted activities to be completed	daily and forecasted activities to be completed are identified according to production needs
B-4.02.02P	create, prioritize and follow production schedule	production schedule is created, prioritized and followed according to sequencing
B-4.02.03P	monitor progress	progress is monitored to ensure timely completion of tasks

RANGE OF VARIABLES

daily activities include: receiving, storing, preparing, holding, cooking, maintaining, serving

forecasted activities include: menu rotations, inventory requirements

KNOWLEDGE

	Learning Outcomes	Learning Objectives
B-4.02.01L	demonstrate knowledge of food preparation and service procedures	define terminology associated with food preparation and service procedures identify principles of food preparation and service procedures
B-4.02.02L	demonstrate knowledge of task sequencing for food preparation	describe importance of sequencing daily and forecasted activities and creating a production schedule identify daily and forecasted activities to be completed to meet production schedule identify time required for various tasks and daily and forecasted activities identify quantities of products required to meet production schedule identify procedures used to modify production schedule as required

B-4.02.03L	demonstrate knowledge of procedures used for task sequencing for food preparation	describe methods and procedures used to maintain safe temperatures of food products during production
		describe techniques used for food sensory assessment to ensure quality
B-4.02.04L	demonstrate knowledge of kitchen management principles	describe importance of defining roles, responsibilities and communication
		identify strengths and potential areas of growth for staffs' skills and knowledge
		describe importance of staff coordination and monitoring progress to ensure flow of production
		calculate kitchen operational costs

RANGE OF VARIABLES

daily activities include: receiving, storing, preparing, holding, cooking, maintaining, serving

forecasted activities include: menu rotations, inventory requirements

procedures used to modify production schedule include: recipe conversion, consider labour needs, production levels

methods and procedures used to maintain safe temperatures of food products include: assessing labels, ensuring proper rotation, rotating products, applying HACCP documentation, recording data loggers, monitoring internal temperatures

kitchen operational costs include: food, labour, fixed/variable expenses

TASK B-5 Manages information

TASK DESCRIPTOR

Cooks use information such as menus, recipes, schedules, banquet event orders in the workplace.

B-5.01 Plans menu and mise en place

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
B-5.01.01P	create and cost menu	menu and cost is determined according to desired results
B-5.01.02P	develop and follow recipes	recipes are developed and followed according to menu specifications and dietary requirements

B-5.01.03P	convert recipes	recipes are converted for yields according to production needs
B-5.01.04P	determine production requirements	production requirements are determined according to menu specifications and dietary requirements
B-5.01.05P	identify and incorporate substitute ingredients	substitute ingredients are identified and incorporated according to production needs, menu specifications and dietary requirements

RANGE OF VARIABLES

production requirements include: food, quantity, labour, equipment, recipes

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
B-5.01.01L	demonstrate knowledge of principles of menu planning	define terminology associated with menu planning
		identify types of service and menu styles and describe their characteristics and applications
		identify considerations for menu planning
		explain importance of following and converting recipes
		explain importance of using local, seasonal and sustainable food products
B-5.01.02L	demonstrate knowledge of procedures used for menu planning	describe considerations for determining mise en place requirements
		describe procedures used to calculate menu prices
		identify factors to consider when setting menu prices
		describe procedures used to plan and execute a menu
B-5.01.03L	demonstrate knowledge of standardized recipes	describe procedures used to convert menu recipes
		identify methods of cost control and describe their characteristics
		identify components of a standardized recipe
		describe procedures used to calculate food quantities and cost

		define yield costing for recipes [Edible Portion (EP) and As-Purchased (AP)]
B-5.01.04L	demonstrate knowledge of procedures used to determine mise en place requirements	describe procedures used to plan mise en place and determine requirements

RANGE OF VARIABLES

types of service include: cafeteria, buffet, à la carte, over-the-counter, quick-service restaurant (QSR), catering, institutional

menu styles include: table d'hôte, static, cycle, à la carte, seasonal, regional, dégustation

considerations for menu planning include: ingredient availability, seasonality, dietary requirements, price point, menu style, trends, business brand, past performance of menu, mise en place, nutritional value

considerations for determining mise en place requirements include: food/production schedules, labour schedules, equipment capabilities

factors include: seasonal, labour costs, ingredient costs, brand of business

methods of cost control include: food purchase specifications, standardized recipes, standardized yields, standardized portions, re-purpose product

B-5.02 Uses documentation

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
B-5.02.01P	organize and file documents	documents are organized and filed according to company policies and jurisdictional regulations
B-5.02.02P	process documents	documents are processed according to company policies and jurisdictional regulations
B-5.02.03P	recognize documentation errors	documentation errors are recognized and corrected or reported
B-5.02.04P	complete forms	forms are completed according to company policies and jurisdictional regulations

RANGE OF VARIABLES

documents include: shellfish tags, SDS, logs (temperature, waste, sanitizer strength), recipe files, job hazard analysis, prep list, banquet orders, OH&S, cleaning list

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

forms include: food safety, inventory forms, work schedules, jurisdictional accident documentation, apprenticeship, performance evaluations

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
B-5.02.01L	demonstrate knowledge of documents, forms and their applications and procedures for use	identify types of documents, forms and describe their applications
		describe methods for completing documents and forms
		describe procedures used to locate, process, file, interpret and complete documents and forms
B-5.02.02L	demonstrate knowledge of regulatory requirements pertaining to health and safety	describe importance of locating SDS documentation and jurisdictional regulations

RANGE OF VARIABLES

documents include: shellfish tags, SDS, logs (temperature, waste, sanitizer strength), recipe files, job hazard analysis, prep list, banquet orders, OH&S, cleaning list

forms include: food safety, inventory forms, work schedules, jurisdictional accident documentation, apprenticeship, performance evaluations

methods for completing documents and forms include: electronic, written

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

TASK B-6 Manages products

TASK DESCRIPTOR

Cooks are involved in ordering, receiving, storing and, at times, transporting of products. At all stages of production products must be handled in a safe manner, and according to food safety and jurisdictional regulations.

B-6.01 Orders products

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
B-6.01.01P	determine product specifications	product specifications are determined according to dietary requirements and menu specifications
B-6.01.02P	identify ingredient requirements and complete order list	ingredient requirements are identified and order list is completed according to production needs, dietary requirements and menu specifications
B-6.01.03P	determine quantities required	quantities of products required are determined according to business volume and delivery schedule
B-6.01.04P	relay product order and specifications to product supplier	product order and specifications are relayed to product supplier according to production needs
B-6.01.05P	interpret vendor product listings	vendor product listings are interpreted to determine if supplier has required inventory

RANGE OF VARIABLES

product specifications include: market forms, shelf life, case size, product type, colour

products include: dairy, produce, meats, poultry, seafood, dry goods, sundries

vendors include: major suppliers, local community suppliers, foragers

KNOWLEDGE

Learning Outcomes		Learning Objectives
B-6.01.01L	demonstrate knowledge of vendors and products	identify vendors of products
		identify product based on sustainability, and seasonal and local availability
		describe product specification factors

		identify types of vendors
B-6.01.02L	demonstrate knowledge of procedures used to order products	describe procedures used to order products
		describe product specifications
		describe ordering methods

RANGE OF VARIABLES

vendors include: major suppliers, local community suppliers, foragers

products include: dairy, produce, meats, poultry, seafood, dry goods, sundries

product specifications include: market forms, shelf life, case size, product type, colour

ordering methods include: phone, electronic, face-to-face

B-6.02 Receives products

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
B-6.02.01P	verify invoices	invoices are verified to detect and resolve discrepancies
B-6.02.02P	verify products received	products received are verified according to product specifications and quantities ordered
B-6.02.03P	operate receiving equipment	receiving equipment is operated according to manufacturers' specifications
B-6.02.04P	determine priority of storage	products are identified and prioritized for storage according to form, temperature and jurisdictional regulations

RANGE OF VARIABLES

products include: dairy, produce, meats, poultry, seafood, dry goods, sundries

product specifications include: market forms, shelf life, case size, product type, colour

receiving equipment includes: hand carts, conveyors, scales, lifts

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE

	Learning Outcomes	Learning Objectives
B-6.02.01L	demonstrate knowledge of receiving and inspecting products	define terminology associated with receipt and inspection of products
		describe product specification factors

		identify types of forms and reports relating to receiving and inspecting products
		identify types of receiving equipment used to move products
B-6.02.02L	demonstrate knowledge of procedures used to receive and inspect products	describe procedures used to receive and inspect products
		describe procedures used to interpret and complete forms and reports
		describe procedures used to confirm information contained on invoices
		describe procedures used for damaged and returned products
B-6.02.03L	demonstrate knowledge of regulatory requirements pertaining to safe food handling practices	interpret standards, regulations and requirements pertaining to safe food handling practices

RANGE OF VARIABLES

products include: dairy, produce, meats, poultry, seafood, dry goods, sundries

product specifications include: market forms, shelf life, case size, product type, colour

forms and reports include: requisitions, inventory forms, credit notes/refusals, product tracking slips, invoices

receiving equipment includes: hand carts, conveyors, scales, lifts

procedures used for damaged and returned products include: highlight products missing on invoice, scheduling overage returns, rescheduling delivery, communicating with courier, supplier and kitchen staff

B-6.03 Stores products

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
B-6.03.01P	ensure clean, organized and secure storage area	storage area is clean, organized and secure according to manufacturers' specifications, jurisdictional regulations and company policies
B-6.03.02P	select and use food storage containers	food storage containers are selected and used according to product and quantity to be stored
B-6.03.03P	recognize and store hazardous products	hazardous products are recognized and stored according to manufacturers' specifications, jurisdictional regulations and company policies

B-6.03.04P	store products	products are stored in designated area according to jurisdictional regulations and company policies
B-6.03.05P	date, label and rotate products	products are dated, labeled and rotated using FIFO method
B-6.03.06P	unpack and break down received products	received products are unpacked and broken down in size as required and storage containers are used according to jurisdictional regulations

RANGE OF VARIABLES

storage areas include: refrigerators, freezers, dry storage, chemical storage

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

food storage containers include: food-grade plastic, stainless steel, non-reactive, vacuum-packed, eco-friendly

products include: dairy, produce, meats, poultry, seafood, dry goods, sundries

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
B-6.03.01L	demonstrate knowledge of storing products	identify types of storage areas and describe their applications
		explain potential for cross-contamination between raw, cooked and ready-to-serve food
		explain methods of inventory control
B-6.03.02L	demonstrate knowledge of procedures used to store products	describe procedures used to label, date and rotate stock (FIFO)
		describe storage techniques for raw, cooked and ready-to-serve food products
B-6.03.03L	demonstrate knowledge of jurisdictional regulations pertaining to safe food storage practices	interpret jurisdictional regulations pertaining to safe food storage practices

RANGE OF VARIABLES

products include: dairy, produce, meats, poultry, seafood, dry goods, sundries

storage areas include: refrigerators, freezers, dry storage, chemical storage

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

B-6.04 Maintains inventory

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
B-6.04.01P	verify quantities of products	quantities of products are verified to ensure par levels according to business volume
B-6.04.02P	verify quality of perishable products	quality of perishable products are verified according to sensory assessment and date received
B-6.04.03P	perform stock rotation	stock rotation is performed according to company policies
B-6.04.04P	dispose of expired products	expired products are disposed of according to company policies, jurisdictional regulations and manufacturers' specifications

RANGE OF VARIABLES

products include: dairy, produce, meats, poultry, seafood, dry goods, sundries

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE

	Learning Outcomes	Learning Objectives
B-6.04.01L	demonstrate knowledge of maintaining inventory	define terminology associated with inspection and storage of products explain product rotation method FIFO
B-6.04.02L	demonstrate knowledge of procedures used for inventory control	describe procedures used to conduct inventory of products explain systems used for inventory control describe procedures for verifying product specifications describe waste management procedures describe concepts of unit and weight
B-6.04.03L	demonstrate knowledge of jurisdictional regulations pertaining to safe food handling practices	interpret jurisdictional regulations pertaining to safe food handling practices

RANGE OF VARIABLES

products include: dairy, produce, meats, poultry, seafood, dry goods, sundries

product specifications include: market forms, shelf life, case size, unit as purchased, product type, colour

waste management procedures include: recycling, composting, discarding, reduce, re-use

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

TASK B-7 Performs trade activities

TASK DESCRIPTOR

Cooks are expected to perform the following activities throughout all major work activities of the trade. Cooks may plate or present products as required.

B-7.01 Uses recipes

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
B-7.01.01P	follow recipe sequence	recipe sequence is followed according to recipe specifications
B-7.01.02P	measure amounts of ingredients	amounts of ingredients are measured according to recipe specifications
B-7.01.03P	maintain consistency when converting recipes	consistency is maintained when converting recipes
B-7.01.04P	determine ingredient substitutions	ingredient substitutions are determined according to factors
B-7.01.05P	adjust seasoning	seasoning is adjusted according to recipe specifications and desired results

RANGE OF VARIABLES

factors include: menu requirements, dietary requirements, demographics, budget, availability

KNOWLEDGE

Learning Outcomes		Learning Objectives
B-7.01.01L	demonstrate knowledge of systems of measurement and their conversions	define terminology associated with systems of measurement
		identify systems of measurement and their abbreviations

		identify tools and equipment used to weigh and measure, and describe their procedures for use
		describe method used to convert between metric, Imperial and American standard
		describe method used to convert between volume and weights
B-7.01.02L	demonstrate knowledge of procedures used to follow recipes	describe procedures used to follow recipes
		describe procedures used to adjust recipe yields and perform conversions

B-7.02 Performs portion control

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
B-7.02.01P	portion product	product is portioned according to recipe specifications
B-7.02.02P	convert volume, weight and temperature	volume, weight and temperature are converted according to metric, Imperial and American standard conversions
B-7.02.03P	use <i>portion control utensils</i>	<i>portion control utensils</i> are used according to recipe specifications

RANGE OF VARIABLES

portion control utensils include: measuring cups, portion bags, scales, ladles, portion cake cutters

KNOWLEDGE

	Learning Outcomes	Learning Objectives
B-7.02.01L	demonstrate knowledge of performing portion control and its associated applications	describe procedures used to adjust recipe yields and perform conversions
		identify foods that require portioning
		identify types of <i>portion control utensils</i> , and describe their applications and procedures for use
B-7.02.02L	demonstrate knowledge of systems of measurement and their conversions	describe methods used to convert between volume, weight and temperature
		define terminology associated with systems of measurement

	identify systems of measurement and their abbreviations
	identify tools and equipment used to weigh and measure, and describe their procedures for use

RANGE OF VARIABLES

portion control utensils include: measuring cups, portion bags, scales, ladles, portion cake cutters

B-7.03 Presents finished product

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
B-7.03.01P	identify menu item components	menu item components are identified to prepare for plating and presentation
B-7.03.02P	select and use tools used for plating and presentation	tools used for plating and presentation are selected according to factors
B-7.03.03P	coordinate cooked product supply	cooked product supply is coordinated for transport, plating and presentation
B-7.03.04P	determine plating and presentation design, components and plating sequence	plating and presentation design, components and sequence is determined according to factors
B-7.03.05P	assemble components	components are assembled according to recipe specifications
B-7.03.06P	ensure accuracy, consistency and quality of final plating and presentation	accuracy, consistency and quality of final plating and presentation is done according to recipe specifications
B-7.03.07P	maintain safe food temperature when plating, presenting and transporting	safe food temperature is maintained when plating, presenting and transporting foods using appropriate equipment according to jurisdictional regulations
B-7.03.08P	label packaged foods	packaged foods are labelled according to company policy and jurisdictional regulations

RANGE OF VARIABLES

factors include: standardized recipe, style of service, type of food, resources at hand, temperature of food, cost

transporting foods includes: off-site catering, take-out/delivery service, home meal replacements (HMR)

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
B-7.03.01L	demonstrate knowledge of plating and presenting finished products	identify types of service wares
		describe importance of colour, focal point and flow
		describe guidelines for plating and presentation
		explain time required for plating and presentation
		explain importance of required service ware temperature and cleanliness for plating and presentation
		describe required food temperature and holding times
		identify types of presentation styles
		describe time considerations of foods when plating and presenting products
B-7.03.02L	demonstrate knowledge of procedures used to plate and present finished products	describe procedures used to plate and present finished products
		describe method used to calculate quantity of service wares required
B-7.03.03L	demonstrate knowledge of packaging finished products	identify types of packaging
		describe required food temperature and holding times

RANGE OF VARIABLES

service wares include: plates, platters, take-out containers, hotel pans, bowls, ceramic, plastic, steel, mirrors, paper, bamboo, porcelains, slate, hard woods

types of presentation styles include: center, stacking, flat

B-7.04 Uses convenience foods

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
B-7.04.01P	identify convenience type products	convenience type products are identified according to manufacturers' specifications and recipe specifications
B-7.04.02P	follow manufacturers' directions	directions are followed according to manufacturers' specifications
B-7.04.03P	apply convenience type products	convenience type products are applied according to manufacturers' specifications, recipe specifications and desired results

RANGE OF VARIABLES

convenience type products include: soup bases, sauce bases, frozen products, canned products, ready-to-bake dough products, fully cooked, dehydrated

KNOWLEDGE

	Learning Outcomes	Learning Objectives
B-7.04.01L	demonstrate knowledge of preparing convenience type products	identify convenience type products and describe their applications
		describe terminology used with convenience type products
		interpret labels of convenience type products
		identify factors to consider when determining use of convenience type products
		identify potential hazards and allergens

		identify potential dietary requirements specific to convenience type products
B-7.04.02L	demonstrate knowledge of procedures used to apply convenience type products	describe procedures used to apply convenience type products

RANGE OF VARIABLES

convenience type products include: soup bases, sauce bases, frozen products, canned products, ready-to-bake dough products, fully cooked, dehydrated

terminology includes: ready-to-serve (RTS), ready-to-use (RTU), thaw and serve (T&S) and heat and serve, ready-to-bake, proof-and-bake, ultra-high temperatures (UHT) processed, bake-in-bag, boil-in-bag

factors include: raw product costs, time constraints, storage considerations, labour, potential allergies, consistency

potential hazards and allergens include: gluten, sodium content, sugar content, peanuts and tree nuts, soy, dairy, sesame, shellfish

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

TASK B-8 Adapts cooking practices to meet dietary requirements

TASK DESCRIPTOR

Practicing food safety procedures is a critical component of the food service industry and ensures consumer and employee health and safety. In order to ensure consumer satisfaction, cooks accommodate dietary requirements including cultural, allergies, ethical, religious, environmental, individual preference and health-related.

B-8.01 Adapts kitchen practices to meet dietary requirements

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
B-8.01.01P	identify modifications to preparation areas, practices and procedures	modifications to preparation areas, practices and procedures are identified to meet dietary requirements
B-8.01.02P	perform modifications to preparation areas	preparation areas are modified to accommodate dietary requirements
B-8.01.03P	modify food preparation, cooking and serving procedures	food preparation, cooking and serving procedures are modified to avoid cross contamination according to dietary requirements

RANGE OF VARIABLES

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

modifications to preparation areas include: using specialized equipment to isolate allergens, dedicated prep areas for allergens, preventing cross-contamination (allergens, cultural practices)

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
B-8.01.01L	demonstrate knowledge of adapting food practices to dietary requirements	identify types of dietary requirements
		identify types of diets and eating regimes
		describe food ingredients, allergens and potential substitutes
		interpret labelling to identify potential hazards and allergens
		explain kitchen practices and adaptations to accommodate dietary requirements
		identify factors to consider when modifying a menu
B-8.01.02L	demonstrate knowledge of procedures used to modify preparation areas	describe procedures used to modify preparation areas

RANGE OF VARIABLES

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

diets and eating regimes include: all protein, macrobiotic, vegan, vegetarian, gluten-free, raw and paleo diets, keto, diabetic, Halal, Kosher, Hindu

factors include: variety, colour, dietary requirements, nutrition, use of product, cooking methods clientele/demographics, food recalls and advisories

B-8.02 Selects ingredients to meet dietary requirements

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
B-8.02.01P	identify dietary requirements	dietary requirements are identified and documented
B-8.02.02P	propose alternate dish	alternate dish is proposed to meet dietary requirements if recipe cannot be modified
B-8.02.03P	select substitute ingredients	substitute ingredients are selected according to dietary requirements

RANGE OF VARIABLES

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

KNOWLEDGE

	Learning Outcomes	Learning Objectives
B-8.02.01L	demonstrate knowledge of selecting ingredients to meet dietary requirements	describe food ingredients, allergens and substitutes
		identify factors to consider when selecting alternative ingredients

RANGE OF VARIABLES

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

factors include: allergies and intolerances, variety, colour, dietary requirements, nutrition, use of product, cooking methods, clientele/demographics

B-8.03 Prepares food to meet dietary requirements

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
B-8.03.01P	modify recipes	recipes are modified by substituting ingredients to meet <i>dietary requirements</i>
B-8.03.02P	modify cooking procedures	cooking procedures are modified with substitute ingredients while avoiding cross contamination according to <i>dietary requirements</i>
B-8.03.03P	prepare alternate dish	alternate dish is prepared according to <i>dietary requirements</i> and labelled
B-8.03.04P	identify dish and advise service team	dish is identified and service team is advised of <i>dietary requirements</i>

RANGE OF VARIABLES

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

KNOWLEDGE

	Learning Outcomes	Learning Objectives
B-8.03.01L	demonstrate knowledge of preparing food to meet <i>dietary requirements</i>	identify food ingredients, allergens and substitutes
		identify factors to consider when selecting alternate ingredients
		identify factors to consider when proposing alternate dish to accommodate <i>dietary requirements</i>
B-8.03.02L	demonstrate knowledge of procedures used to prepare food to meet <i>dietary requirements</i>	describe procedures used to prepare food to meet <i>dietary requirements</i>
		describe procedures used to adjust recipe yields and perform conversions

RANGE OF VARIABLES

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

TASK B-9 Uses communication and mentoring techniques

TASK DESCRIPTOR

Learning in the trades is done primarily in the workplace with tradespeople passing on their skills and knowledge to apprentices, as well as sharing knowledge among themselves. Apprenticeship is, and always has been about mentoring – learning workplace skills and passing them on. Because of the importance of this to the trade, this task covers the activities related to communication in the workplace and mentoring skills.

B-9.01 Uses communication techniques

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
B-9.01.01P	demonstrate communication practices with individuals or in a group	instructions and messages are understood by all parties involved in communication
B-9.01.02P	listen using active listening practices	steps of active listening are utilized
B-9.01.03P	receive and respond to feedback on work	response to feedback indicate understanding and corrective measures are taken
B-9.01.04P	explain and provide feedback	explanation and timely feedback is provided and task is carried out as directed
B-9.01.05P	ask open-ended questions to improve communication	open-ended questions enhance understanding, on-the-job training and goal setting
B-9.01.06P	participate in safety and information meetings	meetings are attended, information is relayed to workforce, and is understood and applied
B-9.01.07P	share information	information is shared with people in workplace
B-9.01.08P	communicate with consumers	consumers' preferences are determined through communicating and interacting
B-9.01.09P	coordinate tasks with co-workers	tasks are coordinated with co-workers and completed in a timely manner
B-9.01.10P	maintain a respectful attitude	a respectful attitude is maintained at all times

RANGE OF VARIABLES

active listening includes: hearing, interpreting, reflecting, responding, paraphrasing

people in workplace include: other tradespeople, colleagues, apprentices, supervisors, clients, suppliers, patrons

communicating includes: verbal, non-verbal, digital, written

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
B-9.01.01L	demonstrate knowledge of trade terminology	define terminology used in the trade
B-9.01.02L	demonstrate knowledge of effective communication practices	describe importance of using effective verbal and non-verbal communication with people in workplace
		identify sources of information to effectively communicate
		identify communication and learning styles
		describe effective listening and speaking skills
		identify personal responsibilities and attitudes that contribute to on-the-job success
		identify value of diversity in workplace
		identify communication that constitutes harassment and discrimination

RANGE OF VARIABLES

people in workplace include: other tradespeople, colleagues, apprentices, supervisors, clients, suppliers, patrons

sources of information include: regulations, codes, occupational health and safety requirements, company and client documentation

learning styles include: seeing it, hearing it, trying it

personal responsibilities and attitudes include: asking questions, working safely, accepting constructive feedback, time management and punctuality, respect for people in workplace, good stewardship of materials, tools and property, efficient work practice

harassment includes: objectionable conduct, comment or display made either on a one-time or continuous basis that demeans, belittles, or causes personal humiliation or embarrassment to recipient

discrimination is prohibited based on: race, national or ethnic origin, colour, religion, age, sex, sexual orientation, gender identity or expression, marital status, family status, disability, genetic characteristics, pardoned conviction

B-9.02 Uses mentoring techniques

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
B-9.02.01P	identify and communicate learning objective and point of lesson	apprentice or learner can explain objective and point of lesson
B-9.02.02P	link lesson to other lessons and job	lesson order and unplanned learning opportunities are defined
B -9.02.03P	demonstrates performance of a skill to an apprentice or learner	steps required to demonstrate a skill are performed
B -9.02.04P	set up conditions required for an apprentice or learner to practice a skill	practice conditions are set up so that skill can be practiced safely by apprentice or learner
B -9.02.05P	assess apprentice or learner's ability to perform tasks with increasing independence	performance of apprentice or learner improves with practice to a point where skill can be done with little supervision
B -9.02.06P	give support and feedback for improvement	apprentice adopts best practice after having been given timely support and feedback for improvement
B -9.02.07P	document technical training opportunities	training opportunities are documented to use as a planning tool for future training
B -9.02.08P	support apprentices or learners in pursuing technical training opportunities	technical training is completed within timeframe prescribed by apprenticeship authority
B -9.02.09P	support harassment free workplace	workplace is harassment and discrimination -free and employees are encouraged to speak out against harassment and discrimination
B -9.02.10P	assess apprentice or learner suitability to trade	apprentice or learner is given timely feedback that helps them identify their own strengths and weaknesses and suitability for trade

RANGE OF VARIABLES

steps required to demonstrate a skill include: understanding the who, what, where, when, why, and how, explaining, showing, giving encouragement, following up to ensure skill is performed correctly

practice conditions means: guided, limited independence, full independence

harassment includes: objectionable conduct, comment or display made either on a one-time or continuous basis that demeans, belittles, or causes personal humiliation or embarrassment to the recipient

discrimination is prohibited based on: race, national or ethnic origin, colour, religion, age, sex, sexual orientation, gender identity or expression, marital status, family status, disability, genetic characteristics, pardoned conviction

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
B-9.02.01L	demonstrate knowledge of strategies for learning skills in workplace	describe importance of individual experience
		describe shared responsibilities for workplace learning
		determine one's own learning preferences and explain how these relate to learning new skills
		describe importance of different types of skills in workplace
		describe importance of essential skills in workplace
		identify different learning styles
		identify different learning needs and strategies to meet these
		identify strategies to assist in learning a skill
B-9.02.02L	demonstrate knowledge of strategies for teaching skills in the workplace	identify different roles played by a workplace mentor
		describe teaching skills
		explain importance of identifying point of a lesson
		identify how to choose a good time and place to present a lesson
		explain importance of linking lessons
		identify components of skill (context)
		describe considerations in setting up opportunities for skill practice
		explain importance of providing feedback
		identify techniques for giving effective feedback
		describe a skills assessment

	identify methods of assessing progress
	explain how to adjust a lesson to different situations

RANGE OF VARIABLES

essential skills are: reading, writing, document use, oral communication, numeracy, thinking, working with others, digital technology, continuous learning

learning styles include: seeing it, hearing it, trying it

learning needs include: learning disabilities, learning preferences, language proficiency

strategies to assist in learning a skill include: understanding basic principles of instruction, developing coaching skills, being mature and patient, providing feedback

teaching skills include: identifying point of lesson, linking lesson, demonstrating skill, providing practice, giving feedback, assessing skills and progress

MAJOR WORK ACTIVITY C

Produce

TASK C-10 Prepares herbs and spices

TASK DESCRIPTOR

Herbs and spices provide flavouring and serve as a garnish to enhance the finished product. Cooks need to be knowledgeable in the various types of herbs and spices and their applications. They select, clean and process the herbs and spices that are used in various recipes.

C-10.01 Selects herbs and spices

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
C-10.01.01P	identify indicators of freshness and quality	indicators of freshness and quality are identified according to desired results
C-10.01.02P	identify herbs and spices	herbs and spices to complement flavours in recipe are identified
C-10.01.03P	choose herbs and spices	herbs and spices are chosen according to desired results

RANGE OF VARIABLES

indicators of freshness and quality include: hydration, colour, texture

herbs include: rosemary, mint, thyme, basil

spices include: peppercorn, nutmeg, cumin

KNOWLEDGE

	Learning Outcomes	Learning Objectives
C-10.01.01L	demonstrate knowledge of herbs and spices , their characteristics, applications and procedures for use	identify herbs and spices used to enhance flavour of foods, and describe their characteristics, applications and procedures for use
		identify types of herbs and spices , and describe their characteristics, applications and procedures for use
		describe indicators of freshness and quality when selecting herbs and spices

RANGE OF VARIABLES

herbs include: rosemary, mint, thyme, basil

spices include: peppercorn, nutmeg, cumin

types of herbs and spices include: dry, fresh, frozen, paste

indicators of freshness and quality include: hydration, colour, texture

C-10.02 Cleans herbs

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
C-10.02.01P	clean herbs	herbs are cleaned using methods according to recipe specifications
C-10.02.02P	maintain quality of herbs	herbs are cleaned gently to maintain quality and freshness

RANGE OF VARIABLES

herbs include: rosemary, mint, thyme, basil

methods include: soaking, rinsing, shaking, drying

KNOWLEDGE

Learning Outcomes		Learning Objectives
C-10.02.01L	demonstrate knowledge of procedures used to clean herbs	describe methods used to clean herbs
		describe procedures used to maintain quality of herbs during cleaning
		explain why herb quality and freshness should be maintained during cleaning

RANGE OF VARIABLES

methods include: soaking, rinsing, shaking, drying

herbs include: rosemary, mint, thyme, basil

C-10.03 Processes herbs and spices

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
C-10.03.01P	use tools and equipment	tools and equipment are used according to manufacturers' specifications
C-10.03.02P	prepare herbs and spices and apply processing techniques	herbs and spices are prepared and processing techniques applied according to recipe specifications and desired results
C-10.03.03P	prepare herb and spice -flavoured oils, vinegars and pastes	herb and spice -flavoured oils, vinegars and pastes are prepared according to recipe specifications
C-10.03.04P	maintain quality of herbs and spices	quality of herbs and spices is maintained during storage and application

RANGE OF VARIABLES

tools and equipment include: mortar and pestle, grinders, knives, graters

herbs include: rosemary, mint, thyme, basil

spices include: peppercorn, nutmeg, cumin

processing techniques include: chopping, tearing, rubbing, crushing, roasting

KNOWLEDGE

	Learning Outcomes	Learning Objectives
C-10.03.01L	demonstrate knowledge of procedures used to process herbs and spices	identify types of tools and equipment used to process herbs and spices
		explain secondary storage procedures
		describe finishing techniques when processing herbs and spices
		identify time required in preparing and processing herbs and spices for use in a variety of dishes
		identify ratios between dry and fresh herbs and spices

RANGE OF VARIABLES

tools and equipment include: mortar and pestle, grinders, knives, graters

herbs include: rosemary, mint, thyme, basil

spices include: peppercorn, nutmeg, cumin

TASK C-11 Prepares vegetables

TASK DESCRIPTOR

Vegetables are an important staple of all meals and it is essential for the cook to be able to select, prepare, cook and finish vegetables to retain quality, flavour and nutrients.

C-11.01 Selects vegetables

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
C-11.01.01P	identify vegetables	vegetables are identified according to availability, recipe specifications, market form and desired result
C-11.01.02P	identify indicators of freshness and quality	indicators of freshness and quality of vegetables are identified according to sensory assessment

RANGE OF VARIABLES

market forms include: peeled, dehydrated, whole, cut, bulk frozen, individual quick frozen (IQF), canned

indicators of freshness and quality include: firmness, colour, texture, aroma

KNOWLEDGE

	Learning Outcomes	Learning Objectives
C-11.01.01L	demonstrate knowledge of vegetables, their characteristics and applications	define terminology associated with vegetables
		identify vegetables and describe their characteristics and applications
		identify vegetable classifications , and describe their characteristics and applications
		describe indicators of freshness and quality
		identify factors that affect flavour, colour, texture and nutrients of vegetables
		identify factors to consider when selecting vegetables

identify **market forms** (prepared and packaged) of vegetables, and describe their characteristics and applications

identify **dietary requirements** specific to vegetables

RANGE OF VARIABLES

vegetable classifications include: leaf, root, tuber, cruciferous

indicators of freshness and quality include: firmness, colour, texture, aroma

factors that affect flavour, colour, texture and nutrients of vegetables include: cooking process, acids/alkalis, water amounts, size, cut

factors to consider when selecting vegetables include: local availability, seasonal availability, freshness, storage life, applications, processed, sustainability, ripeness

market forms include: peeled, dehydrated, whole, cut, bulk frozen, individual quick frozen (IQF), canned

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

C-11.02 Cleans vegetables

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
C-11.02.01P	select and use cleaning tools	cleaning tools are selected and used according to vegetable type and AP conditions
C-11.02.02P	apply cleaning procedures	cleaning procedures are applied according to vegetable type and jurisdictional regulations
C-11.02.03P	maintain quality of vegetable	quality of vegetable is maintained during cleaning
C-11.02.04P	store cleaned vegetable	cleaned vegetable is stored according to type and procedure to preserve quality

RANGE OF VARIABLES

cleaning tools include: gloves, salad spinner, knives, brushes

cleaning procedures include: washing, paring, brushing, rinsing, soaking

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
C-11.02.01L	demonstrate knowledge of cleaning vegetables	identify types of cleaning tools used to clean vegetables
		identify cleaning procedures used for vegetables
C-11.02.02L	demonstrate knowledge of procedures used to clean vegetables	describe cleaning procedures used for vegetables
		describe procedures used to maintain quality of vegetables during cleaning
C-11.02.03L	demonstrate knowledge of procedures used to store cleaned vegetables	describe procedures used for secondary storage to preserve quality of vegetables

RANGE OF VARIABLES

cleaning tools include: gloves, salad spinner, knives, brushes

cleaning procedures include: washing, paring, brushing, rinsing, soaking

C-11.03 Processes vegetables

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS		
	Performance Criteria	Evidence of Attainment
C-11.03.01P	select and use tools and equipment	tools and equipment are selected and used according to desired results and recipe specifications
C-11.03.02P	identify processing methods	processing methods are identified according to recipe specifications and desired results
C-11.03.03P	maintain uniform cuts	uniform cuts to vegetable are maintained for consistency in appearance and cooking
C-11.03.04P	perform various types of cuts	various types of cuts are performed according to desired result and appearance

C-11.03.05P	cut and shape vegetable for garnishes	vegetable is cut and shaped for garnishes according to desired result and appearance
C-11.03.06P	maintain quality of vegetable	quality of vegetable is maintained during processing
C-11.03.07P	minimize waste and utilize trim	waste is minimized and trim is utilized to maximize yield
C-11.03.08P	store cut vegetables	cut vegetables are stored according to type and procedure to preserve quality

RANGE OF VARIABLES

tools and equipment include: knives, crinkle cutters, mandolins, food processors, slicer, juicer, blender, vegetable carving tools

methods include: cutting, acidulating, juicing, puréeing, shaping, shaving, grating, slicing, drying

types of cuts include: julienne, baton, brunoise, dice

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
C-11.03.01L	demonstrate knowledge of processing vegetables	identify tools and equipment used to process vegetables
		identify types of cuts , and describe their characteristics, applications and associated procedures
		identify methods used to modify textures of vegetables
C-11.03.02L	demonstrate knowledge of procedures used to process vegetables	describe techniques used to carve vegetables
		describe methods used to process vegetables and to minimize waste
		describe procedures used to maintain quality of vegetables during processing
		describe uses and applications for trim
C-11.03.03L	demonstrate knowledge of storing processed vegetables	describe procedures used for secondary storage to preserve quality of vegetables

RANGE OF VARIABLES

tools and equipment include: knives, crinkle cutters, mandolins, food processors, slicer, juicer, blender, vegetable carving tools

types of cuts include: julienne, baton, brunoise, dice

methods include: cutting, acidulating, juicing, puréeing, shaping, shaving, grating, slicing, drying

C-11.04 Cooks vegetables

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
C-11.04.01P	select cooking method	cooking method is selected according to type of vegetable, classification , desired result and recipe specifications
C-11.04.02P	select and use tools and equipment	tools and equipment are selected and used according to desired results and recipe specifications
C-11.04.03P	apply techniques to maintain pigmentation and texture of vegetables	techniques to maintain pigmentation and texture of vegetables are applied according to desired result and recipe specifications
C-11.04.04P	preserve nutritional value	nutritional value of vegetable is preserved
C-11.04.05P	determine doneness	doneness of cooked vegetable is determined according to sensory assessment, desired results and recipe specifications
C-11.04.06P	apply cooking techniques to market forms of vegetables	techniques are applied to market forms of vegetables according to manufacturers' specifications

RANGE OF VARIABLES

cooking methods include: blanching, sautéing, grilling, frying, baking, steaming, broiling, roasting, braising

type of vegetable is based on colour group (green, white, red, yellow and orange)

classification includes: leaf, root, tuber, cruciferous

tools and equipment include: steamer, frying pan, deep fryer, oven, grill, colander

market forms include: peeled, dehydrated, whole, cut, bulk frozen, IQF, canned

KNOWLEDGE

	Learning Outcomes	Learning Objectives
C-11.04.01L	demonstrate knowledge of cooking vegetables	describe cooking methods used to cook vegetables
		identify cooking requirements when cooking vegetables
		identify degree of doneness for vegetables
C-11.04.02L	demonstrate knowledge of procedures used to cook vegetables	describe techniques or ingredients used to maintain pigmentation and textures of vegetables

	describe techniques used to maintain nutritional integrity of vegetable varieties
	describe techniques used to preserve nutritional value of vegetables while cooking

RANGE OF VARIABLES

cooking methods include: blanching, sautéing, grilling, frying, baking, steaming, broiling, roasting, braising

cooking requirements include: temperature, timing, batch size

C-11.05 Finishes vegetables

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
C-11.05.01P	select finishing techniques	finishing techniques are selected according to desired result and recipe specification
C-11.05.02P	apply finishing techniques	finishing techniques are applied according to vegetable, desired result and recipe specification
C-11.05.03P	hold cooked vegetables	cooked vegetables are held according to jurisdictional regulations , recipe specifications and desired results

RANGE OF VARIABLES

finishing techniques include: glazing, saucing, gratin, sautéing, garnishing, seasoning

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE

	Learning Outcomes	Learning Objectives
C-11.05.01L	demonstrate knowledge of procedures used to present and finish vegetables	describe presentation and finishing techniques
		describe holding techniques for cooked vegetables

RANGE OF VARIABLES

finishing techniques include: glazing, saucing, gratin, sautéing, garnishing, seasoning

TASK C-12 Prepares fruit

TASK DESCRIPTOR

Fruit can be used in preparations such as salads, sauces, soups and as garnishes, showpieces and accompaniments. It is essential for the cook to be able to select, prepare and cook fruit to retain quality, flavour and nutrients.

C-12.01 Selects fruit

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
C-12.01.01P	identify fruits	fruits are identified according to availability, recipe specifications, market form and desired result
C-12.01.02P	identify indicators of freshness and quality	indicators of freshness and quality of fruit are identified according to sensory assessment

RANGE OF VARIABLES

market forms include: peeled, dehydrated, whole, cut, bulk frozen, IQF, canned

indicators of freshness and quality include: firmness, colour, texture

KNOWLEDGE

Learning Outcomes		Learning Objectives
C-12.01.01L	demonstrate knowledge of fruits, their characteristics and applications	define terminology associated with fruits
		identify types of fruits, and describe their characteristics and applications
		identify fruit classifications , and describe their characteristics and applications
		describe fruit properties
		describe indicators of freshness and quality
		identify factors to consider when selecting fruits

identify **market forms** of fruits, and describe their characteristics and applications

identify **dietary requirements** specific to fruits

RANGE OF VARIABLES

fruit classifications include: tree, citrus, stone, vine, tropical, berry

fruit properties include: acid and sugar content, size, colour, grade

indicators of freshness and quality include: firmness, colour, texture

factors to consider when selecting fruits include: local availability, seasonal availability, freshness, storage life, applications, processed, sustainability, ripeness

market forms include: peeled, dehydrated, whole, cut, bulk frozen, IQF, canned

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

C-12.02 Cleans fruit

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
C-12.02.01P	select and use cleaning tools	cleaning tools are selected and used according to fruit type and AP conditions
C-12.02.02P	apply cleaning procedures	cleaning procedures are applied according to fruit type and jurisdictional regulations
C-12.02.03P	maintain quality of fruit	quality of fruit is maintained during cleaning
C-12.02.04P	store cleaned fruit	cleaned fruit is stored according to type and procedure to preserve quality

RANGE OF VARIABLES

cleaning tools include: gloves, knives, brushes

cleaning procedures include: washing, paring, brushing, rinsing

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE

Learning Outcomes		Learning Objectives
C-12.02.01L	demonstrate knowledge of cleaning fruits	identify types of cleaning tools used to clean fruits
		identify cleaning procedures used to clean fruits
C-12.02.02L	demonstrate knowledge of procedures used to clean fruits	describe cleaning procedures used to clean fruits
		describe procedures used to maintain quality of fruit during cleaning
C-12.02.03L	demonstrate knowledge of storing cleaned fruits	describe procedures used for secondary storage to preserve quality of fruit

RANGE OF VARIABLES

cleaning tools include: gloves, knives, brushes

cleaning procedures include: washing, paring, brushing, rinsing

C-12.03 Processes fruit

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
C-12.03.01P	select and use tools and equipment	tools and equipment are selected and used according to desired results and recipe specifications
C-12.03.02P	identify processing methods	processing methods are identified according to recipe specifications and desired results
C-12.03.03P	maintain uniform cuts	uniform cuts to fruit are maintained for consistency in appearance and cooking
C-12.03.04P	cut shapes of fruit for garnishes	fruit is cut in shapes for garnishes according to desired result and recipe specifications
C-12.03.05P	maintain quality of fruit	quality of fruit is maintained during processing
C-12.03.06P	minimize waste and utilize trim	waste is minimized and trim is utilized to maximize yield
C-12.03.07P	store cut fruit	cut fruit is stored according to type and procedure to preserve quality of stored fruit

RANGE OF VARIABLES

tools and equipment include: knives, mandolins, shape cutters, juicer, melon baller, spoon, food processor, fruit carving tools, blender

methods include: cutting, acidulating, juicing, puréeing, shaping, shaving, grating, slicing

quality of stored fruit includes: minimal oxidation, colour, flavour, texture

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
C-12.03.01L	demonstrate knowledge of processing fruits	identify tools and equipment used to process fruits
		identify types of cuts and describe their characteristics, applications and associated procedures
		identify methods used to modify textures of fruits
C-12.03.02L	demonstrate knowledge of procedures used to process fruits	describe techniques used to carve fruits
		describe procedures used to maintain quality of fruit during processing
		describe processing methods used for fruits and to minimize waste
C-12.03.03L	demonstrate knowledge of storing processed fruits	describe uses and applications for trim
		describe procedures used for secondary storage to preserve quality of fruit

RANGE OF VARIABLES

tools and equipment include: knives, mandolins, shape cutters, juicer, melon baller, spoon, food processor, fruit carving tools, blender

types of cuts include: julienne, baton, brunoise, dice, supreme

methods include: cutting, acidulating, juicing, puréeing, shaping, shaving, grating, slicing

C-12.04 Cooks fruit

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS		
	Performance Criteria	Evidence of Attainment
C-12.04.01P	select cooking method	cooking method is selected according to fruit classification , desired result and recipe specifications
C-12.04.02P	apply cooking method	cooking method is applied according to desired result

C-12.04.03P	select and use tools and equipment	tools and equipment are selected and used according to desired results and recipe specifications
C-12.04.04P	preserve nutritional value	nutritional value of fruit is preserved
C-12.04.05P	determine doneness	doneness of cooked fruit is determined according to sensory assessment, desired results and recipe specifications
C-12.04.06P	apply cooking techniques to market forms of fruits	cooking techniques are applied to market forms of fruits according to manufacturers' specifications

RANGE OF VARIABLES

cooking methods include: sautéing, grilling, poaching, frying, baking

fruit classifications include: tree, citrus, stone, vine, tropical, berry

tools and equipment include: steamer, frying pan, deep fryer, oven, grill, colander

market forms include: peeled, dehydrated, whole, cut, bulk frozen, IQF, canned

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
C-12.04.01L	demonstrate knowledge of cooking fruits	identify cooking methods used to cook fruits
		identify cooking requirements when cooking fruits
		identify degree of doneness for fruits
C-12.04.02L	demonstrate knowledge of procedures used to cook fruits	describe techniques or ingredients used to maintain pigmentation and textures of fruits
		describe procedures used to prepare fruits
		describe techniques used to maintain nutritional integrity of fruit varieties

RANGE OF VARIABLES

cooking methods include: sautéing, grilling, poaching, frying, baking

cooking requirements include: temperature, timing, batch size

C-12.05 Finishes fruit

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
C-12.05.01P	select <i>finishing techniques</i>	<i>finishing techniques</i> are selected according to desired result and recipe specifications
C-12.05.02P	apply <i>finishing techniques</i>	<i>finishing techniques</i> are applied according to fruit, desired result and recipe specifications
C-12.05.03P	hold cooked fruits	cooked fruits are held according to <i>jurisdictional regulations</i> , recipe specifications and desired results

RANGE OF VARIABLES

finishing techniques include: glazing, saucing, sautéing, garnishing, seasoning, caramelizing, grilling
jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE

	Learning Outcomes	Learning Objectives
C-12.05.01L	demonstrate knowledge of procedures used to present and finish fruits	describe presentation and <i>finishing techniques</i> describe holding techniques for cooked fruits

RANGE OF VARIABLES

finishing techniques include: glazing, saucing, sautéing, garnishing, seasoning, caramelizing, grilling

MAJOR WORK ACTIVITY D

Stocks, Broths and Soups

TASK D-13 Prepares stocks and broths

TASK DESCRIPTOR

Cooks prepare stocks and broths to provide flavour and texture for a variety of products and applications. Selecting proper ingredients for the stock or broth is a critical step in the preparation process.

D-13.01 Selects stock and broth ingredients

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
D-13.01.01P	identify and choose ingredients	ingredients are identified and chosen according to stock or broth desired
D-13.01.02P	identify indicators of freshness and quality	indicators of freshness and quality of ingredients are identified according to sensory assessment

RANGE OF VARIABLES

ingredients include: bones, vegetables, aromatics, water, proteins

indicators of freshness and quality include: firmness, colour, texture

KNOWLEDGE

	Learning Outcomes	Learning Objectives
D-13.01.01L	demonstrate knowledge of stocks and broths, and their applications	define terminology associated with stocks and broths
		identify types of stocks , and describe their characteristics, applications and procedures for use
		identify types of broths , and describe their characteristics, applications and procedures for use
		identify factors to consider when selecting ingredients for stocks and broths

		identify ingredients and ratios used in stocks and broths
		identify dietary requirements specific to stocks and broths
D-13.01.02L	demonstrate knowledge of procedures used to select ingredients for stocks and broths	describe procedures used to select ingredients for stocks and broths

RANGE OF VARIABLES

types of stocks include: white, brown, court-bouillon, fumet

types of broths include: dashi, emulsified, clear, bone, miso

factors include: freshness, cost, fat content, intended application, type of bone, cartilage content, managing trim, availability of ingredients

ingredients include: bones, vegetables, aromatics, water, proteins

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

D-13.02 Processes stock and broth ingredients

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
D-13.02.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications
D-13.02.02P	calculate quantity of ingredients	quantity of ingredients for yield are calculated according to recipe specifications
D-13.02.03P	gather ingredients	individual ingredients are gathered and accessible in a sequential manner according to recipe specifications
D-13.02.04P	measure ingredients	ingredients are measured according to recipe specifications
D-13.02.05P	prepare ingredients	ingredients are prepared according to recipe specifications

RANGE OF VARIABLES

tools and equipment include: strainers, spigot pots, roasting pans, skimmers, stock pots, cutting boards, knives, scales, cheese cloth, butchers twine

ingredients include: bones, vegetables, aromatics, water, proteins

KNOWLEDGE

Learning Outcomes		Learning Objectives
D-13.02.01L	demonstrate knowledge of stocks and broths and their applications	define terminology associated with stocks and broths
		identify types of stocks , and describe their characteristics, applications and procedures for use
		identify types of broths , and describe their characteristics, applications and procedures for use
		identify factors to consider when processing ingredients for stocks and broths
		identify ingredients and ratios used in stocks and broths
D-13.02.02L	demonstrate knowledge of procedures used to process ingredients for stocks and broths	identify dietary requirements specific to stocks and broths
		describe procedures used to process ingredients for stocks and broths

RANGE OF VARIABLES

types of stocks include: white, brown, court-bouillon, fumet

types of broths include: dashi, emulsified, clear, bone, miso

factors include: freshness, cost, fat content, intended application, type of bone, cartilage content, managing trim, availability of ingredients

ingredients include: bones, vegetables, aromatics, water, proteins

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

D-13.03 Cooks stocks and broths

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
D-13.03.01P	cook ingredients	ingredients are cooked according to recipe specifications
D-13.03.02P	prepare bones and vegetables	bones and vegetables are prepared according to recipe specifications

D-13.03.03P	deglaze cooking vessel	cooking vessel is deglazed by adding liquid to base to capture flavour profile according to recipe specifications
D-13.03.04P	bring stock to simmer	stock is simmered according to recipe specifications
D-13.03.05P	monitor broth temperature	broth temperature is monitored according to recipe specifications
D-13.03.06P	skim stock or broth	stock or broth is skimmed to remove impurities to ensure desired consistency and flavour according to recipe specifications
D-13.03.07P	monitor cooking time and aromatics	cooking time and aromatics are monitored according to recipe specifications and desired results
D-13.03.08P	reduce stock or broth	stock or broth is reduced to a concentrate according to desired results
D-13.03.09P	strain and filter stock or broth	stock or broth is strained and filtered to remove undesired elements
D-13.03.10P	evaluate quality and clarity of stock or broth	quality and clarity of stock or broth is evaluated according to sensory assessments
D-13.03.11P	cool finished stock or broth	finished stocks or broths are cooled using methods according to jurisdictional regulations and manufacturers' specifications

RANGE OF VARIABLES

ingredients include: bones, vegetables, aromatics, water, proteins

methods include: ice wands, venting, blast chiller, water bath

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
D-13.03.01L	demonstrate knowledge of stocks and broths and their applications	define terminology associated with stocks and broths
		identify types of stocks , and describe their characteristics, applications and procedures for use
		identify types of broths , and describe their characteristics, applications and procedures for use
		identify factors to consider when cooking stocks and broths
		identify ingredients and ratios used in stocks and broths

		identify dietary requirements specific to stocks and broths
		identify methods for cooling stocks and broths
		identify jurisdictional regulations for cooking, holding and storing stocks and broths
D-13.03.02L	demonstrate knowledge of procedures used to prepare and cool stocks and broths	describe procedures used to prepare stocks and broths
		describe methods for cooking stocks and broths

RANGE OF VARIABLES

types of stocks include: white, brown, court-bouillon, fumet

types of broths include: dashi, emulsified, clear, bone, miso

factors include: fat content, intended application, type of bone, cartilage content, managing trim, availability of ingredients

ingredients include: bones, vegetables, aromatics, water, proteins

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

methods include: ice wands, venting, blast chiller, water bath

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

procedures include: selecting cooking time and temperature, straining, reduction, de-glaze, skimming

TASK D-14 Prepares soups

TASK DESCRIPTOR

Soup flavour, consistency, temperature and texture are important factors to achieve quality results when preparing soups. Soups incorporate stocks, broths, vegetables, proteins and dairy.

D-14.01 Selects soup ingredients

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
D-14.01.01P	identify and choose ingredients	ingredients are identified and chosen according to recipe specifications
D-14.01.02P	identify <i>indicators of freshness and quality</i>	<i>indicators of freshness and quality</i> of ingredients are identified according to sensory assessment

RANGE OF VARIABLES

indicators of freshness and quality include: firmness, colour, texture

KNOWLEDGE

	Learning Outcomes	Learning Objectives
D-14.01.01L	demonstrate knowledge of soups and their applications	define terminology associated with soups
		identify <i>types of soups</i> , and describe their characteristics and applications
		identify <i>factors</i> to consider when selecting ingredients for soups
		identify serving temperatures by <i>types of soups</i>
		identify <i>dietary requirements</i> specific to soups
D-14.01.02L	demonstrate knowledge of procedures used to select soup ingredients	describe procedures used to select soup ingredients

RANGE OF VARIABLES

types of soups include: clear, consommés, cream, puréed, specialty/international, cold

factors include: freshness, cost, fat content, intended application, managing trim, availability of ingredients

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

D-14.02 Processes soup ingredients

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
D-14.02.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications
D-14.02.02P	calculate quantity of ingredients	quantity of ingredients for yield are calculated according to recipe specifications
D-14.02.03P	gather ingredients	individual ingredients are gathered and accessible in a sequential manner according to recipe specifications
D-14.02.04P	measure ingredients	ingredients are measured according to recipe specifications

RANGE OF VARIABLES

tools and equipment include: scales, cutting boards, knives, whisks, food processors, cheese cloths

KNOWLEDGE

Learning Outcomes		Learning Objectives
D-14.02.01L	demonstrate knowledge of soups and their applications	define terminology associated with soups
		identify types of soups , and describe their characteristics and serving temperatures
		identify factors to consider when processing ingredients for soups
D-14.02.02L	demonstrate knowledge of procedures used to process ingredients for soups	identify dietary requirements specific to soups
		describe procedures used to process ingredients for soups

RANGE OF VARIABLES

types of soups include: clear, consommés, cream, puréed, specialty/international, cold

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

D-14.03 Cooks soups

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
D-14.03.01P	select tools and equipment	tools and equipment are selected according to recipe specifications
D-14.03.02P	combine ingredients	ingredients are combined in sequence according to recipe specifications
D-14.03.03P	clarify consommés	consommés are clarified according to recipe specifications
D-14.03.04P	monitor cooking time and aromatics	cooking time and aromatics are monitored according to recipe specifications and desired results
D-14.03.05P	incorporate thickening agents	thickening agents are incorporated to achieve desired results
D-14.03.06P	adjust soup characteristics	soup characteristics are adjusted to achieve desired results

RANGE OF VARIABLES

tools and equipment include: whisks, food processor, cheese cloth, spoon, spatula, strainers, steam kettle, soup pot

thickening agents include: roux, purees, modified starches, eggs

soup characteristics include: taste, thickness, texture, appearance, colour, temperature

KNOWLEDGE

	Learning Outcomes	Learning Objectives
D-14.03.01L	demonstrate knowledge of soups and their applications	define terminology associated with soups
		identify types of soups , and describe their characteristics and serving temperatures
		identify factors to consider when cooking soups
		identify dietary requirements specific to soups

		identify thickening agents
D-14.03.02L	demonstrate knowledge of procedures used to prepare soups	describe procedures used to prepare soups
		describe procedures used to clarify consommés
		describe procedures used to thicken soups

RANGE OF VARIABLES

types of soups include: clear, consommés, cream, puréed, specialty/international, cold

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

thickening agents include: roux, purees, modified starches, eggs

procedures (to prepare) include: selecting cooking time and temperature, straining, reducing, deglazing, skimming, puréeing

D-14.04 Finishes soups

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
D-14.04.01P	adjust soup characteristics	soup characteristics are adjusted to achieve desired results
D-14.04.02P	cool soup	soup is cooled according to jurisdictional regulations and desired results
D-14.04.03P	prepare finishing ingredients	finishing ingredients are prepared using methods according to recipe specifications and desired results
D-14.04.04P	garnish soup	soup is garnished according to recipe specifications and desired results

RANGE OF VARIABLES

soup characteristics include: taste, thickness, texture, appearance, colour, temperature

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
D-14.04.01L	demonstrate knowledge of soups and their applications	define terminology associated with soups
		identify types of soups , and describe their characteristics and serving temperatures
		identify factors to consider when assembling soups
		identify dietary requirements specific to soups
D-14.04.02L	demonstrate knowledge of procedures used to complete soups	describe procedures used to cool soups
		describe methods used to prepare finishing ingredients
		describe presentation and finishing techniques

RANGE OF VARIABLES

types of soups include: clear, consommés, cream, puréed, specialty/international, cold

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

methods include: blanching, sautéing, roasting, steaming, boiling

MAJOR WORK ACTIVITY E

Sauces

TASK E-15 Prepares thickening and binding agents

TASK DESCRIPTOR

Thickening agents are used by cooks to thicken soups and sauces. Binding agents are used by cooks to hold ingredients together.

E-15.01 Selects thickening and binding ingredients

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
E-15.01.01P	determine thickening and binding agents to be made	thickening and binding agents to be made are determined according to recipe specifications and desired results
E-15.01.02P	identify indicators of freshness and quality of ingredients	indicators of freshness and quality of ingredients are identified according to sensory assessment
E-15.01.032P	identify and choose ingredients for thickening and binding agents	ingredients for thickening and binding agents are identified and chosen according to recipe specifications

RANGE OF VARIABLES

thickening and binding agents include: roux, starches, liaison, beurre manié, vegetable purées, reduction

indicators of freshness and quality include: firmness, colour, texture

KNOWLEDGE

	Learning Outcomes	Learning Objectives
E-15.01.01L	demonstrate knowledge of thickening and binding agents and their applications	define terminology associated with thickening and binding agents
		identify types of thickening and binding agents , and describe their applications and procedures for use

		identify factors to consider when selecting ingredients for <i>thickening and binding agents</i>
		identify <i>dietary requirements</i> specific to ingredients for <i>thickening and binding agents</i>
E-15.01.02L	demonstrate knowledge of procedures used to select ingredients for <i>thickening and binding agents</i>	describe procedures used to select ingredients for <i>thickening and binding agents</i>

RANGE OF VARIABLES

thickening and binding agents include: roux, starches, liaison, beurre manié, vegetable purées, reduction

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

E-15.02 Processes thickening and binding ingredients

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
E-15.02.01P	select and use <i>tools and equipment</i>	<i>tools and equipment</i> are selected and used according to recipe specifications
E-15.02.02P	calculate ratio of thickening and binding ingredients	ratio of thickening and binding ingredients is calculated according to desired results
E-15.02.03P	incorporate thickening and binding ingredients	thickening and binding ingredients are incorporated according to recipe specifications and desired results

RANGE OF VARIABLES

tools and equipment include: bowls, whisks, ladles, pots, strainer, blender

KNOWLEDGE

	Learning Outcomes	Learning Objectives
E-15.02.01L	demonstrate knowledge of <i>thickening and binding agents</i> and their applications	define terminology associated with <i>thickening and binding agents</i>
		identify types of <i>thickening and binding agents</i> , and describe their applications and procedures for use

		identify factors to consider when processing ingredients for thickening and binding agents
		identify ingredients and ratios used to process thickening and binding agents
		identify dietary requirements specific to ingredients for thickening and binding agents
E-15.02.02L	demonstrate knowledge of procedures used to prepare thickening and binding agents	describe procedures used to prepare thickening and binding agents

RANGE OF VARIABLES

thickening and binding agents include: roux, starches, liaison, beurre manié, vegetable purées, reduction

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

TASK E-16 Prepares sauces

TASK DESCRIPTOR

Preparing sauces is an important task as they serve to increase the moisture of the final dish, to modify and add flavour and texture, and in some cases may also serve as the main element of the dish. Sauces are used to accompany and complement dishes and enhance the appearance of the final dish.

E-16.01 Selects sauce ingredients

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
E-16.01.01P	identify sauce	sauce is identified according to recipe specifications
E-16.01.02P	identify indicators of freshness and quality of ingredients	indicators of freshness and quality of ingredients are identified according to sensory assessment
E-16.01.03P	identify and choose ingredients	ingredients are identified and chosen according to recipe specifications

RANGE OF VARIABLES

indicators of freshness and quality include: hydration, colour, texture

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
E-16.01.01L	demonstrate knowledge of sauces and their applications	define terminology associated with sauces
		identify types of <i>mother sauces</i> and their <i>derivatives</i> , and describe their characteristics and applications
		identify types of <i>other sauces</i> , and describe their characteristics and applications
		identify butter sauces and compound butters, and describe their characteristics and applications
		identify factors to consider when selecting ingredients for sauces
		identify ingredients and ratios used in sauces
		identify <i>dietary requirements</i> specific to ingredients for sauces
E-16.01.02L	demonstrate knowledge of procedures used to select sauce ingredients	describe procedures used to select ingredients for sauces

RANGE OF VARIABLES

mother sauces include: espagnole, béchamel, velouté, tomato, hollandaise

derivatives include: demi-glace, bearnaise, mornay, supreme, portugaise

other sauces include: chutneys, salsas, pan gravies, jus lié, reductions, curries, soy-based, coulis, chocolate, caramel

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

E-16.02 Processes sauce ingredients

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
E-16.02.01P	select and use <i>non-reactive processing tools and equipment</i>	<i>non-reactive processing tools and equipment</i> are selected and used according to ingredients being used
E-16.02.02P	measure and prepare ingredients according to recipe specifications	ingredients are measured and prepared according to recipe specifications

RANGE OF VARIABLES

non-reactive processing tools and equipment include: double boilers, saucepans, strainers, stainless steel bowls, plastics (BPA free), silicone

KNOWLEDGE

	Learning Outcomes	Learning Objectives
E-16.02.01L	demonstrate knowledge of sauces and their applications	define terminology associated with sauces
		identify types of <i>mother sauces</i> and their <i>derivatives</i> , and describe their characteristics and applications
		identify types of <i>other sauces</i> , and describe their characteristics and applications
		identify butter sauces and compound butters, and describe their characteristics and applications
		identify factors to consider when processing ingredients for sauces
		identify ingredients and ratios used in sauces
		identify <i>dietary requirements</i> specific to ingredients for sauces
E-16.02.02L	demonstrate knowledge of procedures used to process ingredients for sauces	describe procedures used to process ingredients for sauces

RANGE OF VARIABLES

mother sauces include: espagnole, béchamel, velouté, tomato, hollandaise

derivatives include: demi-glace, bearnaise, mornay, supreme, portugaise

other sauces include: chutneys, salsas, pan gravies, jus lié, reductions, curries, soy-based, coulis, chocolate, caramel

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

E-16.03 Cooks sauces

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
E-16.03.01P	combine ingredients	ingredients are combined in sequence according to recipe specifications
E-16.03.02P	adjust temperature of sauce	temperature of sauce is adjusted according to desired results
E-16.03.03P	use cooking methods	cooking methods are used according to recipe specifications
E-16.03.04P	deglaze cooking vessel	cooking vessel is deglazed by adding liquid to base to capture flavour profile
E-16.03.05P	determine sauce qualities	sauce qualities are determined according to desired results
E-16.03.06P	apply thickening technique	thickening technique is applied according to desired results
E-16.03.07P	adjust sauce qualities	sauce qualities are adjusted according to desired results

RANGE OF VARIABLES

cooking methods include: tempering, reduction, blending, infusion, coagulation, caramelization

sauce qualities include: consistency, colour, flavour, texture

thickening technique includes: reduction, adding thickening agents (roux, liaison, slurry), emulsification

KNOWLEDGE

	Learning Outcomes	Learning Objectives
E-16.03.01L	demonstrate knowledge of sauces and their applications	define terminology associated with sauces
		identify types of mother sauces and their derivatives , and describe their characteristics and applications

		identify types of other sauces , and describe their characteristics and applications
		identify butter sauces and compound butters, and describe their characteristics and applications
		identify factors to consider when cooking sauces
		identify ingredients and ratios used in sauces
		identify dietary requirements specific to sauces
E-16.03.02L	demonstrate knowledge of procedures used to prepare sauces	describe procedures used to prepare hot sauces
		describe procedures used to prepare cold sauces

RANGE OF VARIABLES

mother sauces include: espagnole, béchamel, velouté, tomato, hollandaise

derivatives include: demi-glace, bearnaise, mornay, supreme, portugaise

other sauces include: chutneys, salsas, pan gravies, jus lié, reductions, curries, soy-based, coulis, chocolate, caramel

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

E-16.04 Finishes sauces

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
E-16.04.01P	use finishing techniques	finishing techniques are used according to recipe specifications
E-16.04.02P	evaluate and adjust final qualities	final qualities are evaluated and adjusted according to desired results
E-16.04.03P	hold finished sauce	finished sauce is held using techniques to preserve quality and integrity according to jurisdictional regulations

RANGE OF VARIABLES

finishing techniques include: monté au beurre, liaison, garnishing, flambé

final qualities include: taste, appearance, flavour, texture, alcohol level

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
E-16.04.01L	demonstrate knowledge of sauces and their applications	define terminology associated with sauces
		identify types of mother sauces and their derivatives , and describe their characteristics and applications
		identify types of other sauces , and describe their characteristics and applications
		identify butter sauces and compound butters, and describe their characteristics and applications
		identify factors to consider when finishing sauces
		identify ingredients and ratios used in sauces
		identify dietary requirements specific to sauces
E-16.04.02L	demonstrate knowledge of procedures used to finish, hold and store sauces	describe finishing techniques for hot and cold sauces and their associated procedures
		describe procedures used to hold, cool and store sauces

RANGE OF VARIABLES

mother sauces include: espagnole, béchamel, velouté, tomato, hollandaise

derivatives include: demi-glace, bearnaise, mornay, supreme, portugaise

other sauces include: chutneys, salsas, pan gravies, jus lié, reductions, curries, soy-based, coulis, chocolate, caramel

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

finishing techniques include: monté au beurre, liaison, garnishing, flambé

MAJOR WORK ACTIVITY F

Cheese, Dairy, Plant-based Dairy Alternatives, Eggs and Egg Products

TASK F-17 Uses cheese, dairy products and plant-based dairy alternative products

TASK DESCRIPTOR

Using cheese, dairy-related dishes and plant-based dairy alternative products involves selecting and understanding the various properties of each product. It is important to understand the methods of incorporating cheese, dairy products and plant-based dairy alternative products in recipes. Attention to quality and safety is important to preparing these dishes.

F-17.01 Selects cheese, dairy and plant-based dairy alternative ingredients

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
F-17.01.01P	recognize freshness of dairy products	freshness of dairy products are recognized according to best before date and sensory assessment
F-17.01.02P	recognize ripeness characteristics of cheese	ripeness characteristics of cheese are recognized according to sensory assessment
F-17.01.03P	identify milk and dairy products	milk and dairy products are identified according to jurisdictional regulations
F-17.01.04P	identify plant-based dairy alternatives	plant-based dairy alternatives are identified
F-17.01.05P	identify types of butters and butter substitutes	types of butters and butter substitutes are identified according to jurisdictional regulations
F-17.01.06P	identify cheese, dairy and plant-based dairy alternatives to complement dishes	cheese, dairy and plant-based dairy alternatives that complement dishes are identified according to recipe specifications or desired results

RANGE OF VARIABLES

dairy products include: skim, whole, buttermilk, cream, cheese, yogurt, butter

milk includes: goat, sheep, cow

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

plant-based dairy alternatives include: liquids (coconut, soy, almond), cheeses (nut, rice, oil)

types of butters and butter substitutes include: margarine (hydrogenated and non-hydrogenated), salted, ghee, unsalted, cultured

dishes include: appetizers, hors d'oeuvres, soups

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
F-17.01.01L	demonstrate knowledge of cheeses, dairy and plant-based dairy alternatives and their applications	define terminology associated with cheeses, dairy and plant-based dairy alternatives and their associated products
		identify classifications and types of dairy products , and describe their characteristics and applications
		identify types of butters and butter substitutes , and describe their characteristics and applications
		identify types of plant-based dairy alternatives , and describe their characteristics and applications
		identify classifications and types of cheese and cheese products, and describe their characteristics and applications
		identify Canadian jurisdictional regulations governing cheese and cheese products
		identify market forms (prepared and packaged) of cheese, dairy and plant-based dairy alternatives , and describe their characteristics and applications
		identify factors to consider when selecting cheese, dairy and plant-based dairy alternatives
		identify dietary requirements specific to cheese, dairy and plant-based dairy alternatives
F-17.01.02L	demonstrate knowledge of procedures used to handle and store dairy and plant-based dairy alternatives	describe procedures used to handle and store dairy and plant-based dairy alternatives

F-17.01.03L	demonstrate knowledge of manufacturing process of dairy products	describe manufacturing process of dairy products
F-17.01.04L	demonstrate knowledge of selecting plant-based dairy alternatives	describe procedure for selecting plant-based dairy alternatives

RANGE OF VARIABLES

plant-based dairy alternatives include: liquids (coconut, soy, almond), cheeses (nut, rice, oil)

dairy products include: skim, whole, buttermilk, cream, cheese, yogurt, butter

types of butters and butter substitutes include: margarine (hydrogenated and non-hydrogenated), salted, ghee, unsalted, cultured

jurisdictional regulations include: WHMIS includes: goat, sheep, cow

factors include: local availability, freshness, storage life, applications, processed

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

manufacturing process includes: pasteurization, homogenization, fermentation, UHT

F-17.02 Processes cheese, dairy and plant-based dairy alternative ingredients

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
F-17.02.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications
F-17.02.02P	alter consistency of product	consistency of product is altered by using methods according to recipe specifications
F-17.02.03P	add cheese, dairy and plant-based dairy alternatives	cheese, dairy and plant-based dairy alternatives are added in sequence according to recipe specifications and desired results
F-17.02.04P	flavour dairy products	dairy products are flavoured according to recipe specifications
F-17.02.05P	apply cooking methods	cooking methods are applied according to recipe specifications
F-17.02.06P	apply techniques to process cheeses	techniques to process cheeses are applied according to recipe specifications
F-17.02.07P	apply techniques to process dairy and dairy-related products	techniques to process dairy and dairy-related products are applied according to recipe specifications

RANGE OF VARIABLES

tools and equipment include: cheese graters, cutters, non-reactive pots and pans

methods include: whipping, melting, heating, coagulating

plant-based dairy alternatives include: liquids (coconut, soy, almond), cheeses (nut, rice, oil)

dairy products include: skim, whole, buttermilk, cream, cheese, yogurt, butter

cooking methods include: baking, melting, deep-frying, pan frying, broiling, reducing, simmering

techniques to process cheeses include: shredding, crumbling, slicing, shaving

techniques to process dairy and dairy-related products include: souring, tempering, scalding, freezing, puréeing

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
F-17.02.01L	demonstrate knowledge of cheeses, dairy and plant-based dairy alternatives and their applications	define terminology associated with cheeses, dairy products, plant-based dairy alternatives and their associated products
		identify classifications and types of dairy products , and describe their characteristics and applications
		identify types of butters and butter substitutes , and describe their characteristics and applications
		identify types of plant-based dairy alternatives , and describe their characteristics and applications
		identify classifications and types of cheese and cheese products, and describe their characteristics and applications
		identify Canadian jurisdictional regulations governing cheese and cheese products
		identify market forms (prepared and packaged) of cheese, dairy and plant-based dairy alternative products, and describe their characteristics and applications
		identify factors to consider when processing cheese, dairy and plant-based dairy alternative products
		identify dietary requirements specific to cheese, dairy and plant-based dairy alternatives
		identify flavouring techniques
F-17.02.02L	demonstrate knowledge of procedures to process ingredients for dairy and plant-based dairy alternative dishes	describe procedures to process ingredients for dairy and plant-based dairy alternative dishes

F-17.02.03L	demonstrate knowledge of procedures used to handle and store dairy and plant-based dairy alternative products	describe procedures used to handle and store dairy and plant-based dairy alternative products
F-17.02.04L	demonstrate knowledge of manufacturing process of dairy products	describe manufacturing process of dairy products
F-17.02.05L	demonstrate knowledge of processing plant-based dairy alternative products	describe procedure for processing plant-based dairy alternative products

RANGE OF VARIABLES

plant-based dairy alternatives include: liquids (coconut, soy, almond), cheeses (nut, rice, oil)

dairy products include: skim, whole, buttermilk, cream, cheese, yogurt, butter

types of butters and butter substitutes include: margarine (hydrogenated and non-hydrogenated), salted, ghee, unsalted, cultured

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

factors include: local availability, freshness, storage life, applications, processed

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

flavouring techniques include: infusion, steeping

manufacturing process includes: pasteurization, homogenization, fermentation, UHT

F-17.03 Finishes cheese, dairy and plant-based dairy alternative products

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
F-17.03.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications
F-17.03.02P	flavour dairy products and plant-based dairy alternatives	dairy products and plant-based dairy alternatives are flavoured according to recipe specifications
F-17.03.03P	apply finishing techniques	finishing techniques are applied according to recipe specifications
F-17.03.04P	select garnishes and accompaniments	garnishes and accompaniments are selected according to recipe specifications and desired results

RANGE OF VARIABLES

tools and equipment include: torches, broilers, salamander, rasp, freezer

dairy products include: skim, whole, buttermilk, cream, cheese, yogurt, butter

plant-based dairy alternatives include: liquids (coconut, soy, almond), cheeses (nut, rice, oil)

finishing techniques include: gratin, grilling, melting, brûlé

garnishes and accompaniments include: fruit, nuts, herbs, spices, condiments, sauces

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
F-17.03.01L	demonstrate knowledge of cheeses, dairy and plant-based dairy alternative products and their applications	define terminology associated with cheeses, dairy products, plant-based dairy alternatives and their associated products
		identify classifications and types of dairy products , and describe their characteristics and applications
		identify types of butters and butter substitutes , and describe their characteristics and applications
		identify types of plant-based dairy alternatives , and describe their characteristics and applications
		identify classifications and types of cheese and cheese products, and describe their characteristics and applications
		identify Canadian jurisdictional regulations governing cheese and cheese products
		identify market forms (prepared and packaged) of cheese, dairy and plant-based dairy alternative products, and describe their characteristics and applications
		identify factors to consider when finishing cheese, dairy and plant-based dairy alternative products
		identify dietary requirements specific to cheese, dairy and plant-based dairy alternatives
		identify garnishes and accompaniments to cheese, dairy products, plant-based dairy alternative products, and their related dishes
F-17.03.02L	demonstrate knowledge of procedures to apply finishing techniques to dairy and plant-based dairy alternative dishes	describe procedures to apply finishing techniques to dairy and plant-based dairy alternative dishes

F-17.03.03L	demonstrate knowledge of procedures used to handle and store dairy and plant-based dairy alternative products	describe procedures used to handle and store dairy and plant-based dairy alternative products
F-17.03.04L	demonstrate knowledge of manufacturing process of dairy products	describe manufacturing process of dairy products

RANGE OF VARIABLES

plant-based dairy alternatives include: liquids (coconut, soy, almond), cheeses (nut, rice, oil)

dairy products include: skim, whole, buttermilk, cream, cheese, yogurt, butter

types of butters and butter substitutes include: margarine (hydrogenated and non-hydrogenated), salted, ghee, unsalted, cultured

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

factors include: local availability, freshness, storage life, applications, processed

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

finishing techniques include: gratin, grilling, melting, brûlé

manufacturing process includes: pasteurization, homogenization, fermentation, UHT

TASK F-18 Prepares eggs and egg-based dishes

TASK DESCRIPTOR

Cooks must have an understanding of the importance and versatility of eggs, egg products and egg substitutes. Eggs have many uses including acting as leavening agents, binding agents, and can be prepared on their own or to create a number of dishes.

F-18.01 Selects ingredients for eggs and egg-based dishes

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
F-18.01.01P	identify freshness of eggs, egg products and egg substitutes	freshness of eggs, egg products and egg substitutes are identified according to best before date and sensory assessment
F-18.01.02P	identify and choose ingredients	ingredients are chosen and identified according to recipe specifications and desired results
F-18.01.03P	select eggs, egg products and egg substitutes	eggs, egg products and egg substitutes are selected according to recipe specification

F-18.01.04P	adjust eggs, egg products and egg substitute volumes to account for yield differences	eggs, egg products and egg substitute volumes are adjusted and yield differences are accounted for according to recipe specifications
F-18.01.05P	identify types of eggs	types of eggs are identified according to species

RANGE OF VARIABLES

egg products include: liquid egg, egg whites, egg yolks, egg white powder

egg-substitutes include: plant-based substitutes

ingredients include: milk, clarified butter, cheese, sugar, vegetables, herbs, proteins, acids, fruits

types of eggs include: chicken, quail, duck, ostrich

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
F-18.01.01L	demonstrate knowledge of eggs, egg products , egg-substitutes and their applications	define terminology associated with eggs, egg products and egg-substitutes
		describe composition of eggs
		identify grades and sizes of eggs, and describe their characteristics, applications and jurisdictional regulations
		identify types of eggs , and describe their characteristics and applications
		identify types of egg products , and describe their characteristics and applications
		identify types of egg substitutes , and describe their characteristics and applications
		identify market forms (prepared and packaged) of types of eggs , egg products and egg substitutes , and describe their characteristics and applications
		identify types of egg-based dishes and describe their characteristics
		identify dietary requirements specific to eggs, egg products and egg substitutes
		identify factors to consider when selecting eggs, egg products and egg substitutes
F-18.01.02L	demonstrate knowledge of procedures used to select eggs, egg products and egg substitutes	describe procedures used to select eggs, egg products and egg substitutes

RANGE OF VARIABLES

egg products include: liquid egg, egg whites, egg yolks, egg white powder

egg-substitutes include: plant-based substitutes

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

types of eggs include: chicken, quail, duck, ostrich

egg-based dishes include: omelets, quiches, soufflés

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

factors include: local availability, freshness, storage life, applications, processed, free-run, cage-free

F-18.02 Processes ingredients for eggs and egg-based dishes

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
F-18.02.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications
F-18.02.02P	apply procedures to process eggs, egg products and egg substitutes	procedures to process eggs, egg products and egg substitutes are applied according to recipe specifications
F-18.02.03P	combine eggs, egg products and egg substitutes with other ingredients	eggs, egg products and egg substitutes are combined with other ingredients according to recipe specifications
F-18.02.04P	whip eggs	eggs or their components are whipped according to recipe specifications and desired results

RANGE OF VARIABLES

tools and equipment include: non-reactive bowl, whisk, timer, spatula

procedures to process include: separating, beating, tempering

egg products include: liquid egg, egg whites, egg yolks, egg white powder

egg-substitutes include: plant-based substitutes

ingredients include: milk, clarified butter, cheese, sugar, vegetables, herbs, proteins, acids, fruits

KNOWLEDGE

	Learning Outcomes	Learning Objectives
F-18.02.01L	demonstrate knowledge of eggs, egg products , egg-substitutes and their applications	define terminology associated with eggs, egg products and egg substitutes
		describe composition of eggs

		identify grades and sizes of eggs, and describe their characteristics, applications and <i>jurisdictional regulations</i>
		identify <i>types of eggs</i> , and describe their characteristics and applications
		identify types of <i>egg products</i> , and describe their characteristics and applications
		identify types of <i>egg substitutes</i> , and describe their characteristics and applications
		identify market forms (prepared and packaged) of eggs, <i>egg products</i> and <i>egg substitutes</i> , and describe their characteristics and applications
		identify types of <i>egg-based dishes</i> and describe their characteristics
		identify <i>dietary requirements</i> specific to eggs, <i>egg products</i> and <i>egg substitutes</i>
		identify <i>factors</i> to consider when processing eggs, <i>egg products</i> and <i>egg substitutes</i>
F-18.02.02L	demonstrate knowledge of <i>procedures to process</i> eggs, <i>egg products</i> and <i>egg substitutes</i>	describe <i>procedures to process</i> eggs, <i>egg products</i> and <i>egg substitutes</i>

RANGE OF VARIABLES

egg products include: liquid egg, egg whites, egg yolks, egg white powder

egg-substitutes include: plant-based substitutes

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

types of eggs include: chicken, quail, duck, ostrich

egg-based dishes include: omelets, quiches, soufflés

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

factors include: freshness, storage life, applications, processed, temperature

procedures to process include: separating, beating, tempering

F-18.03 Cooks eggs and egg-based dishes

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
F-18.03.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications
F-18.03.02P	apply cooking methods	cooking methods are applied to eggs, egg products and egg substitutes according to recipe specifications
F-18.03.03P	temper eggs, egg products and egg substitutes	eggs, egg products and egg substitutes are tempered according to recipe specifications
F-18.03.04P	determine doneness	doneness of eggs, egg products and egg substitutes and their related dishes is determined according to sensory assessment, desired results and recipe specifications

RANGE OF VARIABLES

tools and equipment include: pan, pot, oven, steamer, spatula, whisk, perforated spoon, double boiler, bain-marie

cooking methods include: boiling, poaching, frying, scrambling, shirring, basting, baking, tempering, fermenting

egg products include: liquid egg, eggs, egg whites, egg yolks, egg white powder

egg-substitutes include: plant-based substitutes

doneness includes: soft, medium, hard, degree of set, texture and consistency, temperature

KNOWLEDGE

	Learning Outcomes	Learning Objectives
F-18.03.01L	demonstrate knowledge of eggs, egg products , egg substitutes and egg-based dishes and their applications	define terminology associated with eggs, egg products , egg substitutes and egg-based dishes
		describe composition of eggs
		identify grades and sizes of eggs, and describe their characteristics and applications
		identify types of eggs , and describe their characteristics and applications
		identify types of egg products , and describe their characteristics and applications

		identify types of egg substitutes , and describe their characteristics and applications
		identify market forms (prepared and packaged) of eggs, egg products and egg substitutes , and describe their characteristics and applications
		identify types of egg-based dishes and describe their characteristics
		identify dietary requirements specific to eggs, egg products and egg substitutes
		identify factors to consider when cooking eggs, egg products , egg substitutes and egg-based dishes
F-18.03.02L	demonstrate knowledge of procedures used to prepare eggs, egg products , egg substitutes and egg-based dishes	describe procedures used to prepare eggs, egg products , egg substitutes and egg-based dishes

RANGE OF VARIABLES

egg products include: liquid egg, eggs, egg whites, egg yolks, egg white powder

egg-substitutes include: plant-based substitutes

egg-based dishes include: omelets, set custard (quiches, flan), stirred custard (sauces, ice cream), soufflés

types of eggs include: chicken, quail, duck, ostrich

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

factors include: freshness, storage life, applications, processed, temperature, time, acidity, batch size, texture and consistency

F-18.04 Finishes eggs and egg-based dishes

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
F-18.04.01P	assemble egg-based dishes	egg-based dishes are assembled according to recipe specifications and desired results
F-18.04.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications

F-18.04.02P	select <i>garnishes</i>	<i>garnishes</i> are selected as accompaniment and for visual appeal according to recipe specifications
F-18.04.03P	torch or broil <i>egg-based dishes</i>	<i>egg-based dishes</i> are torched or broiled according to recipe specifications

RANGE OF VARIABLES

egg-based dishes include: omelets, quiches, soufflés

tools and equipment include: torch, pot, oven, steamer, plates, hotel pans, warmer

garnishes include: green onions, parsley, fruit, paprika

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
F-18.04.01L	demonstrate knowledge of eggs, <i>egg products</i> , <i>egg substitutes</i> and <i>egg-based dishes</i> and their applications	define terminology associated with eggs, <i>egg products</i> , <i>egg substitutes</i> and <i>egg-based dishes</i>
		describe composition of eggs
		identify grades and sizes of eggs, and describe their characteristics, applications and <i>jurisdictional regulations</i>
		identify <i>types of eggs</i> , and describe their characteristics and applications
		identify types of <i>egg products</i> , and describe their characteristics and applications
		identify types of <i>egg substitutes</i> , and describe their characteristics and applications
		identify types of <i>egg-based dishes</i> and describe their characteristics
		identify market forms (prepared and packaged) of eggs, <i>egg products</i> , <i>egg substitutes</i> and <i>egg-based dishes</i> , and describe their characteristics and applications
		identify <i>dietary requirements</i> specific to eggs, <i>egg products</i> and <i>egg substitutes</i>
		identify <i>factors</i> to consider when finishing eggs and <i>egg-based dishes</i>
F-18.04.02L	demonstrate knowledge of procedures used to finish and present eggs, <i>egg products</i> , <i>egg substitutes</i> and <i>egg-based dishes</i>	describe procedures used to finish and present eggs, <i>egg products</i> , <i>egg substitutes</i> and <i>egg-based dishes</i>

		describe procedures used to hold eggs, egg products, egg substitutes and egg-based dishes
F-18.04.03L	demonstrate knowledge of procedures used to handle and store eggs, egg products, egg substitutes and egg-based dishes	describe procedures used to handle and store eggs, egg products, egg substitutes and egg-based dishes

RANGE OF VARIABLES

egg products include: liquid egg, eggs, egg whites, egg yolks, egg white powder

egg-substitutes include: plant-based substitutes

egg-based dishes include: omelets, quiches, soufflés

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

types of eggs include: chicken, quail, duck, ostrich

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

factors include: storage life, applications, processed, batch size, temperature, holding time

MAJOR WORK ACTIVITY G

Pastas, Noodles, Stuffed Pastas and Dumplings

TASK G-19 Prepares pastas and noodles

TASK DESCRIPTOR

In order to produce a variety of quality pasta and noodle dishes in both individual and larger quantities, it is important for cooks to be aware of preparation techniques, applications and storage methods.

For the purpose of this RSOS, the skills and knowledge required for preparation of pasta dough is covered in another section.

G-19.01 Selects pasta and noodle dish ingredients

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
G-19.01.01P	determine quality of ingredients	quality of ingredients is determined by identifying freshness and checking best before dates
G-19.01.02P	identify and choose ingredients	ingredients are identified and chosen for fillings and pasta or noodle dishes according to recipe specifications
G-19.01.03P	determine dough type and styles required	dough type and style required for dishes are determined according to recipe specifications

RANGE OF VARIABLE

fillings include: cheese, meat, vegetable

dough types include: rice based, corn based, buckwheat, wheat flour, egg based

styles include: spaghetti, ravioli, vermicelli, penne, udon, lo mein, couscous

KNOWLEDGE

Learning Outcomes		Learning Objectives
G-19.01.01L	demonstrate knowledge of pastas and noodles and their applications	define terminology associated with pastas and noodles and their associated dishes
		identify types of pastas and noodles , and describe their characteristics and applications
		identify dietary requirements specific to pasta or noodle dishes
		identify dough types , and describe their characteristics and applications
G-19.01.02L	demonstrate knowledge of procedures used to select ingredients for pasta and noodle dishes	describe procedures used to select ingredients for pasta and noodle dishes

RANGE OF VARIABLES

types of pastas include: fresh, dried, frozen, market forms (prepared and packaged)

types of noodles include: fresh, dried, fried, market forms (prepared and packaged)

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

dough types include: rice based, corn based, buckwheat, wheat flour, egg based

G-19.02 Processes pastas and noodles

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
G-19.02.01P	select and use pasta and noodle-processing machines and tools	pasta and noodle-processing machines and tools are selected and used according to recipe specifications, desired results and manufacturers' specifications
G-19.02.02P	process ingredients	ingredients for assembly and fillings are processed and prepared according to recipe specifications
G-19.02.03P	assemble pastas and noodles	pastas and noodles are assembled according to recipe specifications
G-19.02.04P	use pasta making procedures	pasta making procedures are used according to recipe specifications and desired results

G-19.02.05P	use hand forming techniques	hand forming techniques are used according to recipe specifications and desired results
G-19.02.06P	store and hold prepared pastas and noodles	prepared pastas and noodles are stored and held according to service requirements and recipe specifications

RANGE OF VARIABLES

pasta and noodle processing machines and tools include: ravioli press, electric pasta roller, cutter, blades, bowls, drying racks, crimper

ingredients include: cheese, proteins, vegetables

procedures include: cutting, drying, extruding, blanching, freezing, assembly, soaking

hand forming techniques include: rolling, folding, stretching, cutting, stuffing, pulling

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
G-19.02.01L	demonstrate knowledge of pastas and noodles and their applications	define terminology associated with pastas and noodles and their associated dishes
		identify types of pastas and noodles , and describe their characteristics and applications
		identify dietary requirements specific to pastas and noodles
G-19.02.02L	demonstrate knowledge of procedures used to prepare pastas and noodles	describe procedures used to prepare pastas and noodles
		describe procedures used to process and use fillings and components for assembly
		describe hand forming techniques
		describe methods to determine yield of pastas and noodles
G-19.02.03L	demonstrate knowledge of procedures used to handle and store prepared pastas and noodles	describe procedures used to handle and store prepared pastas and noodles

RANGE OF VARIABLES

types of pastas include: fresh, dried, frozen, market forms (prepared and packaged)

types of noodles include: fresh, dried, fried, market forms (prepared and packaged)

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

procedures include: cutting, drying, extruding, blanching, freezing, assembly, soaking

hand forming techniques include: rolling, folding, stretching, cutting, stuffing, pulling

G-19.03 Cooks pastas and noodles

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
G-19.03.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications
G-19.03.02P	use cooking methods	cooking methods are used according to manufacturers' and recipe specifications
G-19.03.03P	determine doneness	doneness is determined by using a variety of methods
G-19.03.04P	store and hold cooked pastas, noodles and related dishes	cooked pastas, noodles and related dishes are stored and held according to service and jurisdictional requirements

RANGE OF VARIABLES

tools and equipment include: colanders, pots, pans (hotel, frying, wok), pasta cooking machines, deep fryers, skimmers, tongs

cooking methods include: boiling, baking, frying

methods to determine doneness are: sensory assessment, thermometer, time

KNOWLEDGE

	Learning Outcomes	Learning Objectives
G-19.03.01L	demonstrate knowledge of pastas and noodles and their applications	define terminology associated with pastas and noodles and their associated dishes
		identify types of pastas and noodles , and describe their characteristics and applications
		identify dietary requirements specific to pastas and noodles
		identify cooking temperatures and times
		identify ratio of liquid to pastas or noodles
G-19.03.02L	demonstrate knowledge of procedures used to cook pastas, noodles and related dishes	describe procedures used to cook pastas, noodles and related dishes
		describe methods to determine yield and doneness of pastas and noodles
G-19.03.03L	demonstrate knowledge of procedures used to handle and store cooked pastas, noodles and related dishes	describe procedures used to handle and store cooked pastas, noodles and related dishes

RANGE OF VARIABLES

types of pastas include: fresh, dried, frozen, market forms (prepared and packaged)

types of noodles include: fresh, dried, fried, market forms (prepared and packaged)

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

liquid includes: seasoned water, stock, oil, broth

G-19.04 Finishes pastas and noodles

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
G-19.04.01P	prepare cooked pastas and noodles	cooked pastas and noodles are prepared for serving using reheating methods
G-19.04.02P	identify and choose sauce, dressing or liquids	sauce, dressing or liquids are identified and chosen according to recipe specifications
G-19.04.03P	apply sauces, dressings, liquids and components	sauces, dressings, liquids and components are applied according to recipe specifications
G-19.04.04P	adjust seasonings	seasoning types and amounts are adjusted according to recipe specifications and sensory assessment
G-19.04.05P	garnish cooked pasta and noodle dishes	cooked pasta and noodle dishes are garnished according to recipe specifications

RANGE OF VARIABLES

reheating methods include: sautéing, baking, frying, steaming

liquids include: seasoned water, stock, oil, broth

KNOWLEDGE

	Learning Outcomes	Learning Objectives
G-19.04.01L	demonstrate knowledge of pastas and noodles and their applications	define terminology associated with pastas and noodles and their associated dishes
		identify types of pastas and noodles , and describe their characteristics and applications
		identify dietary requirements specific to pasta or noodle dishes
		identify reheating method

		identify sauces, dressings, liquids , components and garnishes
G-19.04.02L	demonstrate knowledge of procedures used to apply sauces, dressings, liquids and components	describe procedures used to apply sauces, dressings, liquids and components
G-19.04.03L	demonstrate knowledge of procedures used to finish pastas, noodles and related dishes	describe procedures used to assemble pasta and noodle dishes
		describe finishing and presentation techniques
G-19.04.04L	demonstrate knowledge of procedures used to handle and store finished pastas, noodles and related dishes	describe procedures used to handle, serve and store finished pastas, noodles and related dishes

RANGE OF VARIABLES

types of pastas include: fresh, dried, frozen, market forms (prepared and packaged)

types of noodles include: fresh, dried, fried, market forms (prepared and packaged)

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

reheating methods include: sautéing, baking, frying, steaming

liquids include: seasoned water, stock, oil, broth

TASK G-20 Prepares stuffed pastas and dumplings

TASK DESCRIPTOR

Dumplings are made of dough, primarily cooked using moist heat, and can be filled with ingredients. Stuffed pastas have fillings such as meat, cheese, seafood or vegetables and are fully or partially encased in doughs made of wheat, rice, or other flours. They may be cooked by baking, steaming, simmering or frying. In order to produce a variety of stuffed pastas and dumplings in both individual and larger quantities, it is important for cooks to be aware of preparation techniques and methods.

G-20.01 Selects stuffed pasta and dumpling ingredients

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
G-20.01.01P	determine quality of filling ingredients	quality of filling ingredients are determined by identifying freshness according to sensory assessment and checking best before dates
G-20.01.02P	identify and choose ingredients	ingredients for fillings are identified and chosen according to recipe specifications
G-20.01.03P	determine dough type and shape required	dough type and shape required for stuffed pastas and dumplings are determined according to recipe specifications and desired results

RANGE OF VARIABLES

dough type includes: wonton wrapper, leavened dough, flour, wheat, rice-based

stuffed pastas include: cannelloni, manicotti, tortellini, ravioli, agnolotti, tortelloni

dumplings include: wontons, pierogi, matzo balls, gyoza, shumai, gnocchi, market forms (prepared and packaged)

KNOWLEDGE

	Learning Outcomes	Learning Objectives
G-20.01.01L	demonstrate knowledge of stuffed pastas and their applications	define terminology associated with stuffed pastas identify types of stuffed pastas , and describe their characteristics and applications
G-20.01.02L	demonstrate knowledge of dumplings and their applications	identify dietary requirements specific to stuffed pastas define terminology associated with dumplings

		identify types of dumplings , and describe their characteristics and applications
		identify dietary requirements specific to dumplings
G-20.01.03L	demonstrate knowledge of procedures used to select ingredients for stuffed pastas	describe procedures used to select ingredients for stuffed pasta fillings
		describe procedures used to select dough type for stuffed pastas
G-20.01.04L	demonstrate knowledge of procedures used to select ingredients for dumplings	describe procedures used to select ingredients for dumpling fillings
		describe procedures used to select dough type for dumplings

RANGE OF VARIABLES

stuffed pastas include: cannelloni, manicotti, tortellini, ravioli, agnolotti, tortelloni

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

dumplings include: wontons, pierogi, matzo balls, gyoza, shumai, gnocchi, market forms (prepared and packaged)

dough type includes: wonton wrapper, leavened dough, flour, wheat, rice-based

G-20.02 Processes stuffed pastas and dumplings

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
G-20.02.01P	select and use tools and equipment	tools and equipment are selected and used for making stuffed pastas and dumplings according to recipe specifications and desired results
G-20.02.02P	combine ingredients	ingredients are combined for fillings according to recipe specifications and desired results

G-20.02.03P	use assembly techniques	assembly techniques are used according to recipe specifications and desired results
G-20.02.04P	store and hold prepared stuffed pastas and dumplings	prepared stuffed pastas and dumplings are stored and held according to recipe specifications and jurisdictional regulations

RANGE OF VARIABLES

tools and equipment include: bowls, cutters, forms, press, electric roller, stand mixer, disher scoop

stuffed pastas include: cannelloni, manicotti, tortellini, ravioli, agnolotti, tortelloni

dumplings include: wontons, pierogi, matzo balls, gyoza, shumai, gnocchi, market forms (prepared and packaged)

assembly techniques include: rolling, folding, stretching, stuffing, cutting, crimping, pressing, pinching, piping, hand forming

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
G-20.02.01L	demonstrate knowledge of stuffed pastas and their applications	define terminology associated with stuffed pastas
		identify types of stuffed pastas , and describe their characteristics and applications
		identify dietary requirements specific to stuffed pastas
		identify tools and equipment used to make stuffed pastas
G-20.02.02L	demonstrate knowledge of dumplings and their applications	define terminology associated with dumplings
		identify types of dumplings , and describe their characteristics and applications
		identify dietary requirements specific to dumplings
		identify tools and equipment used to make dumplings
G-20.02.03L	demonstrate knowledge of procedures used to prepare stuffed pastas	describe procedures used to make stuffed pastas
		describe assembly techniques for stuffed pastas
G-20.02.04L	demonstrate knowledge of procedures used to prepare dumplings	describe procedures used to make dumplings
		describe assembly techniques for dumplings

G-20.02.05L	demonstrate knowledge of procedures used to handle and store prepared stuffed pastas	describe procedures used to handle and store prepared stuffed pastas
G-20.02.06L	demonstrate knowledge of procedures used to handle and store prepared dumplings	describe procedures used to handle and store prepared dumplings

RANGE OF VARIABLES

stuffed pastas include: cannelloni, manicotti, tortellini, ravioli, agnolotti, tortelloni

tools and equipment include: bowls, cutters, forms, press, electric roller, stand mixer, disher scoop

assembly techniques include: rolling, folding, stretching, stuffing, cutting, crimping, pressing, pinching, piping, hand forming

dumplings include: wontons, pierogi, matzo balls, gyoza, shumai, gnocchi, market forms (prepared and packaged)

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

procedures include: mixing, rolling, cutting, filling

G-20.03 Cooks stuffed pastas and dumplings

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
G-20.03.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications
G-20.03.02P	use cooking methods for stuffed pastas	cooking methods for stuffed pastas are used according to recipe or stuffed pastas specifications
G-20.03.03P	use cooking methods for dumplings	cooking methods for dumplings are used according to recipe or manufacturers' specifications
G-20.03.04P	determine doneness	doneness is determined by using a variety of methods
G-20.03.05P	store and hold cooked stuffed pastas and dumplings	cooked stuffed pastas and dumplings are stored and held according to recipe specifications and jurisdictional regulations

RANGE OF VARIABLES

tools and equipment include: colanders, pots, frying pans, deep fryers, skimmers, tongs, bamboo baskets, wok

cooking methods for stuffed pastas include: boiling, baking, frying

cooking methods for dumplings include: boiling, simmering, poaching, steaming, pan-frying, deep frying

methods to determine doneness are: sensory inspection, thermometer, time

stuffed pastas include: cannelloni, manicotti, tortellini, ravioli, agnolotti, tortelloni

dumplings include: wontons, pierogi, matzo balls, gyoza, shumai, gnocchi, market forms (prepared and packaged)

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
G-20.03.01L	demonstrate knowledge of stuffed pastas and their applications	define terminology associated with stuffed pastas
		identify types of stuffed pastas and describe their characteristics and applications
		identify dietary requirements specific to stuffed pastas
		identify cooking temperatures and times
		identify cooking methods for stuffed pastas , and describe their characteristics and applications
G-20.03.02L	demonstrate knowledge of dumplings and their applications	define terminology associated with dumplings
		identify types of dumplings , and describe their characteristics and applications
		identify dietary requirements specific to dumplings
		identify cooking temperatures and times
		identify cooking methods for dumplings , and describe their characteristics and applications
G-20.03.03L	demonstrate knowledge of procedures used to cook stuffed pastas and related dishes	describe procedures used to cook stuffed pastas and related dishes
		describe methods to determine doneness of stuffed pastas
G-20.03.04L	demonstrate knowledge of procedures used to cook dumplings and related dishes	describe procedures used to cook dumplings and related dishes
		describe methods to determine doneness of dumplings

G-20.03.05L	demonstrate knowledge of procedures used to handle and store cooked stuffed pastas and related dishes	describe procedures used to handle and store cooked stuffed pastas and related dishes
G-20.03.06L	demonstrate knowledge of procedures used to handle and store cooked dumplings and related dishes	describe procedures used to handle and store cooked dumplings and related dishes

RANGE OF VARIABLES

stuffed pastas include: cannelloni, manicotti, tortellini, ravioli, agnolotti, tortelloni

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

cooking methods for stuffed pastas include: boiling, baking, frying

cooking methods for dumplings include: boiling, simmering, poaching, steaming, pan-frying, deep frying

dumplings include: wontons, pierogi, matzo balls, gyoza, shumai, gnocchi, market forms (prepared and packaged)

methods to determine doneness are: sensory inspection, thermometer, time

G-20.04 Finishes stuffed pastas and dumplings

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
G-20.04.01P	prepare stuffed pastas and dumplings for serving	stuffed pastas and dumplings are prepared for serving using reheating methods
G-20.04.02P	select sauces, dressings, components and accompaniments	sauces, dressings, components and accompaniments are selected according to recipe specifications
G-20.04.03P	adjust seasonings	seasoning types and amounts are adjusted according to recipe specifications and sensory assessment
G-20.04.04P	garnish stuffed pastas and dumplings	stuffed pastas and dumplings are garnished according to recipe specifications

RANGE OF VARIABLES

stuffed pastas include: cannelloni, manicotti, tortellini, ravioli, agnolotti, tortelloni

dumplings include: wontons, pierogi, matzo balls, gyoza, shumai, gnocchi, market forms (prepared and packaged)

reheating methods include: boiling, simmering, poaching, steaming, frying, sautéing

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
G-20.04.01L	demonstrate knowledge of stuffed pastas and their applications	define terminology associated with stuffed pastas
		identify types of stuffed pastas , and describe their characteristics and applications
		identify dietary requirements specific to stuffed pastas
		identify stuffed pastas' sauces, dressings, components, accompaniments and garnishes
G-20.04.02L	demonstrate knowledge of dumplings and their applications	define terminology associated with dumplings
		identify types of dumplings , and describe their characteristics and applications
		identify dietary requirements specific to dumplings
		identify reheating methods and describe their characteristics and applications
		identify dumplings' sauces, dressings, components, accompaniments and garnishes
G-20.04.03L	demonstrate knowledge of procedures used to finish stuffed pastas	describe finishing and presentation techniques for stuffed pastas
G-20.04.04L	demonstrate knowledge of procedures used to finish dumplings	describe finishing and presentation techniques for dumplings
G-20.04.05L	demonstrate knowledge of procedures used to handle and store finished stuffed pastas	describe procedures used to handle, serve and store finished stuffed pastas
G-20.04.06L	demonstrate knowledge of procedures used to handle and store finished dumplings	describe procedures used to handle, serve and store finished dumplings
G-20.04.07L	demonstrate knowledge of stuffed pastas and their applications	define terminology associated with stuffed pastas

RANGE OF VARIABLES

stuffed pastas include: cannelloni, manicotti, tortellini, ravioli, agnolloti, tortelloni

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

dumplings include: wontons, pierogi, matzo balls, gyoza, shumai, gnocchi, market forms (prepared and packaged)

reheating methods include: boiling, simmering, poaching, steaming, frying, sautéing

MAJOR WORK ACTIVITY H

Grains, Pulses, Seeds, Nuts and Alternative Proteins

TASK H-21 Prepares grains and pulses

TASK DESCRIPTOR

In order to produce a variety of quality grain and pulse dishes in both individual and larger quantities, it is important for cooks to be aware of preparation techniques, methods, and grain and pulse varieties and characteristics.

H-21.01 Selects grains and pulses

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
H-21.01.01P	identify and choose types of grains and pulses	types of grains and pulses are identified and chosen according to recipe specifications and desired results
H-21.01.02P	determine quantity of grains and pulses	quantity of grains and pulses is determined according to required yield
H-21.01.03P	determine quality of grains and pulses	quality of grains and pulses is determined by performing sensory assessment

RANGE OF VARIABLES

grains include: rice (short, long), wild rice, barley, bulgur, oats

pulses include: lentils, beans, peas

KNOWLEDGE

	Learning Outcomes	Learning Objectives
H-21.01.01L	demonstrate knowledge of grains and pulses and their applications	define terminology associated with grains and pulses identify types of grains and pulses , and describe their characteristics and applications

		identify differences between processed and dried grains and pulses , and describe their characteristics and applications
		identify dietary requirements specific to grains and pulses
H-21.01.02L	demonstrate knowledge of procedures used to select grains and pulses	describe procedures used to select grains and pulses
		describe methods to determine yields of grains and pulses
		describe procedures used to handle grains and pulses

RANGE OF VARIABLES

grains include: rice (short, long), wild rice, barley, bulgur, oats

pulses include: lentils, beans, peas

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

H-21.02 Processes grains and pulses

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
H-21.02.01P	inspect grains and pulses	grains and pulses are inspected to ensure they are free of contaminants
H-21.02.02P	discard grains and pulses	grains and pulses that show appearance of chemical and biological contamination are discarded
H-21.02.03P	wash grains and pulses	grains and pulses are thoroughly washed in cold water to remove extra starch and contaminants
H-21.02.04P	strain grains and pulses	grains and pulses are strained to remove excess water
H-21.02.05P	soak grains and pulses	grains and pulses are soaked to rehydrate and ensure even doneness according to type

RANGE OF VARIABLES

grains include: rice (short, long), wild rice, barley, bulgur, oats

pulses include: lentils, beans, peas

contaminants include: rocks, metal, twigs, leaves, insects

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
H-21.02.01L	demonstrate knowledge of grains and pulses and their applications	define terminology associated with grains and pulses
		identify types of grains and pulses , and describe their characteristics and applications
		identify dietary requirements specific to grains and pulses
		identify soaking and washing requirements
		identify ratio of water to product for soaking
H-21.02.02L	demonstrate knowledge of procedures used to clean grains and pulses	describe procedures used to clean grains and pulses
		describe procedures used to wash grains and pulses
		describe procedures used, and length of time required, to soak grains and pulses

RANGE OF VARIABLES

grains include: rice (short, long), wild rice, barley, bulgur, oats

pulses include: lentils, beans, peas

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

H-21.03 Cooks grains and pulses

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS		
	Performance Criteria	Evidence of Attainment
H-21.03.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications and desired results
H-21.03.02P	select ingredients and seasonings	ingredients and seasonings are selected according to recipe specifications

H-21.03.03P	use cooking methods	cooking methods are used according to recipe specifications
H-21.03.04P	determine doneness	doneness is determined by performing sensory assessment
H-21.03.05P	finish grains and pulses	grains and pulses are finished using methods according to recipe specifications

RANGE OF VARIABLES

tools and equipment include: colanders, steamers, pots, tongs, spatula, Dutch ovens, woks, pressure cooker, spoons

cooking methods include: boiling, steaming, baking, stir-frying, puffing, pressure cooking, pilaf and risotto methods, braising

grains include: rice (short, long), wild rice, barley, bulgur, oats

pulses include: lentils, beans, peas

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
H-21.03.01L	demonstrate knowledge of grains and pulses and their applications	define terminology associated with grains and pulses
		identify types of grains and pulses , and describe their characteristics and applications
		identify dietary requirements specific to grains and pulses
H-21.03.02L	demonstrate knowledge of procedures used to prepare grains and pulses , and related dishes	describe procedures used to prepare grains and pulses , and related dishes
		describe methods to determine yields of grains and pulses
H-21.03.03L	demonstrate knowledge of procedures to finish grains and pulses , and related dishes	describe finishing and presentation techniques
H-21.03.04L	demonstrate knowledge of procedures used to cool or hold grains and pulses , and related dishes	describe procedures used to cool or hold grains and pulses , and related dishes

RANGE OF VARIABLES

grains include: rice (short, long), wild rice, barley, bulgur, oats

pulses include: lentils, beans, peas

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

dishes include: tabbouleh, red beans and rice, pilaf, porridge, dahl, congee

TASK H-22 Prepares seeds and nuts

TASK DESCRIPTOR

Seeds and nuts can be served on their own or can be incorporated as key ingredients in many dishes such as soups, dressings and salads. Seeds and nuts can be used as protein alternatives.

H-22.01 Selects seeds and nuts

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
H-22.01.01P	identify and choose types of seeds and nuts	types of seeds and nuts are identified and chosen according to recipe specifications and desired results
H-22.01.02P	determine amount of seeds and nuts	amount of seeds and nuts are determined according to recipe specifications
H-22.01.03P	determine quality of seeds and nuts	quality of seeds and nuts are determined according to sensory assessment

RANGE OF VARIABLES

seeds include: pumpkin, sunflower, flax, chia, quinoa, sesame

nuts include: tree nuts (almonds, pine, walnuts), groundnuts (peanuts)

KNOWLEDGE

	Learning Outcomes	Learning Objectives
H-22.01.01L	demonstrate knowledge of seeds and nuts and their applications	define terminology associated with seeds and nuts identify types of seeds and nuts , and describe their characteristics and applications identify differences between shelled and unshelled seeds and nuts , and describe their characteristics, yield and applications identify dietary requirements specific to seeds and nuts
H-22.01.02L	demonstrate knowledge of procedures used to select and handle seeds and nuts	describe procedures used to select and handle seeds and nuts

RANGE OF VARIABLES

seeds include: pumpkin, sunflower, flax, chia, quinoa, sesame

nuts include: tree nuts (almonds, pine, walnuts), groundnuts (peanuts)

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

H-22.02 Processes seeds and nuts

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
H-22.02.01P	inspect and clean seeds and nuts	seeds and nuts are inspected and cleaned to ensure they are free of contaminants
H-22.02.02P	discard seeds and nuts	seeds and nuts that show appearance of chemical and biological contamination are discarded
H-22.02.03P	process seeds and nuts	seeds and nuts are processed using methods according to recipe specifications
H-22.02.04P	blanch nuts	nuts are blanched according to recipe specifications

RANGE OF VARIABLES

seeds include: pumpkin, sunflower, flax, chia, quinoa, sesame

nuts include: tree nuts (almonds, pine, walnuts), groundnuts (peanuts)

contaminants include: shell, twigs, insects

methods to process include: soaking, straining, grinding, roasting, blanching, chopping, shelling

KNOWLEDGE

	Learning Outcomes	Learning Objectives
H-22.02.01L	demonstrate knowledge of seeds and nuts and their applications	define terminology associated with seeds and nuts identify types of seeds and nuts , and describe their characteristics and applications identify dietary requirements specific to seeds and nuts
H-22.02.02L	demonstrate knowledge of procedures used to process seeds and nuts	describe procedures used to clean seeds and nuts

		describe procedures used and length of time required to soak seeds and nuts
		describe methods to process seeds and nuts
H-22.02.03L	demonstrate knowledge of procedures used to handle seeds and nuts	describe procedures used to handle seeds and nuts

RANGE OF VARIABLES

seeds include: pumpkin, sunflower, flax, chia, quinoa, sesame

nuts include: tree nuts (almonds, pine, walnuts), groundnuts (peanuts)

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

methods to process include: soaking, straining, grinding, roasting, blanching, chopping, shelling

H-22.03 Cooks seeds and nuts

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
H-22.03.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications and desired results
H-22.03.02P	select ingredients and seasonings	ingredients and seasonings are selected according to recipe specifications
H-22.03.03P	use cooking methods	cooking methods are used according to recipe specifications
H-22.03.04P	determine doneness	doneness is determined by performing sensory assessment
H-22.03.05P	finish seeds and nuts	seeds and nuts are finished using methods according to recipe specifications

RANGE OF VARIABLES

tools and equipment include: colanders, steamers, pans (hotel, frying, sheet), pots, tongs, spatula, pressure cooker

cooking methods include: boiling, steaming, roasting, baking, frying, simmering, pilaf

seeds include: pumpkin, sunflower, flax, chia, quinoa, sesame

nuts include: tree nuts (almonds, pine, walnuts), groundnuts (peanuts)

methods for finishing include: puréeing, seasoning, curing, candying

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
H-22.03.01L	demonstrate knowledge of seeds and nuts , and their applications	define terminology associated with seeds and nuts
		identify types of seeds and nuts , and describe their characteristics and applications
		identify dietary requirements specific to seeds and nuts
H-22.03.02L	demonstrate knowledge of procedures used to prepare seeds, nuts and related dishes	describe cooking methods used to prepare seeds, nuts and related dishes
H-22.03.03L	demonstrate knowledge of procedures used to finish seeds, nuts and related dishes	describe finishing and presentation techniques specific to seeds and nuts
H-22.03.04L	demonstrate knowledge of procedures used to handle and store cooked seeds, nuts and related dishes	describe procedures used to handle and store cooked seeds, nuts and related dishes

RANGE OF VARIABLES

seeds include: pumpkin, sunflower, flax, chia, quinoa, sesame

nuts include: tree nuts (almonds, pine, walnuts), groundnuts (peanuts)

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

cooking methods include: boiling, steaming, roasting, baking, frying, simmering, pilaf

TASK H-23 Prepares alternative proteins

TASK DESCRIPTOR

Alternative proteins can be served on their own, as main dishes, or as a source of protein in many recipes. They can also be incorporated as key ingredients in many dishes such as soups, pastas, salads, and hot and cold appetizers. Alternative proteins may include insects and plant-based protein sources.

H-23.01 Selects alternative proteins

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
H-23.01.01P	choose types of alternative proteins	types of alternative proteins are chosen according to recipe specifications, desired results and dietary requirements
H-23.01.02P	choose amount of alternative proteins	amount of alternative proteins are chosen according to recipe specifications

RANGE OF VARIABLES

alternative proteins include: tofu (firm, soft), tempeh, bean curd, seitan (gluten), market forms (prepared and packaged), insects

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

KNOWLEDGE

	Learning Outcomes	Learning Objectives
H-23.01.01L	demonstrate knowledge of alternative proteins and their applications	define terminology associated with alternative proteins identify types of alternative proteins , and describe their characteristics and applications identify dietary requirements specific to alternative proteins
H-23.01.02L	demonstrate knowledge of procedures used to select alternative proteins	describe procedures used to select alternative proteins describe methods to determine yields of alternative proteins
H-23.01.03P	demonstrate knowledge of procedures used to handle and store alternative proteins	describe procedures used to handle and store alternative proteins

RANGE OF VARIABLES

alternative proteins include: tofu (firm, soft), tempeh, bean curd, seitan (gluten), market forms (prepared and packaged), insects

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

H-23.02 Processes alternative proteins

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
H-23.02.01P	prepare alternative proteins	alternative proteins are prepared according to manufacturers' and recipe specifications, and desired results
H-23.02.02P	inspect alternative proteins	alternative proteins are inspected to ensure freshness and quality according to sensory assessment
H-23.02.03P	flavour alternative proteins	alternative proteins are seasoned, glazed or marinated according to recipe specifications and desired results

RANGE OF VARIABLES

alternative proteins include: tofu (firm, soft), tempeh, bean curd, seitan (gluten), market forms (prepared and packaged), insects

KNOWLEDGE

Learning Outcomes		Learning Objectives
H-23.02.01L	demonstrate knowledge of alternative proteins and their applications	define terminology associated with alternative proteins
		identify types of alternative proteins , and describe their characteristics and applications
		identify dietary requirements specific to alternative proteins
H-23.02.02L	demonstrate knowledge of procedures used to process alternative proteins	describe procedures used to process alternative proteins
H-23.02.03L	demonstrate knowledge of procedures used to handle and store alternative proteins	describe procedures used to handle and store alternative proteins

RANGE OF VARIABLES

alternative proteins include: tofu (firm, soft), tempeh, bean curd, seitan (gluten), market forms (prepared and packaged), insects

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

process includes: thaw, steep, cut, marinate, bread, batter, mix, curdle, press

H-23.03 Cooks alternative proteins

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
H-23.03.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications
H-23.03.02P	use cooking methods	cooking methods are used according to manufacturers' and recipe specifications, and desired results
H-23.03.03P	determine doneness	doneness is determined according to methods and jurisdictional regulations
H-23.03.04P	finish alternative proteins	alternative proteins are finished according to manufacturers' and recipe specifications

RANGE OF VARIABLES

tools and equipment include: pots, tongs, spatula, pans (grill, frying), wok

cooking methods include: boiling, steaming, grilling, deep frying, shallow frying, roasting, baking

methods to determine doneness include: sensory assessment, temperature

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

alternative proteins include: tofu (firm, soft), tempeh, bean curd, seitan (gluten), market forms (prepared and packaged), insects

KNOWLEDGE

	Learning Outcomes	Learning Objectives
H-23.03.01L	demonstrate knowledge of alternative proteins and their applications	define terminology associated with alternative proteins
		identify types of alternative proteins , and describe their characteristics and applications
		identify dietary requirements specific to alternative proteins

		identify cooking methods applicable to various types of alternative proteins
H-23.03.02L	demonstrate knowledge of procedures used to cook alternative proteins	describe procedures used to cook alternative proteins
H-23.03.03L	demonstrate knowledge of procedures used to finish alternative proteins , and related dishes	describe finishing and presentation techniques
H-23.03.04L	demonstrate knowledge of procedures used to handle and store cooked alternative proteins and related dishes	describe procedures used to handle and store cooked alternative proteins , and related dishes

RANGE OF VARIABLES

alternative proteins include: tofu (firm, soft), tempeh, bean curd, seitan (gluten), market forms (prepared and packaged), insects

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

cooking methods include: boiling, steaming, grilling, deep frying, shallow frying, roasting, baking

MAJOR WORK ACTIVITY I

Meats, Game Meats, Poultry, Game Birds and Variety Meats

TASK I-24 Prepares meats and game meats

TASK DESCRIPTOR

Cooks prepare meat such as beef, pork, veal and lamb, as well as game meat such as bison, caribou and boar. Cooks must take particular care in their preparation in order to avoid waste and to adhere to jurisdictional codes and regulations.

I-24.01 Selects meats and game meats

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
I-24.01.01P	identify and choose meats and game meats	meats and game meats are identified and chosen according to jurisdictional regulations, meat classifications, desired results and recipe specifications
I-24.01.02P	interpret label/stamp information and perform sensory assessments	label/stamp information is interpreted and sensory assessments are performed to determine freshness and quality of meats and game meats
I-24.01.03P	identify and choose meat and game meat cuts	meat and game meat cuts are identified and chosen according to recipe specifications and desired results

RANGE OF VARIABLES

meats include: pork, veal, beef, lamb, goat

game meats include: bison, elk, caribou, moose, deer, kangaroo, musk ox, wild boar, rabbit

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

meat classifications include: origin, size, aged (dry/wet), grade

meat and game meat cuts include: whole, primal, sub-primal, pre-portioned

KNOWLEDGE

	Learning Outcomes	Learning Objectives
I-24.01.01L	demonstrate knowledge of meats and game meats and their applications	define terminology associated with selecting meats and game meats
		identify hazards, and describe safe work practices and precautions pertaining to handling raw meats and game meats
		interpret Canadian Food Inspection Agency (CFIA) regulations pertaining to meats and game meats
		identify meat grades and describe their characteristics
		identify factors to consider when selecting meats and game meats
		identify types of meats and game meats , and describe their characteristics and applications
		identify meat and game meat cuts , and describe their characteristics and applications
		identify dietary requirements specific to meats and game meats
I-24.01.02L	demonstrate knowledge of procedures used to select meats and game meats	describe procedures used to select meats and game meats
		describe meats and game meats ordering specifications

RANGE OF VARIABLES

meats include: pork, veal, beef, lamb, goat

game meats include: bison, elk, caribou, moose, deer, kangaroo, musk ox, wild boar, rabbit

regulations include: inspection, grading, cut classification, branding

factors include: local availability, seasonal availability, freshness, storage life, applications, processed, sustainability

meat and game meat cuts include: whole, primal, sub-primal, pre-portioned

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

I-24.02 Processes meats and game meats

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
I-24.02.01P	select and use processing tools and equipment	processing tools and equipment are selected and used according to desired results
I-24.02.02P	calculate defrosting time	defrosting time is calculated according to size of cuts to ensure tempering according to jurisdictional regulations and recipe specifications
I-24.02.03P	fabricate meats and game meats	meats and game meats are fabricated using methods according to specifications
I-24.02.04P	minimize waste and utilize trim	waste is minimized and trim utilized for other uses
I-24.02.05P	maintain safe food handling practices during processing	safe food handling practices are maintained during processing according to jurisdictional regulations

RANGE OF VARIABLES

processing tools and equipment include: band saws, bone scrapers, grinders, cleavers, knives, cutting boards

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

meats include: pork, veal, beef, lamb, goat

game meats include: bison, elk, caribou, moose, deer, kangaroo, musk ox, wild boar, rabbit

methods include: cleaning, de-boning, larding, barding, marinating, rubbing, brining, corning, tying, grinding, curing, mechanical tenderizing, smoking, trussing, scoring, trimming, portioning

other uses include: broths, stocks, ground meat

KNOWLEDGE

	Learning Outcomes	Learning Objectives
I-24.02.01L	demonstrate knowledge of meats and game meats and their applications	define terminology associated with cutting and processing meats and game meats
		identify meats and game meats , and describe their characteristics and applications
		identify meat and game meat processing tools and equipment , and describe their characteristics and applications

		identify hazards, and describe safe work practices and precautions pertaining to handling and storing raw meats and game meats
		interpret CFIA regulations pertaining to meats and game meats
		identify meat grades and describe their characteristics
		identify factors to consider when processing meats and game meats
		identify meat cuts , and describe their characteristics and applications
		identify factors to consider when freezing and defrosting meat and game meat
		identify dietary requirements specific to meats and game meats
I-24.02.02L	demonstrate knowledge of aging process for meats and game meats	describe aging process for meats
		describe aging process for game meats
I-24.02.03L	demonstrate knowledge of procedures used to cut and process meats and game meats	describe methods used to process meats and game meats
		describe meats and game meats ordering specifications

RANGE OF VARIABLES

meats include: pork, veal, beef, lamb, goat

game meats include: bison, elk, caribou, moose, deer, kangaroo, musk ox, wild boar, rabbit

processing tools and equipment include: band saws, bone scrapers, grinders, cleavers, knives, cutting boards

regulations include: inspection, grading, cut classification, branding

factors include: muscle structure, fat content, defrost time, wastage

meat cuts include: primal, sub-primal, purchased food service cuts (as per species of animal)

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

aging process includes: wet, dry

methods include: cleaning, de-boning, larding, barding, marinating, rubbing, brining, corning, tying, grinding, curing, mechanical tenderizing, smoking, trussing, scoring, trimming, portioning

I-24.03 Cooks meats and game meats

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
I-24.03.01P	choose and apply cooking method	cooking method is chosen and applied according to recipe specifications
I-24.03.02P	calculate cooking time	cooking time is calculated according to type, size and thickness of cut and cooking method according to recipe specifications and desired results
I-24.03.03P	determine doneness and tenderness	doneness and tenderness are determined by using various methods

RANGE OF VARIABLES

cooking method includes: grilling, roasting, braising, broiling, combination, sous-vide

doneness includes: rare, medium, well done, fork tender (for moist-heat cooking)

methods to check for doneness include: temperature readings, sensory assessment

KNOWLEDGE

	Learning Outcomes	Learning Objectives
I-24.03.01L	demonstrate knowledge of meats and game meats and their applications	define terminology associated with cooking meats and game meats
		identify hazards, and describe safe work practices and precautions pertaining to cooking meats and game meats
		identify dietary requirements specific to meats and game meats
		identify factors to consider when cooking meats and game meats
		identify cooking method for meats , game meats and related dishes, and describe their associated procedures
I-24.03.02L	demonstrate knowledge of procedures used to cook meats and game meats	describe procedures used to cook meats and game meats
I-24.03.03L	demonstrate knowledge of procedures used to handle, hold and store cooked meats , game meats and related dishes	describe procedures used to handle, hold and store cooked meats , game meats and related dishes

RANGE OF VARIABLES

meats include: beef, pork, lamb, veal, goat

game meats include: bison, elk, caribou, moose, deer, kangaroo, musk ox, wild boar, rabbit

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

factors include: cut of meat, muscle structure and marbling, degree of doneness, flavourings, salting and seasonings, equipment, temperature, time, yield, resting, use of excess product, cross-contamination

cooking method includes: grilling, roasting, braising, broiling, combination, sous-vide

I-24.04 Finishes meats and game meats

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
I-24.04.01P	rest cooked meats and game meats	cooked meats and game meats are rested according to size, weight and internal temperature to retain yield and moisture, and allow for carryover cooking
I-24.04.02P	apply finishing techniques	finishing techniques are applied according to recipe specifications
I-24.04.03P	determine and apply carving and portioning techniques	carving and portioning techniques are determined and applied according to type, grain of muscle, size of cut to maximize yield and tenderness, to control portions, and for presentation value
I-24.04.04P	present with accompaniments	meats and game meats are presented with accompaniments according to recipe specifications

RANGE OF VARIABLES

meats include: pork, veal, beef, lamb, goat

game meats include: bison, elk, caribou, moose, deer, kangaroo, musk ox, wild boar, rabbit

finishing techniques include: broiling, crusting, basting, glazing, saucing, seasoning

accompaniments include: sauces, glazes, condiments, garnishes, compound butters, vegetables, herbs, starches

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
I-24.04.01L	demonstrate knowledge of meats and game meats	define terminology associated with finishing meats and game meat
		identify hazards, and describe safe work practices and precautions pertaining to handling and serving cooked meats and game meats
		identify dietary requirements specific to meats and game meats
I-24.04.02L	demonstrate knowledge of procedures used to carve and portion meats and game meats	describe procedures used to carve and portion meats and game meats
I-24.04.03L	demonstrate knowledge of presentation and finishing techniques	describe presentation and finishing techniques, including accompaniments
I-24.04.04L	demonstrate knowledge of procedures used to handle, hold, serve and store cooked meats , game meats and related dishes	describe procedures used to handle, hold, serve and store cooked meats , game meats and related dishes

RANGE OF VARIABLES

meats include: pork, veal, beef, lamb, goat

game meats include: bison, elk, caribou, moose, deer, kangaroo, musk ox, wild boar, rabbit

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

accompaniments include: sauces, glazes, condiments, garnishes, compound butters, vegetables, herbs, starches

TASK I-25 Prepares poultry and game birds

TASK DESCRIPTOR

Cooks prepare poultry such as chicken and turkey, as well as game birds such as pheasant, quail and duck. Cooks must take particular care in their preparation in order to avoid waste and to adhere to jurisdictional codes and regulations.

I-25.01 Selects poultry and game birds

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
I-25.01.01P	identify and choose poultry and game birds	poultry and game birds are identified and chosen according to jurisdictional regulations , age classifications, recipe specifications, properties , and desired results
I-25.01.02P	determine freshness and quality of poultry and game birds	freshness and quality of poultry and game birds are determined according to label information and sensory assessment

RANGE OF VARIABLES

poultry includes: chicken, turkey

game birds include: quail, pheasant, partridge, duck

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

properties include: fat content, origin, weight, cut

KNOWLEDGE

	Learning Outcomes	Learning Objectives
I-25.01.01L	demonstrate knowledge of poultry and game birds and their applications	define terminology associated with selecting poultry and game birds
		identify hazards, and describe safe work practices and precautions pertaining to handling raw poultry and game birds
		interpret jurisdictional regulations and other regulations pertaining to poultry and game birds
		identify factors to consider when selecting poultry and game birds
		identify types of poultry and game birds , and describe their characteristics and applications

		identify classifications, grades and market forms (prepared and packaged) of poultry and game birds , and describe their characteristics and applications
		identify dietary requirements specific to poultry and game birds
I-25.01.02L	demonstrate knowledge of procedures used to select poultry and game birds	describe procedures used to select poultry and game birds
		describe poultry and game birds ordering specifications

RANGE OF VARIABLES

poultry includes: chicken, turkey

game birds include: quail, pheasant, partridge, duck

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

regulations include: inspection, grading, classification

factors include: local availability, seasonal availability, freshness, storage life, applications, processed, sustainability, free range, price, size, count, protein percentage

market forms include: whole, fresh, frozen, IQF, purchased food service cuts

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

I-25.02 Processes poultry and game birds

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
I-25.02.01P	select and use processing tools and equipment	processing tools and equipment are selected and used according to desired results and recipe specifications
I-25.02.02P	calculate defrosting time	defrosting time is calculated according to size of poultry and game bird to ensure tempering, and according to food safety regulations and recipe specifications
I-25.02.03P	maintain safe food handling practices during processing	safe food handling practices are maintained during processing according to jurisdictional regulations
I-25.02.04P	minimize waste and utilize trim	waste is minimized and trim utilized for other uses

I-25.02.05P	fabricate poultry and game birds	poultry and game birds are fabricated using methods according to desired results and recipe specifications
I-25.02.06P	stuff portions and whole poultry and game birds	portions and whole poultry and game birds are stuffed according to recipe specifications

RANGE OF VARIABLES

processing tools and equipment include: boning knives, shears, cleavers, paring knives, grinders, mallets, cutting board

poultry includes: chicken, turkey

game birds include: quail, pheasant, partridge, duck

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

other uses include: broths, stocks, forcemeat (farce)

methods include: cleaning, de-boning, larding, barding, breading, marinating, seasoning, curing, smoking, trussing, scoring, grinding, stuffing

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
I-25.02.01L	demonstrate knowledge of poultry and game birds and their applications	define terminology associated with processing poultry and game birds
		identify types of poultry and game birds , and describe their characteristics and applications
		identify hazards, and describe safe work practices and precautions pertaining to handling raw poultry and game birds
		identify dietary requirements specific to poultry and game birds
		interpret jurisdictional regulations and other regulations pertaining to poultry and game birds
		identify factors to consider when processing poultry and game birds
		identify factors to consider when freezing and defrosting poultry and game birds
I-25.02.02L	demonstrate knowledge of procedures used to process poultry and game birds	describe methods used to process poultry and game birds

RANGE OF VARIABLES

poultry includes: chicken, turkey

game birds include: quail, pheasant, partridge, duck

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

regulations include: inspection, grading, cut classification

factors to consider when processing include: required portions, recipe, desired outcomes, storage requirements

methods include: cleaning, de-boning, larding, barding, breading, marinating, seasoning, curing, smoking, trussing, scoring, grinding, stuffing

I-25.03 Cooks poultry and game birds

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
I-25.03.01P	select and apply cooking methods	cooking methods are selected and applied according to recipe specifications and desired results
I-25.03.02P	calculate cooking time for poultry and game birds	cooking time is calculated according to a combination of factors to ensure even cooking according to recipe specifications and desired results
I-25.03.03P	determine doneness and tenderness	doneness and tenderness are determined by using various methods according to recipe specifications and jurisdictional regulations

RANGE OF VARIABLES

cooking methods include: braising, deep frying, broiling, roasting, combination, sous-vide

poultry includes: chicken, turkey

game birds include: quail, pheasant, partridge, duck

factors to calculate cooking time include: size, stuffing, cooking method, equipment used

methods to check for doneness include: temperature readings, sensory assessment

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
I-25.03.01L	demonstrate knowledge of poultry and game birds and related dishes	define terminology associated with cooking poultry and game birds
		identify hazards, and describe safe work practices and precautions pertaining to cooking poultry and game birds
		identify dietary requirements specific to poultry and game birds
		identify factors to consider when cooking poultry and game birds
		identify cooking methods used to cook poultry, game birds and related dishes, and describe their associated procedures
I-25.03.02L	demonstrate knowledge of procedures used to cook poultry and game birds	describe procedures used to cook poultry and game birds
		describe procedures used to cook stuffed poultry and game birds
I-25.03.03L	demonstrate knowledge of procedures used to handle, hold, serve and store cooked poultry, game birds and related dishes	describe procedures used to handle, hold, serve and store cooked poultry, game birds and related dishes

RANGE OF VARIABLES

poultry includes: chicken, turkey

game birds include: quail, pheasant, partridge, duck

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

factors to consider when cooking include: cut of poultry, muscle structure, degree of doneness, flavouring, salting and seasoning, equipment, temperature, time, yield, resting, use of excess product

cooking methods include: braising, deep frying, broiling, roasting, combination, sous-vide

I-25.04 Finishes poultry and game birds

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
I-25.04.01P	rest cooked poultry and game birds	cooked poultry and game birds are rested according to size, weight and internal temperature to retain yield and moisture
I-25.04.02P	hold cooked poultry and game birds	cooked poultry and game birds are held according to factors and jurisdictional regulations
I-25.04.03P	apply finishing techniques	finishing techniques are applied according to recipe specifications
I-25.04.04P	determine carving and portioning techniques	carving and portioning techniques are determined according to type and size of poultry and game birds to maximize yield and tenderness, to control portions, and for presentation value
I-25.04.05P	carve and portion cooked poultry and game birds	cooked poultry and game birds are carved and portioned according to recipe specifications and classification
I-25.04.06P	present with accompaniments	cooked poultry and game birds are presented with accompaniments according to recipe specifications

RANGE OF VARIABLES

poultry includes: chicken, turkey

game birds include: quail, pheasant, partridge, duck

factors to consider for holding include: time, temperature, moisture retention, yield, quality

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

finishing techniques include: broiling, crusting, carving, basting, glazing, saucing, garnishing, presentation

classification includes: dark, white, quarters, halves, individual pieces, whole

accompaniments include: sauces, glazes, condiments, garnishes, compound butters, vegetables, starches, herbs

KNOWLEDGE

Learning Outcomes		Learning Objectives
I-25.04.01L	demonstrate knowledge of procedures used to finish poultry and game birds	define terminology associated with finishing poultry and game birds
		identify hazards, and describe safe work practices and precautions pertaining to handling and serving cooked poultry and game birds
		identify dietary requirements specific to poultry and game birds
		identify factors to consider when finishing cooked poultry , game birds and related dishes
		identify classification of cooked poultry and game birds
I-25.04.02L	demonstrate knowledge of procedures used to carve and portion cooked poultry and game birds	describe procedures used to carve and portion cooked poultry and game birds
I-25.04.03L	demonstrate knowledge of finishing techniques	describe finishing techniques , including garnishes and accompaniments
I-25.04.04L	demonstrate knowledge of procedures used to handle, hold, serve and store cooked poultry , game birds and related dishes	describe procedures used to handle, hold, serve and store cooked poultry , game birds and related dishes

RANGE OF VARIABLES

poultry includes: chicken, turkey

game birds include: quail, pheasant, partridge, duck

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

classification includes: dark, white, quarters, halves, individual pieces, whole

finishing techniques include: broiling, crusting, carving, basting, glazing, saucing, garnishing, presentation

TASK I-26 Prepares variety meats

TASK DESCRIPTOR

Variety meats are also referred to as offal. These items are often nutrient-rich and can be value-added elements to cooks' repertoire of skills. They require particular handling and preparation procedures.

I-26.01 Selects variety meats

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
I-26.01.01P	identify and choose <i>variety meats</i>	<i>variety meats</i> are identified and chosen according to <i>jurisdictional regulations</i> , <i>variety meat classifications</i> , desired result and recipe specifications
I-26.01.02P	interpret label information and perform sensory assessment	label information is interpreted and sensory assessment performed to determine freshness and quality of <i>variety meats</i>

RANGE OF VARIABLES

variety meats include: sweetbreads, liver, heart, kidney, tongue, tripe

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

variety meat classifications include: origin, type, size, grade

KNOWLEDGE

	Learning Outcomes	Learning Objectives
I-26.01.01L	demonstrate knowledge of <i>variety meats</i> and their applications	define terminology associated with selecting <i>variety meats</i>
		interpret <i>jurisdictional regulations</i> pertaining to <i>variety meats</i>
		identify <i>factors</i> to consider when selecting <i>variety meats</i>
		identify types of <i>variety meats</i> , and describe their characteristics and applications
		identify <i>dietary requirements</i> specific to <i>variety meats</i>

I-26.01.02L	demonstrate knowledge of procedures used to select variety meats	describe procedures used to select variety meats
		describe variety meats ordering specifications

RANGE OF VARIABLES

variety meats include: sweetbreads, liver, heart, kidney, tongue, tripe

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

factors include: local availability, seasonal availability, fresh versus frozen, storage life, applications, processed, sustainability, tenderness, flavour

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

I-26.02 Processes variety meats

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
I-26.02.01P	select and use processing tools and equipment	processing tools and equipment are selected and used according to recipe specifications and desired results
I-26.02.02P	calculate defrosting time	defrosting time is calculated according to size of variety meats to ensure tempering according to jurisdictional regulations and recipe specifications
I-26.02.03P	fabricate variety meats	variety meats are fabricated using methods according to recipe specifications and desired results
I-26.02.04P	minimize waste	waste is minimized
I-26.02.05P	maintain safe food handling practices during processing	safe food handling practices are maintained during processing according to jurisdictional regulations

RANGE OF VARIABLES

processing tools and equipment include: grinders, slicers, knives, food processors, cutting boards, moulds

variety meats include: sweetbreads, liver, heart, kidney, tongue, tripe

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

methods include: cleaning (removing membranes and blood vessels), cutting, seasoning, breading, marinating, curing, smoking, soaking, scoring, blanching, pressing

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
I-26.02.01L	demonstrate knowledge of variety meats and their applications	define terminology associated with processing variety meats
		identify processing tools and equipment , and describe their characteristics and applications
		identify hazards, and describe safe work practices and precautions pertaining to handling and storing raw variety meats
		interpret jurisdictional regulations pertaining to variety meats
		identify factors to consider when processing variety meats
		identify factors to consider when freezing and defrosting variety meats
		identify variety meats , and describe their characteristics and applications
		identify dietary requirements specific to variety meats
I-26.02.02L	demonstrate knowledge of procedures used to process variety meats	describe methods used to process variety meats

RANGE OF VARIABLES

variety meats include: sweetbreads, liver, heart, kidney, tongue, tripe

processing tools and equipment include: grinders, slicers, knives, food processors, cutting boards, moulds

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

factors include: blood content, membrane, toughness, colour, cost

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

methods include: cleaning (removing membranes and blood vessels), cutting, seasoning, breading, marinating, curing, smoking, soaking, scoring, blanching, pressing

I-26.03 Cooks variety meats

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
I-26.03.01P	choose and apply cooking method	cooking method is chosen and applied according to recipe specifications and desired results
I-26.03.02P	calculate cooking time	cooking time is calculated according to type, size and thickness of variety meats according to recipe specifications and desired results
I-26.03.03P	determine doneness	doneness is determined by using various methods

RANGE OF VARIABLES

cooking methods include: poaching, simmering, grilling, sautéing, braising, frying, sous-vide

variety meats include: sweetbreads, liver, heart, kidney, tongue, tripe

methods for determining doneness include: temperature readings, sensory assessment

KNOWLEDGE

	Learning Outcomes	Learning Objectives
I-26.03.01L	demonstrate knowledge of variety meats	define terminology associated with cooking variety meats
		identify hazards, and describe safe work practices and precautions pertaining to cooking variety meats
		identify dietary requirements specific to variety meats
		identify factors to consider when cooking variety meats
		identify methods used to cook variety meats and related dishes, and describe their associated procedures
I-26.03.02L	demonstrate knowledge of procedures used to cook variety meats	describe procedures used to cook variety meats

RANGE OF VARIABLES

variety meats include: sweetbreads, liver, heart, kidney, tongue, tripe

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

factors include: type, aroma, cost, consumer demand

I-26.04 Finishes variety meats

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
I-26.04.01P	apply finishing techniques	finishing techniques are applied according to recipe specifications and desired results
I-26.04.02P	hold cooked variety meats	cooked variety meats are held according to factors and jurisdictional regulations
I-26.04.03P	portion cooked variety meats	cooked variety meats are portioned according to recipe specifications and desired results

RANGE OF VARIABLES

finishing techniques include: slicing, presenting, saucing, glazing, searing, garnishing, seasoning, presentation

variety meats include: sweetbreads, liver, heart, kidney, tongue, tripe

factors to consider for holding include: time, temperature, moisture retention, yield, quality

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE

	Learning Outcomes	Learning Objectives
I-26.04.01L	demonstrate knowledge of variety meats	define terminology associated with finishing cooked variety meats
		identify hazards, and describe safe work practices and precautions pertaining to handling and serving cooked variety meats
		identify dietary requirements specific to variety meats
		identify factors to consider when finishing cooked variety meats and related dishes
I-26.04.02L	demonstrate knowledge of procedures used to portion cooked variety meats	describe procedures used to portion cooked variety meats

I-26.04.03L	demonstrate knowledge of <i>finishing techniques</i>	describe <i>finishing techniques</i>
I-26.04.04L	demonstrate knowledge of procedures used to handle, hold, serve and store cooked <i>variety meats</i> and related dishes	describe procedures used to handle, hold, serve and store cooked <i>variety meats</i> and related dishes

RANGE OF VARIABLES

variety meats include: sweetbreads, liver, heart, kidney, tongue, tripe

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

finishing techniques include: slicing, presenting, saucing, glazing, searing, garnishing, seasoning, presentation

MAJOR WORK ACTIVITY J

Fish and Seafood

TASK J-27 Prepares fin fish

TASK DESCRIPTOR

There is a wide variety of fin fish (freshwater, saltwater, round fish and flat fish) and freshness and quality are paramount. Cooks must understand the importance of proper handling, storing, preparation and cooking methods. They must take particular care in their preparation in order to avoid waste and to adhere to jurisdictional codes and regulations.

In this document, tasks related to fin fish are categorized separately from those related to other seafood (e.g. shell fish, bivalves, cephalopods).

J-27.01 Selects fin fish

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
J-27.01.01P	identify <i>fin fish characteristics</i> and <i>factors</i>	<i>fin fish characteristics</i> and <i>factors</i> are identified
J-27.01.02P	identify <i>origin</i> of <i>fin fish</i>	<i>origin</i> of <i>fin fish</i> is identified
J-27.01.03P	identify fresh and previously frozen <i>fin fish</i>	fresh and previously frozen <i>fin fish</i> are identified for proper application and handling according to recipe specifications and <i>jurisdictional regulations</i>
J-27.01.04P	determine freshness of <i>fin fish</i>	freshness of <i>fin fish</i> is determined using sensory assessments to ensure quality
J-27.01.05P	identify cut specifications	cut specifications are identified according to application and recipe specifications

RANGE OF VARIABLES

fin fish characteristics include: round, flat, oily, lean, flavour intensity, texture

factors include: local availability, seasonal availability, freshness, storage life, applications, processed, sustainability, origin, documentation

origin includes: wild, farmed, freshwater, saltwater

fin fish includes: perch, pickerel, salmonids, cod, mahi mahi, halibut, snapper, sardines, tuna

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
J-27.01.01L	demonstrate knowledge of fin fish and their applications	define terminology associated with fin fish
		identify hazards, and describe safe work practices and precautions pertaining to handling fin fish
		interpret jurisdictional regulations pertaining to inspection of fin fish
		identify origin of fin fish , and describe their characteristics and applications
		identify factors to consider when selecting fin fish
		identify dietary requirements specific to fin fish
		identify market forms of fin fish , and describe their characteristics and applications
J-27.01.02L	demonstrate knowledge of procedures used to select fin fish	describe procedures used to verify quality and cuts of fin fish using sensory assessments
		describe procedures used to select fin fish
J-27.01.03L	demonstrate knowledge of procedures used to handle raw fin fish	describe procedures used to handle raw fin fish

RANGE OF VARIABLES

fin fish includes: perch, pickerel, salmonids, cod, mahi mahi, halibut, snapper, sardines, tuna

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

origin includes: wild, farmed, freshwater, saltwater

factors include: local availability, seasonal availability, freshness, storage life, applications, processed, sustainability, origin, documentation

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

market forms include: whole, fresh, frozen, IQF, purchased food service cuts

J-27.02 Processes fin fish

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
J-27.02.01P	select and use processing tools and equipment	processing tools and equipment are selected and used according to recipe specifications and desired results
J-27.02.02P	defrost fin fish	fin fish is defrosted maintaining quality and cell structure
J-27.02.03P	prepare fin fish	fin fish is prepared using methods according to desired results and recipe specifications
J-27.02.04P	minimize waste and utilize trim for other uses	waste is minimized and trim utilized for other uses
J-27.02.05P	select seasonings	seasonings are selected according to recipe specifications

RANGE OF VARIABLES

tools and equipment include: scalers, knives, pliers, tweezers, cutting boards, scale

fin fish includes: perch, pickerel, salmonids, cod, mahi mahi, halibut, snapper, sardines, tuna

methods include: cleaning, cutting, slicing, scaling, trimming, de-boning, portioning, filleting, skinning, eviscerating, dressing, brining, marinating, curing, smoking

other uses include: mousses, quenelles, patties, stock

KNOWLEDGE

	Learning Outcomes	Learning Objectives
J-27.02.01L	demonstrate knowledge of fin fish and their applications	define terminology associated with processing fin fish
		identify hazards, and describe safe work practices and precautions pertaining to handling fin fish
		identify origin of fin fish , and describe their characteristics and applications
		identify factors to consider when processing fin fish
		identify dietary requirements specific to fin fish
J-27.02.02L	demonstrate knowledge of procedures used to process fin fish	describe procedures used to verify quality and cuts of fin fish using sensory assessment

		describe methods used to process fin fish
J-27.02.03L	demonstrate knowledge of procedures used to handle and store live and raw fin fish	describe procedures used to handle and store live and raw fin fish

RANGE OF VARIABLES

fin fish includes: perch, pickerel, salmonids, cod, mahi mahi, halibut, snapper, sardines, tuna

origin includes: wild, farmed, freshwater, saltwater

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

methods include: cleaning, cutting, slicing, scaling, trimming, de-boning, portioning, filleting, skinning, eviscerating, dressing, brining, marinating, curing, smoking

J-27.03 Cooks fin fish

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
J-27.03.01P	select and use tools and equipment for cooking fin fish	tools and equipment for cooking fin fish are selected and used according to recipe specifications and desired results
J-27.03.02P	season fin fish	fin fish is seasoned according to recipe specifications and desired results
J-27.03.03P	determine time required for cooking fin fish	time required for cooking fin fish is determined according to type of fish, thickness, desired degree of doneness and recipe specifications
J-27.03.04P	apply cooking methods	cooking methods are applied according to recipe specifications and desired results
J-27.03.05P	determine fin fish doneness	fin fish doneness is determined by using methods

RANGE OF VARIABLES

tools and equipment include: pan, grill, oven, smoker, griddle, slotted spatula

fin fish includes: perch, pickerel, salmonids, cod, mahi mahi, halibut, snapper, sardines, tuna

cooking methods include: poaching, steaming, pan searing, deep-frying, smoking, broiling, braising, roasting

methods to determine doneness include: temperature readings, needle test, sensory assessment

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
J-27.03.01L	demonstrate knowledge of cooking fin fish and their applications	define terminology associated with cooking fin fish
		identify hazards, and describe safe work practices and precautions pertaining to cooking and handling fin fish
		identify dietary requirements specific to fin fish
		identify factors to consider when cooking fin fish
J-27.03.02L	demonstrate knowledge of procedures used to cook fin fish and related dishes	describe methods to determine doneness
		identify cooking methods used to cook fin fish , and describe their associated procedures
J-27.03.03L	demonstrate knowledge of procedures used to handle, hold and store cooked fin fish and related dishes	describe procedures used to handle, hold and store cooked fin fish and related dishes

RANGE OF VARIABLES

fin fish includes: perch, pickerel, salmonids, cod, mahi mahi, halibut, snapper, sardines, tuna

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

factors include: skin-on, skin-off, size, timing, bone-in, bone-out, texture

methods to determine doneness include: temperature readings, needle test, sensory assessment

cooking methods include: poaching, steaming, pan searing, deep-frying, smoking, broiling, braising, roasting

J-27.04 Finishes fin fish

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
J-27.04.01P	apply <i>finishing techniques</i>	<i>finishing techniques</i> are applied according to recipe specifications and desired results
J-27.04.02P	adjust seasoning	seasoning is adjusted according to recipe specifications and desired results
J-27.04.03P	garnish	<i>fin fish</i> is garnished according to recipe specifications and desired results

RANGE OF VARIABLES

finishing techniques include: broiling, crusting, resting, glazing, torching, smoking, saucing, presentation
fin fish (various formats) includes: perch, pickerel, salmonids, cod, mahi mahi, halibut, snapper, sardines, tuna

KNOWLEDGE

	Learning Outcomes	Learning Objectives
J-27.04.01L	demonstrate knowledge of finishing cooked and raw <i>fin fish</i> and their applications	define terminology associated with finishing cooked and raw <i>fin fish</i>
		identify hazards, and describe safe work practices and precautions pertaining to serving, holding, handling and storing cooked and raw <i>fin fish</i>
		identify <i>dietary requirements</i> specific to <i>fin fish</i>
		identify <i>factors</i> to consider when finishing cooked and raw <i>fin fish</i> and related dishes
J-27.04.02L	demonstrate knowledge of procedures used to finish cooked and raw <i>fin fish</i> and related dishes	describe <i>finishing techniques</i> , including garnishes and accompaniments
J-27.04.03L	demonstrate knowledge of procedures used to handle, hold, serve and store cooked and raw <i>fin fish</i> and related dishes	describe procedures used to handle, hold, serve and store cooked and raw <i>fin fish</i> and related dishes

RANGE OF VARIABLES

fin fish (various formats) includes: perch, pickerel, salmonids, cod, mahi mahi, halibut, snapper, sardines, tuna

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

factors include: handling, skin-on, skin-off, texture, fat content, tool selection

finishing techniques include: broiling, crusting, resting, glazing, torching, smoking, saucing, presentation

TASK J-28 Prepares seafood

TASK DESCRIPTOR

There is a wide variety of seafood. In this document, "seafood" is meant to categorize items other than fin fish, and include shell fish, bivalves and cephalopods. Seafood includes both salt-water and freshwater products, and freshness and quality are paramount. Cooks must understand the importance of properly storing and preparing a variety of selected seafood. Extra precautions must be taken while handling raw and cooked seafood due to their delicate nature and dietary requirements relating to seafood. They must take particular care in their preparation in order to avoid waste and to adhere to jurisdictional codes and regulations.

Note that fin fish is covered in the previous task, "Prepares fin fish".

J-28.01 Selects seafood

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
J-28.01.01P	identify fresh and frozen seafood	fresh and frozen seafood are identified for proper application and handling according to recipe specifications and desired results
J-28.01.02P	determine freshness and quality of seafood	freshness and quality of seafood are determined using sensory assessment
J-28.01.03P	choose seafood	seafood is chosen according to size and recipe specifications

RANGE OF VARIABLES

seafood includes (for this task does not include fin fish): clams, oysters, mussels, lobster, crayfish, shrimp, squid, octopus, jellyfish, roe

KNOWLEDGE

Learning Outcomes		Learning Objectives
J-28.01.01L	demonstrate knowledge of seafood and their applications	define terminology associated with seafood
		identify hazards, and describe safe work practices and precautions pertaining to handling and storing seafood
		interpret jurisdictional regulations pertaining to seafood
		identify classifications and types of seafood , and describe their characteristics and applications
		identify factors to consider when selecting seafood
		identify dietary requirements specific to seafood
		identify market forms (prepared and packaged) of seafood and describe their characteristics and applications
J-28.01.02L	demonstrate knowledge of procedures used to select seafood	identify regional species, and describe their characteristics and applications
		describe procedures used to verify quality of seafood using sensory assessment
		describe procedures used to store seafood

RANGE OF VARIABLES

seafood includes (for this task does not include fin fish): clams, oysters, mussels, lobster, crayfish, shrimp, squid, octopus, jellyfish, roe

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

factors include: local availability, seasonal availability, freshness, storage life, applications, processed, sustainability, origin, documentation

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

market forms include: size, shape, packaging, fresh, frozen, IQF, live, peeled, de-veined, shucked

J-28.02 Processes seafood

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
J-28.02.01P	select and use processing tools and equipment	processing tools and equipment are selected and used according to recipe specifications and desired results
J-28.02.02P	defrost frozen seafood	frozen seafood defrosting time is calculated according to type and size to ensure tempering according to jurisdictional regulations and recipe specifications
J-28.02.03P	sort , wash and clean seafood	seafood is sorted , washed and cleaned according to recipe specifications
J-28.02.04P	prepare seafood	seafood is prepared using methods according to use and recipe specifications
J-28.02.05P	separate protein from shell and process shell	protein is separated from shell and shell processed for other uses
J-28.02.06P	select seasonings and aromatics	seasonings and aromatics are selected according to recipe specifications and desired results

RANGE OF VARIABLES

tools and equipment include: shucker, scissors, brushes, knives

seafood includes (for this task does not include fin fish): clams, oysters, mussels, lobster, crayfish, shrimp, squid, octopus, jellyfish, roe

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

sort includes: identifying live, unusable, damaged seafood, sorting by size and shape

methods include: shucking, shelling, de-veining, de-bearding, cutting, trimming, skinning, cleaning, portioning

process shell includes: cleaning, polishing, drying

other uses include: stocks, sauces, soups, presentation

KNOWLEDGE

	Learning Outcomes	Learning Objectives
J-28.02.01L	demonstrate knowledge of processing seafood and their applications	define terminology associated with processing seafood
		identify hazards, and describe safe work practices and precautions pertaining to handling, and storing seafood
		identify factors to consider when processing seafood

		identify dietary requirements specific to seafood
J-28.02.02L	demonstrate knowledge of procedures used to process seafood	describe procedures used to verify quality of seafood
		describe procedures used to handle live seafood
		describe procedures used to process seafood
		describe procedures used to marinate, cure, smoke and pickle seafood
J-28.02.03L	demonstrate knowledge of procedures used to store raw and cooked seafood	describe procedures used to store raw and cooked seafood

RANGE OF VARIABLES

seafood includes (for this task does not include fin fish): clams, oysters, mussels, lobster, crayfish, shrimp, squid, octopus, jellyfish, roe

factors include: local availability, seasonal availability, freshness, storage life, applications, processed, sustainability, origin, documentation

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

J-28.03 Cooks seafood

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
J-28.03.01P	select and use cooking methods	cooking methods are selected and used according to type of seafood , recipe specifications and desired results
J-28.03.02P	select and use tools and equipment	tools and equipment are selected and used according to type of seafood , recipe specifications and desired results
J-28.03.03P	calculate cooking time	cooking time for seafood is calculated according to size and cooking methods to achieve desired results
J-28.03.04P	determine seafood doneness	seafood doneness is determined by using methods to determine doneness

RANGE OF VARIABLES

cooking methods include: poaching, steaming, pan searing, deep-frying, pan-frying, broiling, braising, baking, smoking

seafood includes (for this task does not include fin fish): clams, oysters, mussels, lobster, crayfish, shrimp, squid, octopus, jellyfish, roe

tools and equipment include: pans, pots, steamers, smokers, ovens, grills, deep-fryers

methods to determine doneness include: temperature readings, needle test, sensory assessment

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
J-28.03.01L	demonstrate knowledge of seafood and their applications	define terminology associated with seafood
		identify hazards, and describe safe work practices and precautions pertaining to cooking seafood
		identify factors to consider when cooking seafood
		identify dietary requirements specific to seafood
J-28.03.02L	demonstrate knowledge of procedures used to cook seafood	describe procedures used to determine doneness of seafood
		identify cooking methods used to cook seafood and describe their associated procedures
J-28.03.03L	demonstrate knowledge of procedures used to handle, hold and store cooked seafood	describe procedures used to handle, hold and store cooked seafood

RANGE OF VARIABLES

seafood includes (for this task does not include fin fish): clams, oysters, mussels, lobster, crayfish, shrimp, squid, octopus, jellyfish, roe

factors include: variety, size, in-shell, out-of-shell

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

cooking methods include: poaching, steaming, pan searing, deep-frying, pan-frying, broiling, braising, baking, smoking

J-28.04 Finishes seafood

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
J-28.04.01P	apply finishing techniques	finishing techniques are applied according to recipe specifications and desired results
J-28.04.02P	adjust seasoning	seasoning is adjusted according to recipe specifications and desired results
J-28.04.03P	garnish	seafood is garnished according to recipe specifications and desired results

RANGE OF VARIABLES

finishing techniques include: broiling, crusting, resting, glazing, torching, smoking, saucing, presentation
seafood (various formats) includes (for this task does not include fin fish): clams, oysters, mussels, lobster, crayfish, shrimp, squid, octopus, jellyfish, roe,

KNOWLEDGE

Learning Outcomes		Learning Objectives
J-28.04.01L	demonstrate knowledge of seafood and their applications	define terminology associated with seafood
		identify hazards, and describe safe work practices and precautions pertaining to serving, handling, and storing seafood
		identify dietary requirements specific to seafood
J-28.04.02L	demonstrate knowledge of procedures used to finish seafood and seafood dishes	describe finishing techniques , including garnishes and accompaniments
J-28.04.03L	demonstrate knowledge of procedures used to handle, hold, serve and store seafood	describe procedures used to handle, hold, serve and store seafood

RANGE OF VARIABLES

seafood (various formats) includes (for this task does not include fin fish): clams, oysters, mussels, lobster, crayfish, shrimp, squid, octopus, jellyfish, roe,

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

finishing techniques include: broiling, crusting, resting, glazing, torching, smoking, saucing, presentation

MAJOR WORK ACTIVITY K

Salads and Sandwiches

TASK K-29 Prepares sandwiches

TASK DESCRIPTOR

Preparing sandwiches is an important activity for this trade. They include combinations of a broad range of ingredients and presentations. Sandwiches are a feature on most menus across many cultures.

K-29.01 Selects sandwich ingredients

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
K-29.01.01P	identify ingredients for filling and toppings	ingredients for filling and toppings are identified according to recipe specifications and desired results
K-29.01.02P	choose bread	bread is chosen according to sandwich style
K-29.01.03P	identify indicators of freshness and quality	indicators of freshness and quality are identified according to sensory assessment

RANGE OF VARIABLES

bread includes: buns, sliced bread, baguettes, tortillas, pitas, flatbread

indicators of freshness and quality include: hydration, colour, texture, best before date

KNOWLEDGE

Learning Outcomes		Learning Objectives
K-29.01.01L	demonstrate knowledge of sandwiches and their applications	define terminology associated with sandwiches
		identify types of sandwiches and describe their characteristics
		identify factors to consider when selecting sandwich ingredients

		identify dietary requirements specific to sandwich ingredients
K-29.01.02L	demonstrate knowledge of procedures used to select ingredients for sandwiches	describe procedures used to select ingredients for sandwiches

RANGE OF VARIABLES

types of sandwiches include: hamburgers, hot dogs, paninis, shawarma, wraps, picnic, finger, pizza, deli

factors include: types of fillings and toppings, types of bread or alternatives (lettuce wrap), cooking method, assembly sequence, service application

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

K-29.02 Processes sandwich ingredients

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
K-29.02.01P	select and use processing tools and equipment	processing tools and equipment are selected and used according to recipe specifications and desired results
K-29.02.02P	use processing methods	processing methods are used according to recipe specifications
K-29.02.03P	hold and store sandwich ingredients	sandwich ingredients are held and stored for use according to jurisdictional regulations , desired results and recipe specifications

RANGE OF VARIABLES

tools and equipment include: knives, slicer, grills, oven, griddles, food processors, graters

methods include: slicing, mixing, grating, mashing, dicing, pulling

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE

	Learning Outcomes	Learning Objectives
K-29.02.01L	demonstrate knowledge of sandwiches and their applications	define terminology associated with sandwiches
		identify types of sandwiches and describe their characteristics
		identify factors to consider when processing sandwich ingredients

		identify and describe ingredients of sandwiches
		identify dietary requirements specific to sandwich ingredients
K-29.02.02L	demonstrate knowledge of procedures used to process ingredients for sandwiches	describe methods used to prepare sandwich ingredients
K-29.02.03L	demonstrate knowledge of procedures used to handle, hold and store processed sandwich ingredients	describe procedures used to handle, hold and store processed sandwich ingredients

RANGE OF VARIABLES

types of sandwiches include: hamburgers, hot dogs, paninis, shawarma, wraps, picnic, finger, pizza, deli

factors include: volume, time, type of sandwich, tools and equipment

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

methods include: slicing, mixing, grating, mashing, dicing, pulling

K-29.03 Assembles sandwiches

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
K-29.03.01P	select and use sandwich assembly tools and equipment	sandwich assembly tools and equipment are selected and used according to recipe specifications and desired results
K-29.03.02P	plan assembly steps	assembly steps are planned according to recipe specifications and desired results
K-29.03.03P	combine sandwich filling, toppings, condiments and bread	sandwich filling, toppings, condiments and bread are combined according to sandwich style, recipe specifications and desired results
K-29.03.04P	apply finishing techniques to sandwiches	finishing techniques are applied to sandwiches according to recipe specifications and desired results

RANGE OF VARIABLES

sandwich assembly tools and equipment include: toasters, knives, paper, picks, spreaders

finishing techniques include: garnishing, packaging, presentation, cutting

KNOWLEDGE

Learning Outcomes		Learning Objectives
K-29.03.01L	demonstrate knowledge of sandwiches and their applications	define terminology associated with sandwiches
		identify types of sandwiches and describe their characteristics
		identify factors to consider when assembling sandwiches
		identify and describe components of sandwiches
		identify dietary requirements specific to sandwich ingredients
K-29.03.02L	demonstrate knowledge of procedures used to assemble sandwiches	describe procedures used to assemble sandwiches
K-29.03.03L	demonstrate knowledge of procedures to finish sandwiches	describe styles of service associated with sandwiches
		describe presentation and finishing techniques
K-29.03.04L	demonstrate knowledge of procedures used to handle, hold and store sandwiches	describe procedures used to handle, hold and store sandwiches

RANGE OF VARIABLES

types of sandwiches include: hamburgers, hot dogs, paninis, shawarma, wraps, picnic, finger, pizza, deli

factors include: cross-contamination, holding time and method, temperature of ingredients, presentation, portion control

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

finishing techniques include: garnishing, packaging, presentation, cutting

K-29.04 Cooks sandwiches

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
K-29.04.01P	select and use cooking tools and equipment	cooking tools and equipment are selected and used according to recipe specifications and desired results
K-29.04.02P	use cooking methods	cooking methods are used according to recipe specifications and desired results

K-29.04.03P	hold cooked sandwiches	cooked sandwiches are held according to recipe specifications, jurisdictional regulations and desired results
K-29.04.04P	apply finishing techniques to cooked sandwiches	finishing techniques are applied to cooked sandwiches according to recipe specifications and desired results

RANGE OF VARIABLES

tools and equipment include: griddle, spatula, tongs, oven, pan

cooking methods include: grilling, baking, pan frying, broiling

cooked sandwiches include: grilled, pizza, quesadilla, broiled, panini

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

finishing techniques includes: garnishing, packaging, presentation, cutting, applying sauces, condiments and accompaniments

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
K-29.04.01L	demonstrate knowledge of cooked sandwiches and their applications	define terminology associated with cooked sandwiches
		identify types of cooked sandwiches and describe their characteristics
		identify factors to consider when cooking sandwiches
		identify dietary requirements specific to sandwich ingredients
K-29.04.02L	demonstrate knowledge of procedures used to cook and finish sandwiches	describe procedures used to cook sandwiches
		describe finishing techniques applied to cooked sandwiches

RANGE OF VARIABLES

cooked sandwiches include: grilled, pizza, quesadilla, broiled, panini

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

finishing techniques includes: garnishing, packaging, presentation, cutting, applying sauces, condiments and accompaniments

TASK K-30 Prepares salads

TASK DESCRIPTOR

Salads are a combination of various ingredients such as vegetables, fruit, grains, pastas, eggs, pulses, meat, fish, seafood and cheese. They can be served warm or cold. It is important to finish most salads as close to serving time as possible unless marinated.

K-30.01 Selects salad ingredients

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
K-30.01.01P	identify indicators of freshness and quality	indicators of freshness and quality are identified according to sensory assessment
K-30.01.02P	identify salad ingredients	salad ingredients are identified according to recipe specifications and desired results

RANGE OF VARIABLES

indicators of freshness and quality include: hydration, colour, texture, best before dates

ingredients include: vegetables, fruit, proteins, accompaniments, starches, grains, dressings, cheese, pulses, seeds

KNOWLEDGE

Learning Outcomes		Learning Objectives
K-30.01.01L	demonstrate knowledge of salads and their applications	define terminology associated with salads
		identify types of warm and cold salads, and describe their characteristics and applications
		identify factors to consider when selecting ingredients for salads
K-30.01.02L	demonstrate knowledge of procedures used to select salad ingredients	identify dietary requirements specific to salad ingredients
K-30.01.03L	demonstrate knowledge of procedures used to handle, hold and store ingredients for salads	describe procedures used to select salad ingredients
		describe procedures used to handle, hold and store ingredients for salads

RANGE OF VARIABLES

factors include: integrity, seasonality, texture, local availability, viscosity, shelf life, size

ingredients include: vegetables, fruit, proteins, accompaniments, starches, grains, dressings, cheese, pulses, seeds

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

K-30.02 Processes salad ingredients

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
K-30.02.01P	select and use processing tools and equipment	processing tools and equipment are selected and used according to recipe specifications and desired results
K-30.02.02P	use processing methods	processing methods are used according to recipe specifications and desired results
K-30.02.03P	combine salad ingredients	salad ingredients are combined according to recipe specifications and salad type
K-30.02.04P	prepare salad garnishes	salad garnishes are prepared according to recipe specifications and desired results
K-30.02.05P	maintain safe handling procedures	safe handling procedures are maintained according to jurisdictional regulations

RANGE OF VARIABLES

tools and equipment include: knives, spinners, mashers, pots, food processors, cutting boards

methods include: cleaning, soaking, cooking, drying, cutting, straining, marinating

ingredients include: vegetables, fruit, proteins, accompaniments, starches, grains, dressings, cheese, pulses, seeds

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE

	Learning Outcomes	Learning Objectives
K-30.02.01L	demonstrate knowledge of salads and their applications	define terminology associated with salads
		identify types of warm and cold salads , and describe their characteristics and applications

		identify factors to consider when processing ingredients for salads
		identify dietary requirements specific to salad ingredients
K-30.02.02L	demonstrate knowledge of procedures used to process salad ingredients	describe methods used to prepare salad ingredients
		describe procedures used to select salad dressings for desired results
		describe procedures used to assemble salads
K-30.02.03L	demonstrate knowledge of procedures used to handle, hold and store salads	describe procedures used to handle, hold and store salads

RANGE OF VARIABLES

warm salads include: bowls, compound, potato

cold salads include: caesar, bean, garden, coleslaw, chicken

factors include: integrity, texture, viscosity, shelf life, size

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

ingredients include: vegetables, fruit, proteins, accompaniments, starches, grains, dressings, cheese, pulses, seeds

methods include: cleaning, soaking, cooking, drying, cutting, straining, marinating

K-30.03 Finishes salads

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
K-30.03.01P	select and use finishing tools and equipment	finishing tools and equipment are selected and used according to recipe specifications and desired results
K-30.03.02P	apply finishing techniques	finishing techniques are applied according to recipe specifications and desired results
K-30.03.03P	select and apply salad garnishes	salad garnishes are selected and applied according to recipe specifications and desired results
K-30.03.04P	hold and store finished salads	finished salads are held and stored according to recipe specifications, desired results and jurisdictional regulations

RANGE OF VARIABLES

finishing techniques include: tossing, dressing, packaging, garnishing, topping, presentation

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
K-30.03.01L	demonstrate knowledge of finishing salads and their applications	define terminology associated with finishing salads
		identify types of warm and cold salads , and describe their characteristics and applications
		identify factors to consider when finishing salads
		identify dietary requirements specific to salad ingredients
K-30.03.02L	demonstrate knowledge of finishing techniques used to finish salads	identify garnishes and accompaniments for finished salads
		describe finishing techniques used to finish salads
K-30.03.03L	demonstrate knowledge of procedures used to handle, hold and store finished salads	describe procedures used to handle, hold and store finished salads

RANGE OF VARIABLES

warm salads include: bowls, compound, potato

cold salads include: caesar, bean, garden, coleslaw, chicken

factors include: integrity, texture, viscosity, shelf life, size, sensory assessment, seasoning

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

ingredients include: vegetables, fruit, proteins, accompaniments, starches, grains, dressings, cheese, pulses, seeds

finishing techniques include: tossing, dressing, packaging, garnishing, topping, presentation

garnishes and accompaniments include: grated cheese, seeds, nuts, croutons, fruit

TASK K-31 Prepares condiments, preserves and dressings

TASK DESCRIPTOR

While the preparation of condiments and dressings can be very similar, their difference usually is defined by their application. For example, dressings are often associated with salads, and condiments are used as an option to dishes such as sandwiches, cheeses, charcuterie and hors d'oeuvres. Preserves include items such as pickled vegetables and preserved fruit.

K-31.01 Selects ingredients for condiments, preserves and dressings

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
K-31.01.01P	identify and choose ingredients to prepare condiments , preserves and dressings	ingredients to prepare condiments , preserves and dressings are identified and chosen according to recipe specifications and desired results
K-31.01.02P	identify indicators of freshness and quality	indicators of freshness and quality are identified according to sensory assessment

RANGE OF VARIABLES

condiments include: dips, relishes, syrups, salsas

preserves include: pickled vegetables, jams, jellies

dressings include: oil-based, emulsions, vinaigrette, warm dressings

indicators of freshness and quality include: hydration, colour, texture, aroma, best before date, flavour

KNOWLEDGE

	Learning Outcomes	Learning Objectives
K-31.01.01L	demonstrate knowledge of condiments , preserves and dressings , and their applications	define terminology associated with condiments , preserves and dressings
		identify types of condiments , preserves and dressings , and describe their characteristics and applications
		identify factors to consider when selecting ingredients for condiments , preserves and dressings
		identify dietary requirements specific to condiments , preserves and dressings

K-31.01.02L	demonstrate knowledge of procedures used to select ingredients for condiments, preserves and dressings	describe procedures used to select ingredients for condiments, preserves and dressings
		describe procedures used to handle, hold and store ingredients for condiments, preserves and dressings

RANGE OF VARIABLES

condiments include: dips, relishes, syrups, salsas

preserves include: pickled vegetables, jams, jellies

dressings include: oil-based, emulsions, vinaigrette, warm dressings

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

K-31.02 Processes ingredients for condiments, preserves and dressings

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
K-31.02.01P	select and use processing tools and equipment	processing tools and equipment are selected and used according to recipe specifications and desired results
K-31.02.02P	apply processing and finishing techniques	processing and finishing techniques are applied according to recipe specifications and desired results
K-31.02.03P	apply flavouring, seasonings and thickening agents	flavouring, seasonings and thickening agents are applied according to recipe specifications and desired results
K-31.02.04P	use safe handling procedures	safe handling procedures are used according to jurisdictional regulations
K-31.02.05P	hold and store condiments, preserves and dressings	condiments, preserves and dressings are held and stored according to recipe specifications, desired results and jurisdictional regulations

RANGE OF VARIABLES

tools and equipment include: mixers, pots, food processors, blenders, stove, whisk, double-boilers, thermometers, pressure cookers, knives

processing and finishing techniques include: chopping, dicing, cutting, mixing, blending, cooking, pickling, fermenting, smoking, emulsifying, whisking, portioning, canning

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

condiments include: dips, relishes, syrups, salsas

preserves include: pickled vegetables, jams, jellies

dressings include: dairy-based, emulsions, vinaigrette, warm dressings

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
K-31.02.01L	demonstrate knowledge of condiments , preserves and dressings , and their applications	define terminology associated with condiments , preserves and dressings
		identify types of condiments , preserves and dressings , and describe their characteristics and applications
		identify factors to consider when processing ingredients for condiments , preserves and dressings
		identify dietary requirements specific to condiments , preserves and dressings
K-31.02.02L	demonstrate knowledge of processing and finishing techniques used with ingredients for condiments , preserves and dressings	describe processing and finishing techniques used with ingredients for condiments , preserves and dressings
K-31.02.03L	demonstrate knowledge of procedures used to handle, hold, store and package condiments , preserves and dressings	describe procedures used to handle, hold, store and package condiments , preserves and dressings

RANGE OF VARIABLES

condiments include: dips, relishes, syrups, salsas

preserves include: pickled vegetables, jams, jellies

dressings include: dairy-based, emulsions, vinaigrette, warm dressings

factors include: mechanical application, type of ingredients, holding time and temperature

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

processing and finishing techniques include: chopping, dicing, cutting, mixing, blending, cooking, pickling, fermenting, smoking, emulsifying, whisking, portioning, canning

MAJOR WORK ACTIVITY L

Specialty Preparations

TASK L-32 Prepares hors d'oeuvres and other finger foods

TASK DESCRIPTOR

Cooks prepare savoury hot and cold items in bite-sized portions of virtually any food. They are made with various combinations of ingredients such as meat, fish, seafood, grains, vegetables, fruit and breads. Diverse cultural influences on Canadian cuisine expand this category to include items such as sushi, spring rolls, spanakopita, satays, and dim sum.

L-32.01 Selects ingredients for hors d'oeuvres and other finger foods

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
L-32.01.01P	identify and choose ingredients	ingredients are identified and chosen according to recipe specifications and desired results
L-32.01.02P	identify <i>indicators of freshness and quality</i>	<i>indicators of freshness and quality</i> are identified according to sensory assessment

RANGE OF VARIABLES

indicators of freshness and quality include: hydration, colour, texture, aroma, best before date, flavour

KNOWLEDGE

	Learning Outcomes	Learning Objectives
L-32.01.01L	demonstrate knowledge of <i>hors d'oeuvres and other finger foods</i> and their applications	define terminology associated with <i>hors d'oeuvres and other finger foods</i>
		identify types of <i>hors d'oeuvres and other finger foods</i> and describe their characteristics

		identify market forms (prepared and packaged) of ingredients for hors d'oeuvres and other finger foods , and describe their characteristics and applications
		identify factors to consider when selecting ingredients for hors d'oeuvres and other finger foods
		identify dietary requirements specific to ingredients for hors d'oeuvres and other finger foods
L-32.01.02L	demonstrate knowledge of procedures used to select ingredients for hors d'oeuvres and other finger foods	describe procedures used to select ingredients for hors d'oeuvres and other finger foods

RANGE OF VARIABLES

hors d'oeuvres and other finger foods include: canapés, sushi, satays, dim sum

market forms include: frozen, fresh

factors include: seasonality, style of service, availability, price, available resources

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

L-32.02 Processes ingredients for hors d'oeuvres and other finger foods

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
L-32.02.01P	select and use processing tools and equipment	processing tools and equipment are selected and used according to recipe specifications and desired results
L-32.02.02P	apply processing methods	processing methods are applied according to recipe specifications and desired results
L-32.02.03P	cook hors d'oeuvres and other finger food ingredients and components	hors d'oeuvres and other finger food ingredients and components are cooked according to recipe specifications and desired results
L-32.02.04P	store hors d'oeuvres and other finger food ingredients and components	hors d'oeuvres and other finger food ingredients and components are stored for future assembly according to jurisdictional regulations and desired results

RANGE OF VARIABLES

tools and equipment include: food processors, cutting boards, knives, pans, bowls, stove

methods include: wrapping, mixing, folding, baking, cutting, poaching, frying, blending

hors d'oeuvres ingredients and components include: vol-au-vent, tart shells, breads, rice, garnish, meats, vegetables, fruit, cheeses, crackers, edible wrapping

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
L-32.02.01L	demonstrate knowledge of hors d'oeuvres and other finger foods and their applications	define terminology associated with hors d'oeuvres and other finger foods
		identify factors to consider when processing ingredients for hors d'oeuvres and other finger foods
		identify dietary requirements specific to ingredients for hors d'oeuvres and other finger foods
L-32.02.02L	demonstrate knowledge of procedures used to prepare hors d'oeuvres and other finger food ingredients	describe methods used to process hors d'oeuvres and other finger food ingredients

RANGE OF VARIABLES

hors d'oeuvres and other finger foods include: canapés, sushi, satays, dim sum

factors include: texture, flavour, type of service, available resources

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

methods include: wrapping, mixing, folding, baking, cutting, poaching, frying, blending

L-32.03 Assembles hors d'oeuvres and other finger foods

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
L-32.03.01P	select and use assembly tools and equipment	assembly tools and equipment are selected and used according to recipe specifications and desired results
L-32.03.02P	use assembly methods	assembly methods are used according to recipe specifications and desired results
L-32.03.03P	store hors d'oeuvres and other finger food	hors d'oeuvres and other finger foods are stored for future use according to jurisdictional regulations and desired results

RANGE OF VARIABLES

assembly tools and equipment include: knives, skewers, toothpicks, bamboo mats, tongs, cutting boards, portioning scoops

methods include: wrapping, stacking, spreading, breading, brushing

hors d'oeuvres and other finger foods include: canapés, sushi, satays, dim sum

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE

	Learning Outcomes	Learning Objectives
L-32.03.01L	demonstrate knowledge of hors d'oeuvres and other finger foods and their applications	define terminology associated with hors d'oeuvres and other finger foods
		identify factors to consider when assembling hors d'oeuvres and other finger foods
		identify dietary requirements specific to ingredients for hors d'oeuvres and other finger foods
L-32.03.02L	demonstrate knowledge of procedures used to assemble hors d'oeuvres and other finger foods	describe methods used to assemble hors d'oeuvres and other finger foods

RANGE OF VARIABLES

hors d'oeuvres and other finger foods include: canapés, sushi, satays, dim sum

factors include: kitchen space, available resources, time management, timing, temperature

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

methods include: wrapping, stacking, spreading, breading, brushing

L-32.04 Cooks hors d'oeuvres and other finger foods

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
L-32.04.01P	determine cooking methods	cooking methods are determined according to hors d'oeuvres and other finger foods , recipe specifications and desired results
L-32.04.02P	apply cooking methods	cooking methods are applied according to recipe specifications and desired results
L-32.04.03P	calculate cooking time	cooking time is calculated according to type, size and thickness of item, and cooking method according to recipe specifications and desired results
L-32.04.04P	determine doneness	doneness is determined by using various methods

RANGE OF VARIABLES

cooking methods include: baking, frying, broiling, steaming

hors d'oeuvres and other finger foods include: canapés, sushi, satays, dim sum

methods to check for doneness include: temperature readings, sensory assessments

KNOWLEDGE

Learning Outcomes		Learning Objectives
L-32.04.01L	demonstrate knowledge of hors d'oeuvres and other finger foods and their applications	define terminology associated with hors d'oeuvres and other finger foods
		identify types of hors d'oeuvres and other finger foods and describe their characteristics
		identify factors to consider when cooking hors d'oeuvres and other finger foods

		identify dietary requirements specific to ingredients for hors d'oeuvres and other finger foods
L-32.04.02L	demonstrate knowledge of procedures used to cook hors d'oeuvres and other finger foods	describe cooking methods used to cook hors d'oeuvres and other finger foods

RANGE OF VARIABLES

hors d'oeuvres and other finger foods include: canapés, sushi, satays, dim sum

factors include: kitchen space, available resources, time management, timing, temperature

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

cooking methods include: baking, frying, broiling, steaming

L-32.05 Finishes hors d'oeuvres and other finger foods

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
L-32.05.01P	apply seasoning, sauce, condiments and garnish	seasoning, sauce, condiments and garnish are applied to hors d'oeuvres and other finger foods according to desired result
L-32.05.02P	present hors d'oeuvres and other finger foods	hors d'oeuvres and other finger foods are presented according to desired results and styles of service
L-32.05.03P	hold hors d'oeuvres and other finger foods	hors d'oeuvres and other finger foods are held for service according to jurisdictional regulations and desired results

RANGE OF VARIABLES

hors d'oeuvres and other finger foods include: canapés, sushi, satays, dim sum

styles of service include: passed, stationed

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE

	Learning Outcomes	Learning Objectives
L-32.05.01L	demonstrate knowledge of <i>hors d'oeuvres and other finger foods</i> and their applications	define terminology associated with <i>hors d'oeuvres and other finger foods</i>
		identify types of <i>hors d'oeuvres and other finger foods</i> and describe their characteristics
		identify <i>factors</i> to consider when finishing <i>hors d'oeuvres and other finger foods</i>
		identify <i>dietary requirements</i> specific to ingredients for <i>hors d'oeuvres and other finger foods</i>
L-32.05.02L	demonstrate knowledge of procedures used to finish <i>hors d'oeuvres and other finger foods</i>	identify <i>styles of service</i> associated with <i>hors d'oeuvres and other finger foods</i>
		describe <i>presentation and finishing techniques</i>
		describe procedures used to hold and store <i>hors d'oeuvres and other finger foods</i>

RANGE OF VARIABLES

hors d'oeuvres and other finger foods include: canapés, sushi, satays, dim sum

factors include: integrity, temperature

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

styles of service include: passed, stationed

presentation and finishing techniques include: plating, traying, garnishing, tossing, saucing, glazing

TASK L-33 Prepares charcuterie and cured products

TASK DESCRIPTOR

Charcuterie and cured products are prepared using various techniques for preserving meats, fin fish and seafood. They can be aged and dried, smoked and cured. Examples of charcuterie and cured products are forcemeats, terrines, pâtés, galantines and ballotines, sausages, variety meats, smoked and fermented meat, fin fish, seafood, poultry. Charcuterie and cured products can be served hot or cold.

L-33.01 Selects ingredients for charcuterie and cured products

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
L-33.01.01P	identify <i>indicators of quality</i>	<i>indicators of quality</i> are identified according to sensory assessment
L-33.01.02P	identify and choose ingredients for processing	ingredients for processing are identified and chosen according to recipe specifications and desired results

RANGE OF VARIABLES

indicators of quality include: hydration, colour, texture, aroma

KNOWLEDGE

	Learning Outcomes	Learning Objectives
L-33.01.01L	demonstrate knowledge of <i>charcuterie and cured products</i> and their applications	define terminology associated with <i>charcuterie and cured products</i>
		identify classifications of <i>charcuterie and cured products</i> , and describe their characteristics and applications
		identify <i>factors</i> to consider when selecting ingredients for <i>charcuterie and cured products</i>
		identify <i>dietary requirements</i> specific to ingredients for <i>charcuterie and cured products</i>

L-33.01.02L	demonstrate knowledge of procedures used to select charcuterie and cured product ingredients	describe procedures used to select charcuterie and cured product ingredients
L-33.01.03L	demonstrate knowledge of procedures used to handle charcuterie and cured product ingredients	describe procedures used to handle charcuterie and cured product ingredients

RANGE OF VARIABLES

charcuterie and cured products include: forcemeats, terrines, pâtés, galantines and ballotines, sausages, variety meats, smoked and fermented meat, fin fish, seafood, poultry

factors include: quality, storage life, cost, fat yield, meat yield

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

L-33.02 Processes ingredients for charcuterie and cured products

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
L-33.02.01P	select and use processing tools and equipment	processing tools and equipment are selected and used according to recipe specifications and desired results
L-33.02.02P	apply processing methods	processing methods are applied according to recipe specifications and desired results
L-33.02.03P	combine ingredients, seasonings, preservatives and garnishes	ingredients, seasonings, preservatives and garnishes are combined according to recipe specifications and desired results
L-33.02.04P	assemble ingredients for charcuterie and cured products	ingredients for charcuterie and cured products are assembled according to recipe specifications, desired results, indicators and jurisdictional regulations

RANGE OF VARIABLES

processing tools and equipment include: meat grinder, meat slicer, cutters, sausage press, terrine moulds, food processors, smokers

methods include: smoking, curing, drying, chopping, grinding, emulsifying, marinating, soaking, shaping, moulding, fermenting, stuffing

charcuterie and cured products include: forcemeats, terrines, pâtés, galantines and ballotines, sausages, variety meats, smoked meat, fin fish, seafood, poultry

indicators include: temperature, time, humidity, pH activity, dehydration

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
L-33.02.01L	demonstrate knowledge of charcuterie and cured products and their applications	define terminology associated with charcuterie and cured products
		identify classifications of charcuterie and cured products , and describe their characteristics and applications
		identify temperature and environmental controls needed when curing, smoking and fermenting meats according to jurisdictional regulations
		identify factors to consider when processing ingredients for charcuterie and cured products
		identify dietary requirements specific to ingredients for charcuterie and cured products
L-33.02.02L	demonstrate knowledge of procedures used to process charcuterie and cured product ingredients	describe methods used to process charcuterie and cured product ingredients
L-33.02.03L	demonstrate knowledge of procedures used to handle and store charcuterie and cured product ingredients	describe procedures used to handle and store charcuterie and cured product ingredients

RANGE OF VARIABLES

charcuterie and cured products include: forcemeats, terrines, pâtés, galantines and ballotines, sausages, variety meats, smoked meat, fin fish, seafood, poultry

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

factors include: temperature, texture, time, humidity

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

methods include: smoking, curing, drying, chopping, grinding, emulsifying, marinating, soaking, shaping, moulding, fermenting, stuffing

L-33.03 Cooks charcuterie and cured products

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
L-33.03.01P	select and use cooking tools and equipment	cooking tools and equipment are selected and used according to recipe specifications and desired results
L-33.03.02P	select temperature	temperature is selected according to recipe specifications and desired results
L-33.03.03P	apply cooking method	cooking method is applied according to recipe specifications and desired results
L-33.03.04P	determine charcuterie and cured product doneness	charcuterie and cured product doneness is determined according to jurisdictional regulations , sensory assessment and indicators

RANGE OF VARIABLES

cooking tools and equipment include: smokers, ovens, grills, thermal circulator, refrigerator

cooking methods include: curing, poaching, baking, smoking, drying

charcuterie and cured products include: forcemeats, terrines, pâtés, galantines and ballotines, sausages, variety meats, smoked meat, fin fish, seafood, poultry

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

indicators include: temperature, time, humidity, pH activity, dehydration

KNOWLEDGE

	Learning Outcomes	Learning Objectives
L-33.03.01L	demonstrate knowledge of charcuterie and cured products and their applications	define terminology associated with charcuterie and cured products
		identify classifications of charcuterie and cured products , and describe their characteristics and applications
		identify temperature and environmental controls needed when curing, smoking and fermenting meats
		identify factors to consider when cooking charcuterie and cured products
		identify dietary requirements specific to ingredients for charcuterie and cured products

L-33.03.02L	demonstrate knowledge of procedures used to cook charcuterie and cured products	describe cooking methods used to cook charcuterie and cured products
L-33.03.03L	demonstrate knowledge of procedures used to handle and store charcuterie and cured products	describe procedures used to handle and store charcuterie and cured products

RANGE OF VARIABLES

charcuterie and cured products include: forcemeats, terrines, pâtés, galantines and ballotines, sausages, variety meats, smoked meat, fin fish, seafood, poultry

factors include: degree of doneness, flavorings and seasonings, equipment, temperature, time, yield, resting, texture, humidity

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

cooking methods include: curing, poaching, baking, smoking, drying

L-33.04 Finishes charcuterie and cured products

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
L-33.04.01P	apply garnish and finishing techniques	garnish and finishing techniques are applied to pâtés and terrines according to recipe specifications and desired results
L-33.04.02P	remove casings and membranes	casings and membranes are removed from select sausages and cured meats
L-33.04.03P	cut and slice charcuterie and cured products	charcuterie and cured products are cut and sliced according to recipe specifications and desired results
L-33.04.04P	identify and apply secondary cook methods	secondary cook methods are identified and applied to select charcuterie and cured products according to recipe specifications and desired results

RANGE OF VARIABLES

finishing techniques include: glazing, filling, presentation, garnishing

charcuterie and cured products include: forcemeats, terrines, pâtés, galantines and ballotines, sausages, variety meats, smoked meat, fin fish, seafood, poultry

secondary cook methods include: frying, broiling, grilling, poaching, baking

KNOWLEDGE

	Learning Outcomes	Learning Objectives
L-33.04.01L	demonstrate knowledge of charcuterie and cured products and their applications	define terminology associated with charcuterie and cured products
		identify temperature and environmental controls needed when curing, smoking and fermenting meats
		identify factors to consider when finishing charcuterie and cured products
		identify dietary requirements specific to ingredients for charcuterie and cured products
L-33.04.02L	demonstrate knowledge of procedures used to finish charcuterie and cured products	describe styles of service associated with charcuterie and cured products
		describe procedures used to carve and slice charcuterie and cured products
		describe finishing techniques
L-33.04.03L	demonstrate knowledge of procedures used to handle and store charcuterie and cured products	describe procedures used to handle and store charcuterie and cured products

RANGE OF VARIABLES

charcuterie and cured products include: forcemeats, terrines, pâtés, galantines and ballotines, sausages, variety meats, smoked meat, fin fish, seafood, poultry

factors include: degree of doneness, flavorings and seasonings, equipment, temperature, time, yield, resting, texture, humidity

finishing techniques include: glazing, filling, presentation, garnishing

TASK L-34 Prepares gels and glazes

TASK DESCRIPTOR

Gels are finished products which are used for complementing dishes as well as for entrées, appetizers and desserts. Examples of gels include aspics, gelatin desserts, gelatin salads and fluid gel. The defining ingredients in gels are either animal-based gelatins or plant-based sources such as agar agar.

Glazes are shiny coatings, applied onto other food items to enhance appearance and flavour, and to protect and preserve quality.

L-34.01 Selects ingredients for gels and glazes

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
L-34.01.01P	identify indicators of freshness and quality	indicators of freshness and quality are identified according to sensory assessment
L-34.01.02P	identify and choose ingredients for gels and glazes	ingredients for gels and glazes are chosen according to recipe specifications and desired results

RANGE OF VARIABLES

indicators of freshness and quality include: hydration, colour, texture, aroma, taste

ingredients include: agar agar, chia seeds, xanthan gum, guar gum, locust bean gum, pectin, gelatin (powdered and sheet), stock, flavourings, sweeteners

KNOWLEDGE

	Learning Outcomes	Learning Objectives
L-34.01.01L	demonstrate knowledge of gels and glazes and their applications	define terminology associated with gels and glazes
		identify types of gels , and describe their characteristics and applications
		identify types of glazes , and describe their characteristics and applications
		identify factors to consider when selecting ingredients for gels and glazes

		identify dietary requirements specific to gels and glazes
L-34.01.02L	demonstrate knowledge of procedures used to select ingredients for gels and glazes	describe procedures used to select ingredients for gels and glazes

RANGE OF VARIABLES

types of gels include: aspics, gelatin, pectin, fluid gels

types of glazes include: sweet, savoury

factors include: flexibility, pH, heat stability, temperature

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

L-34.02 Processes ingredients for gels and glazes

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
L-34.02.01P	select and use processing tools and equipment	processing tools and equipment are selected and used according to recipe specifications and desired results
L-34.02.02P	combine ingredients	ingredients are combined using processing methods
L-34.02.03P	hold ingredients at temperature	ingredients are held at temperature according to recipe specifications and desired results

RANGE OF VARIABLES

processing tools and equipment include: bain-marie, pots, whisks, knives, bowls, juicers, blenders

methods include: mixing, blooming, heating

KNOWLEDGE

	Learning Outcomes	Learning Objectives
L-34.02.01L	demonstrate knowledge of gels and glazes and their applications	define terminology associated with gels and glazes
		identify types of gels , and describe their characteristics and applications
		identify types of glazes , and describe their characteristics and applications
		identify factors to consider when processing ingredients for gels and glazes

		identify dietary requirements specific to gels and glazes
L-34.02.02L	demonstrate knowledge of procedures used to prepare gels and glazes	describe methods used to process ingredients for gels and glazes

RANGE OF VARIABLES

types of gels include: aspics, gelatin, pectin, fluid gels

types of glazes include: sweet, savoury

factors include: time, temperature, viscosity

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

methods include: mixing, blooming, heating

L-34.03 Finishes gels and glazes

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
L-34.03.01P	select and use finishing tools and equipment	finishing tools and equipment are selected and used according to recipe specifications and desired results
L-34.03.02P	use finishing techniques	finishing techniques are used according to recipe specifications and desired results
L-34.03.03P	hold and store gels and glazes	gels and glazes are held and stored according to recipe specifications, desired results and jurisdictional regulations

RANGE OF VARIABLES

finishing tools and equipment include: brushes, bain-marie, bowls

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE

	Learning Outcomes	Learning Objectives
L-34.03.01L	demonstrate knowledge of finishing gels and glazes and their applications	define terminology associated with gels and glazes
		identify factors to consider when finishing gels and glazes
		identify dietary requirements specific to gels and glazes

L-34.03.02L	demonstrate knowledge of procedures used to finish gels and glazes	describe methods used to finish gels and glazes
L-34.03.03L	demonstrate knowledge of procedures used to handle, hold and store gels and glazes	describe procedures used to handle, hold and store gels and glazes

RANGE OF VARIABLES

factors include: temperature, shine, viscosity

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

methods include: combining, cutting, portioning, presenting, unmoulding

TASK L-35 Prepares marinades, rubs and brines

TASK DESCRIPTOR

Marinades are used to enhance flavours and to tenderize the product. They are usually comprised of oils, acids and flavourings. Rubs are dry marinades consisting of seasonings to enhance the flavour of foods. Brine ingredients include liquid, flavourings and salt and can be used to cure and preserve meat, seafood and fin fish.

L-35.01 Selects marinade, rub and brine ingredients

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
L-35.01.01P	choose marinade, rub or brine	marinade, rub or brine is chosen according to type of protein, vegetables or fruit being used, recipe specifications and desired results
L-35.01.02P	identify and choose ingredients	ingredients are identified and chosen according to recipe specifications and desired results

RANGE OF VARIABLES

marinades include: vinegar-based, salt-based, fruit-based, alcohol-based

rubs include: dry seasoning, pastes, mustard-based, sugar-based

KNOWLEDGE

Learning Outcomes		Learning Objectives
L-35.01.01L	demonstrate knowledge of marinades , rubs and brines and their applications	define terminology associated with marinades , rubs and brines
		identify types of marinades , rubs and brines, and describe their characteristics and applications
		identify factors to consider when selecting ingredients for marinades , rubs and brines
		identify dietary requirements specific to marinades , rubs and brines
		identify ingredients and ratios used to prepare marinades , rubs and brines
L-35.01.02L	demonstrate knowledge of procedures used to select ingredients for marinades , rubs and brines	describe procedures used to select ingredients for marinades , rubs and brines
L-35.01.03L	demonstrate knowledge of procedures used to handle and store ingredients for marinades , rubs and brines	describe procedures used to handle and store ingredients for marinades , rubs and brines

RANGE OF VARIABLES

marinades include: vinegar-based, salt-based, fruit-based, alcohol-based

rubs include: dry seasoning, pastes, mustard-based, sugar-based

factors include: product availability, time, quality, function, moisture content

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

L-35.02 Processes marinade, rub and brine ingredients

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
L-35.02.01P	prepare and measure ingredients	ingredients are prepared and measured according to recipe specifications
L-35.02.02P	select and use non-reactive processing tools and equipment	non-reactive processing tools and equipment are selected and used according to product specifications
L-35.02.03P	uses processing methods	processing methods are used according to recipe specifications and desired results

L-35.02.04P	hold and store marinades, rubs and brines	marinades, rubs and brines are held and stored according to recipe specifications, desired results and jurisdictional regulations
L-35.02.05P	use safe handling procedures	safe handling procedures are used according to jurisdictional regulations and to avoid cross-contamination

RANGE OF VARIABLES

non-reactive processing tools and equipment include: non-reactive containers (stainless steel, glass, plastic), blender, food processor, measuring tools

methods include: combining, heating, dissolving, cooling

marinades include: vinegar-based, salt-based, fruit-based, alcohol-based

rubs include: dry seasoning, pastes, mustard-based, sugar-based

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
L-35.02.01L	demonstrate knowledge of marinades, rubs and brines and their applications	define terminology associated with marinades, rubs and brines
		identify factors to consider when processing ingredients for marinades, rubs and brines
		identify dietary requirements specific to marinades, rubs and brines
L-35.02.02L	demonstrate knowledge of procedures used to process marinades, rubs and brines	describe methods used to process marinades, rubs and brines
		identify ingredients and ratios used to process marinades, rubs and brines

RANGE OF VARIABLES

marinades include: vinegar-based, salt-based, fruit-based, alcohol-based

rubs include: dry seasoning, pastes, mustard-based, sugar-based

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

factors include: time, quality, function, moisture content, temperature, assembly sequence, container selection, application method

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

methods include: combining, heating, dissolving, cooling

MAJOR WORK ACTIVITY M

Sweet and Savoury Baked Goods and Desserts

TASK M-36 Prepares dough-based products

TASK DESCRIPTOR

Dough, sweet and savoury, is used to make items such as pasta, breads, samosas, egg rolls, pie shells, pastries and cookies. It can be shaped and moulded. Additional ingredients and texture elements can be introduced to provide variety.

M-36.01 Selects ingredients for dough

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
M-36.01.01P	identify required ingredients	required ingredients used in various dough-based products are identified according to recipe specification
M-36.01.02P	identify quality and freshness of dough ingredients	quality of dough ingredients are identified according to best before date and sensory assessment

RANGE OF VARIABLES

ingredients include: flours, fats, egg, sweeteners, liquids, leavening agents, dairy products, specialty products, flavorings, seasonings

dough-based products include: pastas, noodles, pies, tarts, flans, cookies, breads, samosas, egg rolls, pastries, bread dough, crackers, rolls/buns, profiteroles, pizza

KNOWLEDGE

Learning Outcomes		Learning Objectives
M-36.01.01L	demonstrate knowledge of doughs and dough-based products and their applications	identify types of dough used for various dough-based products , and describe their characteristics and applications
		identify types of dough-based products , and describe their characteristics and applications

		define terminology associated with doughs
		identify factors to consider when selecting ingredients for doughs
		identify ingredients used in doughs, and describe their functions, characteristics and applications
		identify dietary requirements specific to ingredients for doughs
		identify market forms (prepared and packaged) of doughs, and describe their characteristics and applications
M-36.01.02L	demonstrate knowledge of procedures used to select ingredients for doughs	describe procedures used to select ingredients for doughs

RANGE OF VARIABLES

dough-based products include: pastas, noodles, pies, tarts, flans, cookies, breads, samosas, egg rolls, pastries, bread dough, crackers, rolls/buns, profiteroles, pizza

ingredients include: flours, fats, egg, sweeteners, liquids, leavening agents, dairy products, specialty products, flavorings, seasonings

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

M-36.02 Processes ingredients for dough

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
M-36.02.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications and desired results
M-36.02.02P	measure ingredients	ingredients are measured according to recipe specifications
M-36.02.03P	mix ingredients	ingredients are mixed according to recipe specifications and desired results
M-36.02.04P	apply methods	methods are applied according to recipe specifications and desired results

RANGE OF VARIABLES

tools and equipment include: sifters, mixers, sheeters, rolling pins, proofers

measure: weight, volume, size

ingredients include: flours, fats, egg, sweeteners, liquids, leavening agents, dairy products, specialty products, flavorings, seasonings

methods include: rolling, shaping, folding, scoring, resting, proofing, benching, kneading, incorporating fats, portioning

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
M-36.02.01L	demonstrate knowledge of doughs used for various dough-based products and their applications	identify types of dough used for various dough-based products , and describe their characteristics and applications
		identify types of dough-based products , and describe their characteristics and applications
		define terminology associated with dough
		identify factors to consider when processing ingredients for doughs
		identify ingredients used in doughs, and describe their functions, characteristics and applications
		identify dietary requirements specific to ingredients for doughs
M-36.02.02L	demonstrate knowledge of procedures used to process ingredients for doughs	identify market forms (prepared and packaged) of doughs, and describe their characteristics and applications
		describe methods used to process ingredients for doughs
		identify factors to consider when determining mixing methods used for doughs
M-36.02.03L	demonstrate knowledge of procedures used to handle, hold and store doughs	identify factors to consider when determining methods for dough
		describe procedures used to handle, hold and store dough

RANGE OF VARIABLES

dough-based products include: pastas, noodles, pies, tarts, flans, cookies, breads, samosas, egg rolls, pastries, bread dough, crackers, rolls/buns, profiteroles, pizza

ingredients include: flours, fats, egg, sweeteners, liquids, leavening agents, dairy products, specialty products, flavorings, seasonings

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

methods include: rolling, shaping, folding, scoring, resting, proofing, benching, kneading, incorporating fats, portioning

M-36.03 Cooks dough-based products

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
M-36.03.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications
M-36.03.02P	follow cooking methods	cooking methods are followed according to recipe specifications and desired results
M-36.03.03P	determine doneness	doneness is determined according to sensory assessment and desired results

RANGE OF VARIABLES

tools and equipment include: hand tools, ovens, fryers, steamers, pots

cooking methods include: boiling, baking, frying, steaming, poaching

KNOWLEDGE

	Learning Outcomes	Learning Objectives
M-36.03.01L	demonstrate knowledge of doughs used for various dough-based products and their applications	identify types of dough used for various dough-based products , and describe their characteristics and applications
		identify types of dough-based products , and describe their characteristics and applications
		define terminology associated with dough
		identify factors to consider when cooking doughs
		identify cooking methods for doughs and describe their applications
		identify market forms (prepared and packaged) of doughs, and describe their characteristics and applications
		identify dietary requirements specific to ingredients for doughs
M-36.03.02L	demonstrate knowledge of procedures used to cook dough	identify cooking methods for doughs and describe their applications
		identify tools and equipment used for cooking dough

	identify finishing ingredients applied prior to cooking dough
	describe methods to determine doneness of dough

RANGE OF VARIABLES

dough-based products include: pastas, noodles, pies, tarts, flans, cookies, breads, samosas, egg rolls, pastries, bread dough, crackers, rolls/buns, profiteroles, pizza

cooking methods include: boiling, baking, frying, steaming, poaching

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

ingredients include: fats, sweeteners, dairy products, glaze, nuts, seeds, seasonings

tools and equipment include: hand tools, ovens, fryers, steamers, pots

M-36.04 Finishes dough-based products

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
M-36.04.01P	cool dough-based product	dough-based product is cooled according to recipe specifications and desired results
M-36.04.02P	glaze, garnish and fill dough-based product	dough-based product is glazed and garnished according to recipe specifications and desired results
M-36.04.03P	portion dough-based product	dough-based product is portioned according to recipe specifications and desired results
M-36.04.04P	assemble finished dough-based product	dough-based product is assembled according to recipe specifications and desired results
M-36.04.05P	package and store finished product	finished product is packaged and stored to maintain freshness and shelf life

RANGE OF VARIABLES

dough-based products include: pastas, noodles, pies, tarts, flans, cookies, breads, samosas, egg rolls, pastries, bread dough, crackers, rolls/buns, profiteroles

package and store includes: wrapping, bagging, refrigerating, freezing, retail packaging, vacuum sealing, storing at room temperature

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
M-36.04.01L	demonstrate knowledge of dough-based products and their uses	identify types of dough-based products , and describe their characteristics and uses
		define terminology associated with dough-based products
		identify factors to consider when finishing dough-based products
		identify ingredients used in finishing dough-based products , and describe their characteristics and applications
		identify dietary requirements specific to ingredients for doughs
M-36.04.02L	demonstrate knowledge of procedures used to finish dough-based products	describe procedures used to finish dough-based products
		describe procedures used to portion dough-based products
		describe procedures used to package and store finished product
M-36.04.03L	demonstrate knowledge of procedures used to handle and store doughs and dough-based products	describe procedures used to handle and store dough-based products

RANGE OF VARIABLES

dough-based products include: pastas, noodles, pies, tarts, flans, cookies, breads, samosas, egg rolls, pastries, bread dough, crackers, rolls/buns, profiteroles

ingredients include: fats, sweeteners, dairy products, glaze, nuts, seeds, seasonings

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

procedures include: brushing, dipping, spraying, salting, dusting, sprinkling, glazing, garnishing, filling

package and store includes: wrapping, bagging, refrigerating, freezing, retail packaging, vacuum sealing, storing at room temperature

TASK M-37 Prepares batter-based products

TASK DESCRIPTOR

Batters can be savoury or sweet, and can be used for many different applications such as muffins, Yorkshire pudding, tempura and cakes. Additional ingredients and texture elements can be introduced to provide variety.

M-37.01 Selects ingredients for batters

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
M-37.01.01P	identify required ingredients	required ingredients used in various batter-based products are identified according to recipe specifications and desired results
M-37.01.02P	identify quality and freshness of batter ingredients	quality of batter ingredients are identified according to best before date and sensory assessment

RANGE OF VARIABLES

ingredients include: flours, fats, egg, sweeteners, liquids, leavening agents, dairy products, specialty products, flavorings and seasonings

batter-based products include: muffins, cakes, pop-overs, tempura, waffles, pancakes, fritters, corn bread

KNOWLEDGE

Learning Outcomes		Learning Objectives
M-37.01.01L	demonstrate knowledge of batters and batter-based products and their applications	identify types of batter, and describe their characteristics and applications
		identify types of batter-based products , and describe their characteristics and applications
		define terminology associated with batters
		identify factors to consider when selecting ingredients for batters
		identify ingredients used in batters, and describe their functions, characteristics and applications
		identify dietary requirements specific to ingredients for batters

		identify market forms (prepared and packaged) of batters, and describe their characteristics and applications
M-37.01.02L	demonstrate knowledge of procedures used to select ingredients for batters used for various batter-based products	describe procedures used to select ingredients for various batters

RANGE OF VARIABLES

batter-based products include: muffins, cakes, pop-overs, tempura, waffles, pancakes, fritters, corn bread

ingredients include: flours, fats, egg, sweeteners, liquids, leavening agents, dairy products, specialty products, flavorings and seasonings

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

market forms include: powdered, frozen, fresh

M-37.02 Processes ingredients for batters

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
M-37.02.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications and desired results
M-37.02.02P	measure ingredients	ingredients are measured according to recipe specifications
M-37.02.03P	mix ingredients	ingredients are mixed according to recipe specifications and desired results
M-37.02.04P	apply methods	methods are applied according to recipe specifications and desired results

RANGE OF VARIABLES

tools and equipment include: spatulas, whisks, sifters, mixers, scales, bowls

measure includes: weight, volume, size

ingredients include: flours, fats, egg, sweeteners, liquids, leavening agents, dairy products, specialty products, flavorings, seasonings

methods include: resting, incorporating fats, creaming, foaming, blending, whipping, two-stage

KNOWLEDGE

Learning Outcomes		Learning Objectives
M-37.02.01L	demonstrate knowledge of batters used for various batter-based products and their applications	identify types of batters, and describe their characteristics and applications
		identify types of batter-based products , and describe their characteristics and applications
		define terminology associated with batter
		identify factors to consider when processing ingredients for batters
		identify ingredients used in batters, and describe their functions, characteristics and applications
		identify dietary requirements specific to ingredients for batters
M-37.02.02L	demonstrate knowledge of procedures used to process ingredients for batters used for various batter-based products	identify market forms (prepared and packaged) of batters, and describe their characteristics and applications
		describe methods used to process ingredients for batters used for various batter-based products
		identify factors to consider when determining mixing methods used for batters
M-37.02.03L	demonstrate knowledge of procedures used to handle, hold and store batters	identify factors to consider when determining methods for batter
		describe procedures used to handle, hold and store batter

RANGE OF VARIABLES

batter-based products include: muffins, cakes, pop-overs, tempura, waffles, pancakes, fritters, corn bread

ingredients include: flours, fats, egg, sweeteners, liquids, leavening agents, dairy products, specialty products, flavorings, seasonings

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

market forms include: powdered, frozen, fresh

M-37.03 Cooks batter-based products

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
M-37.03.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications and desired results
M-37.03.02P	follow cooking methods	cooking methods are followed according to recipe specifications and desired results
M-37.03.03P	determine doneness	doneness is determined according to sensory assessment and desired results

RANGE OF VARIABLES

tools and equipment include: hand tools, ovens, fryers, pans, griddles, parchment paper

cooking methods include: baking, frying

KNOWLEDGE

	Learning Outcomes	Learning Objectives
M-37.03.01L	demonstrate knowledge of batters used for various batter-based products and their applications	identify types of batters, and describe their characteristics and applications
		identify types of batter-based products , and describe their characteristics and applications
		define terminology associated with batter
		identify factors to consider when cooking batters
		identify cooking methods for batters and describe their applications
		identify dietary requirements specific to batters
M-37.03.02L	demonstrate knowledge of procedures used to cook batter	identify cooking methods for batters and describe their applications
		identify tools and equipment used for cooking batter
		identify finishing ingredients applied prior to cooking batter

	describe procedures used to cook batter
	describe methods to determine doneness of batter

RANGE OF VARIABLES

batter-based products include: muffins, cakes, pop-overs, waffles, pancakes, profiteroles, corn bread

cooking methods include: baking, frying

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

tools and equipment include: hand tools, ovens, fryers, pans, griddles, parchment paper

M-37.04 Finishes batter-based products

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
M-37.04.01P	cool batter-based product	batter-based product is cooled according to recipe specifications and desired results
M-37.04.02P	frost, glaze, garnish or season batter-based product	batter-based product is frosted, glazed, garnished, or seasoned according to recipe specifications and desired results
M-37.04.03P	portion batter-based product	batter-based product is portioned according to recipe specifications and desired results
M-37.04.04P	assemble finished batter-based product	finished batter-based product is assembled according to recipe specifications and desired results
M-37.04.05P	hold batter-based product	batter-based product is held according to desired results and jurisdictional regulations
M-37.04.06P	package and store finished product	finished product is packaged and stored to maintain freshness and shelf life

RANGE OF VARIABLES

batter-based products include: muffins, cakes, pop-overs, waffles, pancakes, corn bread

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

package and store includes: wrapping, bagging, refrigerating, freezing, retail packaging, storing at room temperature

KNOWLEDGE

	Learning Outcomes	Learning Objectives
M-37.04.01L	demonstrate knowledge of batter-based products and their uses	identify types of batter-based products , and describe their characteristics and uses define terminology associated with batter-based products identify factors to consider when finishing batter-based products identify ingredients used in finishing batter-based products , and describe their characteristics and applications identify dietary requirements specific to batters
M-37.04.02L	demonstrate knowledge of procedures used to finish batter-based products	describe procedures used to finish batter-based products describe procedures used to frost, glaze, garnish and season batter-based products describe procedures used to portion batter-based products
M-37.04.03L	demonstrate knowledge of procedures used to handle and store batters and batter-based products	describe procedures used to package and store finished product describe procedures used to handle and store batter-based products

RANGE OF VARIABLES

batter-based products include: muffins, cakes, pop-overs, waffles, pancakes, corn bread

ingredients include: nuts, seeds, sweeteners, spices, glazes, sauces, syrups, fruit

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

package and store includes: wrapping, bagging, refrigerating, freezing, retail packaging, storing at room temperature

TASK M-38 Prepares creams, mousses, frozen desserts, fillings, icings, toppings and sugar works

TASK DESCRIPTOR

In preparing these items, it is important to focus on both appearance and texture. Proper techniques should be employed to ensure consistency and quality.

M-38.01 Selects ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
M-38.01.01P	identify required <i>ingredients</i>	required <i>ingredients</i> used in various creams, mousses, frozen desserts, fillings, icings, toppings and sugar work products are identified and chosen according to recipe specifications and desired results
M-38.01.02P	identify quality and freshness of <i>ingredients</i>	quality and freshness of <i>ingredients</i> are identified according to best before date and sensory assessment

RANGE OF VARIABLES

ingredients include: eggs, sugar, dairy, gelatin, fruits, chocolate, flavorings

KNOWLEDGE

Learning Outcomes		Learning Objectives
M-38.01.01L	demonstrate knowledge of creams, mousses, frozen desserts, fillings, icings, toppings and sugar works and their applications	define terminology associated with creams, mousses, frozen desserts, fillings, icings, toppings and sugar works
		identify types of creams, mousses, frozen desserts, fillings, icings, toppings and sugar works, and describe their characteristics and applications
		identify factors to consider when selecting <i>ingredients</i> for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works

		identify dietary requirements specific to ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works
		identify ingredients used in creams, mousses, frozen desserts, fillings, icings, toppings and sugar works, and describe their characteristics and applications
		identify market forms (prepared and packaged) of creams, mousses, frozen desserts, fillings, icings, toppings and sugar works, and describe their characteristics and applications
M-38.01.02L	demonstrate knowledge of procedures used to select ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works	describe procedures used to select ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works
M-38.01.03L	demonstrate knowledge of procedures used to handle and store ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works	describe procedures used to handle and store ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works

RANGE OF VARIABLES

ingredients include: eggs, sugar, dairy, gelatin, fruits, chocolate, flavorings

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

market forms include: frozen, fresh, shelf-stable

M-38.02 Processes ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
M-38.02.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications and desired results
M-38.02.02P	mix ingredients	ingredients are mixed according to recipe specifications and desired results
M-38.02.03P	prepare pans and moulds	pans and moulds are prepared with materials according to recipe specifications and desired results

M-38.02.04P	follow temperature stages	temperature stages for cooking sugar are followed using sensory assessment and thermometers according to recipe specifications and desired results
M-38.02.05P	apply methods	methods are applied according to recipe specifications and desired results
M-38.02.06P	portion and scale mixed ingredients	mixed ingredients are portioned and scaled according to recipe specifications and desired results

RANGE OF VARIABLES

tools and equipment include: bain-marie, mixers, scoops, piping bags, moulds, ice cream makers, whipped cream canisters, candy thermometer, heat lamps, torches, copper pots

ingredients include: eggs, sugar, dairy, gelatin, fruits, chocolate, flavorings

materials include: parchment, acetate, wax paper

methods include: cooking or baking custards, cooling, moulding, piping, churning, freezing, tempering, folding, emulsifying, whipping

KNOWLEDGE		
	Learning Outcomes	Learning Objectives
M-38.02.01L	demonstrate knowledge of creams, mousses, frozen desserts, fillings, icings, toppings and sugar works and their applications	define terminology associated with creams, mousses, frozen desserts, fillings, icings, toppings and sugar works
		identify types of creams, mousses, frozen desserts, fillings, icings, toppings and sugar works, and describe their characteristics and applications
		identify factors to consider when processing ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works
		identify dietary requirements specific to ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar work products
		identify ingredients used in creams, mousses, frozen desserts, fillings, icings, toppings and sugar works, and describe their characteristics and applications
		identify market forms (prepared and packaged) of creams, mousses, frozen desserts, fillings, icings, toppings and sugar works, and describe their characteristics and applications

M-38.02.02L	demonstrate knowledge of procedures used to process ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works	describe methods used to process ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works
M-38.02.03L	demonstrate knowledge of procedures used to handle, package and store creams, mousses, frozen desserts, fillings, icings, toppings and sugar works	describe procedures used to handle, package and store creams, mousses, frozen desserts, fillings, icings, toppings and sugar works

RANGE OF VARIABLES

ingredients include: eggs, sugar, dairy, gelatin, fruits, chocolate, flavorings

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

market forms include: frozen, fresh, shelf-stable

methods include: cooking or baking custards, cooling, moulding, piping, churning, freezing, tempering, folding, emulsifying, whipping

M-38.03 Finishes creams, mousses, frozen desserts, fillings, icings, toppings and sugar works

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
M-38.03.01P	unmould products	products are unmoulded according to desired results
M-38.03.02P	apply finishing techniques	finishing techniques are applied according to recipe specifications and desired results
M-38.03.03P	package and store finished product	finished product is packaged and stored to maintain freshness and shelf life

RANGE OF VARIABLES

products include: baked and stirred custards, parfaits, soufflés, ice creams, Bavarians, meringues, buttercreams, frostings, ganache, coulis, caramels, brittles, toffees

finishing techniques include: tempering, torching, glazing, spraying, garnishing, pulling sugar

KNOWLEDGE

	Learning Outcomes	Learning Objectives
M-38.03.01L	demonstrate knowledge of creams, mousses, frozen desserts, fillings, icings, toppings and sugar works and their applications	define terminology associated with creams, mousses, frozen desserts, fillings, icings, toppings and sugar works
		identify types of creams, mousses, frozen desserts, fillings, icings, toppings and sugar works, and describe their characteristics and applications
		identify factors to consider when finishing creams, mousses, frozen desserts, fillings, icings, toppings and sugar works
		identify dietary requirements specific to creams, mousses, frozen desserts, fillings, icings, toppings and sugar works
		identify market forms (prepared and packaged) of creams, mousses, frozen desserts, fillings, icings, toppings and sugar works, and describe their characteristics and applications
M-38.03.02L	demonstrate knowledge of procedures used to finish creams, mousses, frozen desserts, fillings, icings, toppings and sugar works	describe finishing techniques used to finish creams, mousses, frozen desserts, fillings, icings, toppings and sugar works
M-38.03.03L	demonstrate knowledge of procedures used to handle, package and store creams, mousses, frozen desserts, fillings, icings, toppings and sugar works	describe procedures used to handle, package and store creams, mousses, frozen desserts, fillings, icings, toppings and sugar works

RANGE OF VARIABLES

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

market forms include: frozen, fresh, shelf-stable

finishing techniques include: tempering, torching, glazing, spraying, garnishing, pulling sugar

TASK M-39 Assembles cakes

TASK DESCRIPTOR

This section assumes that the filling, icing and cake have been prepared and stored. It is important to complement the cake with the appropriate fillings, icings and garnishes. Assembling and displaying cakes is about presentation and appeal.

M-39.01 Selects cake components for assembly

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
M-39.01.01P	identify required cake components	cake components required for assembly of a cake are identified according to recipe specifications and desired results
M-39.01.02P	identify quality of cake components	quality of cake components is identified according to sensory assessment

RANGE OF VARIABLES

cake components include: icing, filling, toppings, garnishes, glazes, meringues and dessert sauces, nuts, praline, fruit, cake, ganache, mousse, creams

KNOWLEDGE

	Learning Outcomes	Learning Objectives
M-39.01.01L	demonstrate knowledge of cakes, their components and applications	define terminology associated with cakes and their components
		identify types of cakes and describe their characteristics
		identify cake components and describe their characteristics
		identify factors to consider when selecting cake components
		identify dietary requirements specific to cake components
		identify market forms (prepared and packaged) of cake components , and describe their characteristics and applications
M-39.01.02L	demonstrate knowledge of procedures used to select cake components	describe procedures used to select cake components

RANGE OF VARIABLES

cake components include: icing, filling, toppings, garnishes, glazes, meringues and dessert sauces, nuts, praline, fruit, cake, ganache, mousse, creams

types of cakes include: black forest, pound, carrot, cheesecake, wedding cake

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

M-39.02 Finishes cakes

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
M-39.02.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications and desired results
M-39.02.02P	apply finishing techniques	finishing techniques are applied to cakes according to recipe specifications and desired results
M-39.02.03P	apply decorations	decorations are assembled and applied to cake according to recipe specifications and desired results
M-39.02.05P	package and store finished product	finished product is packaged and stored to maintain freshness and shelf life

RANGE OF VARIABLES

tools and equipment include: spatulas, air brushes, piping bags and tips, pedestals

techniques include: piping, combing, dusting, sprinkling, writing

decorations include: crumbs, coconut, chocolate, piping, fruit, fondant, cookies

KNOWLEDGE

	Learning Outcomes	Learning Objectives
M-39.02.01L	demonstrate knowledge of cakes, their components and applications	define terminology associated with cakes and their components
		identify types of cakes and describe their characteristics
		identify cake components and describe their characteristics
		identify factors to consider when finishing with various cake components
		identify dietary requirements specific to cake components

		identify market forms (prepared and packaged) of cake components , and describe their characteristics and applications
M-39.02.02L	demonstrate knowledge of procedures used to finish cakes	describe procedures used to assemble and decorate cake
		describe techniques used to finish cakes
M-39.02.03L	demonstrate knowledge of procedures used to handle and store cakes and their components	describe procedures used to handle and store cakes and their components

RANGE OF VARIABLES

cake components include: icing, garnishes, glazes, meringues and dessert sauces, nuts, praline, fruit, ganache, creams

types of cakes include: black forest, pound, carrot, cheesecake, wedding cake

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

techniques include: piping, combing, dusting, sprinkling, writing

TASK M-40 Prepares savoury and sweet pastries and pies

TASK DESCRIPTOR

Cooks are required to know how to make savoury and sweet pastries and pies. Assembling and displaying savoury and sweet pastries and pies requires attention to presentation and appeal. It is important to complement the product with the appropriate fillings and garnishes.

For the purpose of this RSOS, the fillings, icing, glazes and doughs have been prepared and stored.

M-40.01 Selects ingredients for savoury and sweet pastries and pies

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
M-40.01.01P	identify required ingredients	required ingredients to assemble a variety of savoury and sweet pastries and pies are identified according to recipe specifications
M-40.01.02P	identify quality and freshness of ingredients for savoury and sweet pastries and pies	quality and freshness of ingredients for savoury and sweet pastries and pies are identified according to sensory assessment

RANGE OF VARIABLES

ingredients include: doughs (sweet, short, yeast raised), flavorings, seasonings, apricot glaze, marzipan
savoury and sweet pastries and pies include: meat pie, Jamaican patty, Danish, calzone, empanada, samosa, spanakopita, cream puff, cannoli, fruit pie, turn-over, sugar pie, custard pie

KNOWLEDGE

	Learning Outcomes	Learning Objectives
M-40.01.01L	demonstrate knowledge of savoury and sweet pastries and pies and fillings, and their applications	define terminology associated with savoury and sweet pastries and pies and fillings
		identify types of savoury and sweet pastry and pie doughs, and describe their characteristics and applications
		identify factors to consider when selecting ingredients for savoury and sweet pastries and pies
		identify ingredients used in savoury and sweet pastries and pies , and describe their characteristics and applications

		identify dietary requirements specific to ingredients used in savoury and sweet pastries and pies
		identify types of fillings , and describe their characteristics and applications
		identify market forms (prepared and packaged) of savoury and sweet pastries and pies and fillings, and describe their characteristics and applications
M-40.01.02L	demonstrate knowledge of procedures used to select ingredients for savoury and sweet pastries and pies	describe procedures used to select ingredients for savoury and sweet pastries and pies

RANGE OF VARIABLES

savoury and sweet pastries and pies include: meat pie, Jamaican patty, Danish, calzone, empanada, samosa, spanakopita, cream puff, cannoli, fruit pie, turn-over, sugar pie, custard pie

ingredients include: doughs (sweet, short, yeast raised), flavorings, seasonings, apricot glaze, marzipan
dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

types of fillings includes: protein, cheese, egg, vegetable, fruit, custard

M-40.02 Assembles savoury and sweet pastries and pies

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
M-40.02.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications
M-40.02.02P	apply assembly methods	assembly methods are followed according to recipe specifications

RANGE OF VARIABLES

tools and equipment include: rolling pins, pie dockers, cutters, piping bags, bowls, pans

methods include: piping, filling, layering, rolling, shaping, egg washing, venting, folding, topping

KNOWLEDGE

	Learning Outcomes	Learning Objectives
M-40.02.01L	demonstrate knowledge of savoury and sweet pastries and pies and fillings, and their applications	define terminology associated with savoury and sweet pastries and pies and fillings
		identify types of savoury and sweet pastry and pie doughs, and describe their characteristics and applications
		identify factors to consider when selecting ingredients for savoury and sweet pastries and pies
		identify ingredients used in savoury and sweet pastries and pies and fillings, and describe their characteristics and applications
		identify dietary requirements specific to savoury and sweet pastries and pies
		identify types of fillings , and describe their characteristics and applications
		identify market forms (prepared and packaged) of savoury and sweet pastries and pies and fillings, and describe their characteristics and applications
M-40.02.02L	demonstrate knowledge of procedures used to assemble savoury and sweet pastries and pies	describe methods used to assemble savoury and sweet pastries and pies

RANGE OF VARIABLES

savoury and sweet pastries and pies include: meat pie, Jamaican patty, Danish, calzone, empanada, samosa, spanakopita, cream puff, cannoli, fruit pie, turn-over, sugar pie, custard pie

ingredients include: doughs (sweet, short, yeast raised), flavorings, seasonings, apricot glaze, marzipan, egg wash

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

types of fillings include: protein, cheese, egg, vegetable, fruit, custard

methods include: piping, filling, layering, rolling, shaping, egg washing, venting, folding, topping

M-40.03 Cooks savoury and sweet pastries and pies

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
M-40.03.01P	select and use cooking tools and equipment	cooking tools and equipment are selected and used according to recipe specifications
M-40.03.02P	follow cooking methods	cooking methods are followed according to recipe specifications
M-40.03.03P	determine doneness	doneness is determined according to sensory assessment or internal temperature

RANGE OF VARIABLES

cooking tools and equipment include: ovens (convection, conventional, combination), fryer, pans
cooking methods include: baking, frying, toasting

KNOWLEDGE

	Learning Outcomes	Learning Objectives
M-40.03.01L	demonstrate knowledge of savoury and sweet pastries and pies and fillings, and their applications	define terminology associated with savoury and sweet pastries and pies and fillings
		identify types of pastry and pie doughs, and describe their characteristics and applications
		identify factors to consider when selecting ingredients for savoury and sweet pastries and pies
		identify ingredients used in savoury and sweet pastries and pies , and describe their characteristics and applications
		identify dietary requirements specific to savoury and sweet pastries and pies
		identify types of fillings , and describe their characteristics and applications
		identify market forms (prepared and packaged) of savoury and sweet pastries and pies and fillings, and describe their characteristics and applications

M-40.03.02L	demonstrate knowledge of procedures used to cook savoury and sweet pastries and pies	describe cooking methods used to cook savoury and sweet pastries and pies
		describe procedures used to determine doneness of savoury and sweet pastries and pies

RANGE OF VARIABLES

savoury and sweet pastries and pies include: meat pie, Jamaican patty, Danish, calzone, empanada, samosa, spanakopita, cream puff, cannoli, fruit pie, turn-over, sugar pie, custard pie

ingredients include: dough, flavorings, seasonings, egg wash, toppings

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

types of fillings includes: protein, cheese, egg, vegetable, fruit, custard

cooking methods include: baking, frying, toasting

M-40.04 Finishes savoury and sweet pastries and pies

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
M-40.04.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications
M-40.04.02P	apply finishing techniques	savoury and sweet pastries and pies are finished according to recipe specifications and desired results
M-40.04.03P	store and hold finished product	finished product is stored and held to maintain freshness and shelf life according to recipe specifications and jurisdictional regulations

RANGE OF VARIABLES

tools and equipment include: spatulas, piping bags, pastry brushes, torch, warmer, hot box, display cabinet, cooler

savoury and sweet pastries and pies include: meat pie, Jamaican patty, Danish, calzone, empanada, samosa, spanakopita, cream puff, cannoli, fruit pie, turn-over, sugar pie, custard pie

jurisdictional regulations include: WHMIS, HACCP, OH&S, public health regulations

KNOWLEDGE

	Learning Outcomes	Learning Objectives
M-40.04.01L	demonstrate knowledge of savoury and sweet pastries and pies and fillings, and their applications	define terminology associated with savoury and sweet pastries and pies and fillings
		identify types of pastry and pie doughs, and describe their characteristics and applications
		identify factors to consider when finishing ingredients for savoury and sweet pastries and pies
		identify ingredients used in pastries and pies, and describe their characteristics and applications
		identify dietary requirements specific to savoury and sweet pastries and pies
		identify market forms (prepared and packaged) of savoury and sweet pastries and pies and fillings, and describe their characteristics and applications
M-40.04.02L	demonstrate knowledge of procedures used to finish savoury and sweet pastries and pies	describe procedures used to finish and present savoury and sweet pastries and pies
M-40.04.03L	demonstrate knowledge of procedures used to hold, handle and store finished savoury and sweet pastries and pies	describe procedures used to hold, handle and store finished savoury and sweet pastries and pies

RANGE OF VARIABLES

savoury and sweet pastries and pies include: meat pie, Jamaican patty, Danish, calzone, empanada, samosa, spanakopita, cream puff, cannoli, fruit pie, turn-over, sugar pie, custard pie

ingredients include: flavorings, seasonings, glazes, toppings, sugar, meringue

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

TASK M-41 Prepares chocolate

TASK DESCRIPTOR

Chocolate is a versatile but delicate component used in many styles and types of cooking. Chocolate is consumed in many forms. In this task, the focus is on chocolate-related items such as truffles, ganaches, dipping chocolate and other confections. Care and attention is needed when handling and storing chocolate and its components.

M-41.01 Selects chocolate and ingredients

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	no	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

Performance Criteria		Evidence of Attainment
M-41.01.01P	identify types of chocolate	types of chocolate are identified according to desired results and recipe specifications
M-41.01.02P	identify ingredients	required ingredients are selected according to recipe specifications

RANGE OF VARIABLES

types of chocolate include: white, dark, milk, couverture, coating chocolate, compound, ruby

ingredients include: cocoa butter, cocoa powder, inclusions (nuts, fruit), cream, butter, flavorings

KNOWLEDGE

Learning Outcomes		Learning Objectives
M-41.01.01L	demonstrate knowledge of chocolate and its applications	define terminology associated with chocolate
		identify types of chocolate , and describe their properties and applications
		identify dietary requirements specific to chocolate
		identify factors to consider when selecting ingredients for chocolate
		identify ingredients used in chocolate, and describe their characteristics and applications
M-41.01.02L	demonstrate knowledge of procedures used to select types of chocolate	identify market forms (prepared and packaged) of chocolate, and describe their characteristics and applications
		describe procedures used to select types of chocolate

		describe procedures used to handle types of chocolate
M-41.01.03L	demonstrate knowledge of procedures used to select ingredients	describe procedures used to select ingredients used in chocolate products
		describe procedures used to handle ingredients used in chocolate products

RANGE OF VARIABLES

types of chocolate include: white, dark, milk, couverture, coating chocolate, compound, ruby

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

ingredients include: cocoa butter, cocoa powder, inclusions (nuts, fruit), cream, butter, flavorings

M-41.02 Processes chocolate

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	no	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
M-41.02.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications and desired results
M-41.02.02P	apply tempering techniques	chocolate is tempered according to recipe specifications and desired results

RANGE OF VARIABLES

tools and equipment include: bain-marie, thermometer, tempering machines, bowls, marble slabs, moulds, wooden spoons

tempering techniques include: tabling, seeding, microwaving, tempering machine, holding

KNOWLEDGE

	Learning Outcomes	Learning Objectives
M-41.02.01L	demonstrate knowledge of chocolate and its applications	define terminology associated with chocolate
		identify types of chocolate , and describe their properties and applications
		identify dietary requirements specific to chocolate
		identify factors to consider when processing ingredients for chocolates

		identify ingredients used in chocolates, and describe their characteristics and applications
		identify market forms (prepared and packaged) of chocolate, and describe their characteristics and applications
M-41.02.02L	demonstrate knowledge of procedures used to process chocolate	describe procedures used to select and use tools and equipment
		describe tempering techniques used to temper chocolate
		describe procedures used to combine ingredients

RANGE OF VARIABLES

types of chocolate include: white, dark, milk, couverture, coating chocolate, compound, ruby

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

ingredients include: cocoa butter, cocoa powder, inclusions (nuts, fruit), cream, butter, flavorings

tools and equipment include: bain-marie, thermometer, tempering machines, bowls, marble slabs, moulds, wooden spoons

tempering techniques include: tabling, seeding, microwaving, tempering machine, holding

M-41.03 Finishes chocolate

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
yes	yes	yes	yes	no	yes	yes	yes	yes	yes	yes	NV	NV

SKILLS

	Performance Criteria	Evidence of Attainment
M-41.03.01P	select and use tools and equipment	tools and equipment are selected and used according to recipe specifications and desired results
M-41.03.02P	apply finishing techniques	finishing techniques are applied to chocolate according to recipe specifications and desired results
M-41.03.03P	hold and store finished chocolate product	finished chocolate product is held and stored to maintain quality and temper according to desired results

RANGE OF VARIABLES

tools and equipment include: tempering machines, bowls, marble slabs, moulds, wooden spoons, transfer sheets, acetates, spatulas, cornets, knives, cutters

finishing techniques include: shaving, coating, brushing, moulding, piping, transfer sheets

KNOWLEDGE

Learning Outcomes		Learning Objectives
M-41.03.01L	demonstrate knowledge of chocolate and its applications	define terminology associated with chocolate
		identify types of chocolate , and describe their properties and applications
		identify dietary requirements specific to chocolate
		identify factors to consider when selecting ingredients for chocolates
		identify ingredients used in chocolates, and describe their characteristics and applications
		identify market forms (prepared and packaged) of chocolate, and describe their characteristics and applications
M-41.03.02L	demonstrate knowledge of finishing techniques used to finish chocolate	describe finishing techniques used to present and finish chocolate
M-41.03.03L	demonstrate knowledge of procedures used to hold and store chocolate	describe procedures used to hold and store chocolate

RANGE OF VARIABLES

types of chocolate include: white, dark, milk, couverture, coating chocolate, compound, ruby

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

ingredients include: cocoa butter, cocoa powder, inclusions (nuts, fruit), cream, butter, flavourings

finishing techniques include: shaving, coating, brushing, moulding, piping, transfer sheets

APPENDIX A

ACRONYMS

AED	automatic external defibrillator
AP	As-Purchased
BEO	banquet event orders
CFIA	Canadian Food Inspection Agency
EP	Edible Portion
FIFO	first in-first out
HACCP	Hazard Analysis Critical Control Points
HMR	home meal replacements
IQF	individual quick frozen
OH&S	Occupational Health and Safety
PPE	personal protective equipment
QSR	quick service restaurant
RTS	ready-to-serve
RTU	ready-to-use
SDS	Safety Data Sheets
TS	thaw and serve
UHT	ultra- high temperature
WHMIS	Workplace Hazardous Materials Information System

APPENDIX B

TOOLS AND EQUIPMENT / OUTILS ET ÉQUIPEMENT

Cutting Tools and Equipment / Outils et équipement de coupe

apple corer	vide-pomme
band saw	scie à ruban
blender	mélangeur
bone saw	scie à os
boning knife	couteau à désosser
box grater	râpe 4 faces
bread slicer	trancheuse à pain
chef's knife	couteau de chef
cleaver	couperet ou fendoir
crinkle cutter	lame à coupe ondulée
cutting boards	planches à découper
dough cutter	coupe-pâte
egg cutter	coupe-œuf
food chopper/slicer/dicer	hachoir, trancheuse et coupeuse en dés
food processor	robot culinaire
fruit carving tools	outils pour sculpter les fruits
grinders	broyeur
hand saw	scie à main
honing steel	fusil
knife sharpener	aiguiseur de couteau
knives (regular/specialty)	couteaux (ordinaires et spéciaux)
mandolin	mandoline
melon baller	cuillère parisienne
mortar & pestle	mortier et pilon
oyster knife	couteau à huîtres
paring knife	couteau à légumes
Parisian cutters	couteaux parisiens
pastry wheel	roulette à pâtisserie
peeler	couteau éplucheur
pizza cutter	coupe-pizza
rasp	râpe
scissors	ciseaux
shears/cutters	cisailles
shredder	broyeur
slicing machine	trancheuse
whetstone	pierre à aiguiser
zester	zesteur

Cooking and Holding Tools and Equipment / Outils et équipement de cuisson et de conservation

bain-marie (water bath, double boiler)	bain-marie
braising pan	braisière
broiler	grilloir
buffet unit	réchaud de table
chiller racks	grilles de refroidissement
convection oven	four à convection
conveyor oven	four à convoyeur
cooking ranges (gas/electric)	cuisinières (au gaz ou électriques)
deep fryer (gas/electric)	friteuse (au gaz ou électrique)
dehydrator	déshydrateur
disher scoop	cuillère à crème glacée
doughnut fryer	friteuse à beignets
flambé station	table de service
griddle	plaque à frire
grill	gril
hot dog cooker	cuisseur de hot-dogs
hot food transport cart	chariot de livraison des repas chauds
infrared food warmer	réchaud à infrarouge
microwave oven	four à micro-ondes
ovens	fours
panini machines	grille-panini
pizza oven	four à pizza
poultry shears	cisailles à volaille
pressurized steam cooker	cuisseur sous pression
proofing box	étuve de fermentation
réchaud stove	réchaud de table
rice cooker	cuisseur à riz
rotisserie unit	tournebroche
salamander	salamandre
slow cooking oven	four à cuisson lente
smoker	fumoir
sous-vide tools	machine sous-vide
soup warmer	marmite à soupe
stainless steel inserts	plaques à insertion
steam kettle	cuisseur à vapeur
steam table	table à vapeur
steamer	machine à vapeur
stove	poêle-cuisinière
immersion circulator	circulateur à immersion
toaster	grille-pain
torches	chalumeaux de cuisine
waffle iron	gaufrier

Cookware and Bakeware / Ensemble de plats à cuisson

bain-marie (double boiler)	bain-marie
bake pans	moules à cuisson
baking moulds	moules à pâtisserie
bamboo baskets	panier de bambou
brazier	brasero
bread pans	moules à pain
bus pans	bacs à desservir
cake forms	moules à gâteau
cast iron skillet	poêle en fonte
cooling racks	grilles de refroidissement
crêpe pan	crêpière
frying pan/skillet	casseroles pour le four et rôtissoires
hotel pans	plats d'hôtel
muffin pans	moule à muffins
oven and roasting pans	casseroles pour le four et rôtissoires
pans	casseroles
pots	chaudrons
pressure cooker	cuisseur sous pression
roasting pan	poêle à frire
saucepan	casseroles
sauté pan	sauteuse
skillet	poêle à frire
spigot pots	chaudrons à robinet
stock pots and lids	marmites et couvercles
wok	Wok

Containers / Récipients et plats

bowls	bols
mirrors	miroirs
non-reactive containers (glass, plastic, stainless steel)	récipient non réactif
platters	plats de service
storage containers	récipients de stockage
serving containers	récipients de service

Utensils/ Ustensiles

butchers twine
colander
crimper
cutlery
cheese cloth
dough scraper
fine-mesh strainer
fish tweezers
forks
french wire whip
funnels
masher
mesh strainer
nut cracker
offset spatula
oven peel
oyster brush
paint brush
pastry brush
pie server
piping bag and tips
rolling pin
salad spinner
sandwich spreader
scissors
scrapers
sieve
sifter
skewers
skimmer
slotted spoons
spatulas
spider
spoons
strainer
tenderizing hammer
tongs
trussing needles
tweezers
whisks
wooden spoons

ficelle de boucher
Passoire
pince à pâte
Coutellerie
étamine
grattoir à pâte
passoire fine à grille
pinces à poisson
fourchettes
fouet français
Entonnoir
pilon à légumes
filtre à mailles
casse-noisettes
spatule courbée
pelle à enfourner
brosse pour huîtres
Pinceau
pinceau à pâtisserie
pelle à tarte
poches à douilles et douilles
rouleau à pâtisserie
essoreuse à salade
spatule à beurre
ciseaux
Racloirs
Crible
Tamis
Brochettes
écumoire
cuillères à rainures
Spatules
Araignée
Cuillères
passoire
marteau à viande
pinces
aiguilles à brider
pinces
fouets
cuillères de bois

Measuring Tools and Equipment / Outils et instruments de mesure

egg timer	sablier
grader	trieur-calibreur
hydrometer	hydromètre
hygrometer	hygromètre
ladle	louche
measuring cups	tasses à mesurer
measuring spoons	cuillères graduées
measuring tape	ruban à mesurer
portion scale	balance à mesurer les portions
portion scoops	pelles à portions
probes	sondes à piquer
ruler	règle
scale	balance
thermometers (refrigerator/meat)	thermomètre (de réfrigérateur et pour la viande)
timer	minuterie

Mechanized Equipment and Appliances / Équipement et appareils électriques

blast chiller	refroidisseur à jet d'air
can openers	ouvre-boîte
coffee grinder	moulin à café
coffee maker	cafetière
compactor	compacteur
compressed-air whipping machine	machine à fouetter à air comprimé
computer and software	ordinateur et logiciel
computer paging system	système de téléappel informatique
computer printer	micro-imprimante
cryogenic freezer	congélateur cryogénique
dishwasher	lave-vaisselle
electric roller	rouleau électrique
freezer	congélateur
ice crusher	broyeur à glace
ice maker	machine à glaçons
juice extractor	centrifugeuse
meat grinder	hachoir à viande
mixing machine and attachments	mélangeur et accessoires
packaging equipment	équipement de conditionnement
pasta machine	machine à confectionner les pâtes
ravioli press	presse à ravioli
refrigerator	réfrigérateur
tenderizing machine	attendrisseur
tilting braising fry pan	braisière à bascule

Personal Protective Equipment and Safety Equipment / Équipement de sécurité et de protection personnelle

aprons	tablier
epinephrine injector (Epipen)	injecteur d'épinéphrine (Épipen)
eye protection	protecteur oculaire
eye wash station	douche oculaire
fire blanket	couverture antifeu
fire extinguisher	extincteur
first aid kit	trousse de premiers soins
gloves (non-latex)	gants (sans latex)
hair net	guédille
masks	masques
nail brush	brosse à ongles
oven mitts	gants isolants
protective clothing	vêtement de protection
protective footwear	chaussures protectrices
sanitizing spray	pulvérisateur assainissant
uniforms	uniformes

APPENDIX C GLOSSARY / GLOSSAIRE

bain-marie	container of hot water designed to keep foods hot and/or to cook them slowly	bain-marie	réceptif d'eau chaude destiné à conserver au chaud les aliments ou à leur donner une cuisson lente
batter	semi-liquid mixture of flour or other starches	pâte battue	mélange semi-liquide de farine ou d'autre amidon
béchamel	white sauce prepared with milk and white roux	béchamel	sauce blanche cuite à base de lait et de roux blanc
broth	thin, flavored liquid prepared primarily from simmering meats; bones and vegetables may also be added	bouillon	liquide clair aromatisé, préparé principalement à partir de viandes mijotées; des os et des légumes peuvent également y être ajoutés
convenience food	typically a complete meal that has been pre-prepared commercially and so requires little cooking by the consumer	aliment prêt-à-manger	généralement un repas complet qui a été préparé à l'avance dans le commerce et qui nécessite donc peu de cuisson de la part du consommateur
condiment	traditionally, any item added to a dish for flavour (including herbs, spices and vinegars); cooked or prepared flavourings or accompaniments such as relishes, prepared mustards, ketchup, bottled sauces and pickles	condiment	traditionnellement, tout ingrédient utilisé pour relever le goût des aliments (incluant les fines herbes, les épices et les vinaigres); ils peuvent être cuits ou aromatisés et servir d'accompagnement dans le cas des relishes, des moutardes préparées, du ketchup, des sauces embouteillées et des cornichons
dégustation	the act of sampling a wide variety of foods, wines, etc.	dégustation	le fait de déguster une grande variété d'aliments, de vins, etc.
farm to table	trend in the industry where food products are sourced directly from local producers	ferme à la table	tendance dans l'industrie où les produits alimentaires proviennent directement des producteurs locaux
forager	reliable and high-quality supplier of wild mushrooms, greens and berries	cueilleur	fournisseur fiables de produits de grande qualité comme les champignons sauvages, les légumes verts et les petits fruits
game	wild mammals and birds raised for the consumption of their flesh	gibier	mammifères et oiseaux sauvages élevés pour la consommation de leur chair

garde-manger	a cool, well-ventilated area where cold dishes (such as salads, hors d'œuvres, appetizers, canapés, pâtés and terrines) are prepared and other foods are stored under refrigeration	garde-manger	endroit frais, bien ventilé où les plats froids comme les salades, les hors-d'œuvre, les entrées, les canapés, les pâtés et les terrines sont préparés; les autres aliments sont conservés au réfrigérateur
garnish, to	to add a decorative yet edible item to a finished dish; visible, cut items in finished soups and salads	garnir	ajouter à un plat fini une décoration qui est à la fois comestible et décorative; garnitures coupées et ajoutées aux soupes et aux salades finies en vue de terminer la présentation du plat
ghost kitchen	also known as ghost restaurant, delivery-only restaurant or online-only restaurant, is a food service business that serves consumers exclusively through phone orders or online food ordering; without the need of a full-service restaurant premises, ghost restaurants can also economize by occupying cheaper real estate	cuisine virtuelle	aussi appelé restaurant virtuel, restaurant de livraison seulement ou restaurant en ligne seulement, consiste en un service de restauration en ligne ou par téléphone servant les clients par livraison seulement; ce type service, en ne nécessitant pas un restaurant avec client, permet d'économiser sur l'emplacement qu'il occupe
grade	quality, rating and standards of food products	catégorie	qualité, classement et normes des produits alimentaires
hors d'œuvre	appetizer or starter, is a small dish served before a meal in European cuisine; some hors d'œuvres are served cold, others hot	amuse-bouche	hors-d'œuvre ou entrée, un petit plat servi avant un repas dans la cuisine européenne; certains amuses-bouches sont servis froids, d'autres chauds
home meal replacement (HMR)	fully or partially-prepared meals	substitut de repas-maison	repas préparés en entier ou partiellement
Indigenous perspective	the cultural integration of thought, production, and distribution among Indigenous societies; in this case, referring to Indigenous/traditional food	perspective autochtone	intégration culturelle de la pensée, de la production et de la distribution entre les sociétés autochtones; dans ce cas-ci, on réfère à l'alimentation autochtone ou traditionnelle
lock-out	a safety procedure used to ensure that machines are properly shut off and not able to be started up again prior to the completion of maintenance or repair work	verrouillage	procédure de sécurité permettant de s'assurer que les machines sont correctement arrêtées et qu'elles ne peuvent pas être remises en marche avant la fin des travaux d'entretien ou de réparation

marinate, to	to add a marinade to foods in order to add flavour or moisten foods (may be dry or liquid, usually based on an acidic ingredient to tenderize; an oil to preserve and a flavouring agent; dry marinades are usually salt based); to tenderize or soak food in seasoned liquid	mariner	tremper une viande, un poisson, une volaille dans une préparation aromatique et pour une période plus ou moins longue afin d'aromatiser, conserver ou attendrir les aliments
mise en place	setting up for production and having everything in its proper place	mise en place	s'installer pour cuisiner et tout mettre au bon endroit
sensory assessment	methods used to measure, analyze and interpret human responses to foods or materials using taste, smell, touch, sight and hearing	évaluation organoleptique	méthodes utilisées pour mesurer, analyser et interpréter les réactions humaines aux aliments ou aux matières, en utilisant le goût, l'odorat, le toucher, la vue et l'ouïe
pastry	dough of flour, fat and water used as a base and covering for sweet and savory pies, tarts, etc.	pâte	pâte de farine, de graisse et d'eau servant de fond et de dessus pour les tartes sucrées et aromatisées, les tartelettes, et autres
portion, to	to divide a large quantity into several servings	portionner	diviser une grande quantité en plusieurs portions
produce	fresh fruits and vegetables	produit maraîcher	fruits et légumes frais
recipe	instructions for preparing a dish that includes the necessary ingredients	recette	instructions pour la préparation d'un plat incluant la liste des ingrédients nécessaires pour le préparer
seafood	edible sea fish or shellfish	fruits de mer	mollusques et crustacés comestibles
shuck, to	to remove the rigid external facade (i.e., shell) from oysters, mussels and clams	décoquer	enlever les surfaces rigides externes comme les coquilles des huîtres, des moules et des palourdes
stock	clear, thin, flavoured liquid prepared from simmering bones, vegetables, and aromatics	fond	bouillon ou jus aromatisé, préparé à partir d'os, de légumes et d'aromates mijotés