Trade Profile

Cook

INTERPROVINCIAL
STANDARD
CANADA
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Canada

RED SEAL
TRADE PROFILE
COOK

STRUCTURE OF THE TRADE PROFILE

This profile has two sections that provide a snapshot of the trade's description, and all trade activities as they are organized in the Red Seal Occupational Standard:

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

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

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

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

A complete version of the occupational standard, which provides additional detail for the trade activities, skills and knowledge can be found at www.red-seal.ca.

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.

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
Task C-11 Prepares vegetables 42%	11.01 Selects vegetables	11.02 Cleans vegetables	11.03 Processes vegetables
	11.04 Cooks vegetables	11.05 Finishes vegetables	
Task C-12 Prepares fruit 33%	12.01 Selects fruit	12.02 Cleans fruit	12.03 Processes fruit
	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
Task D-14 Prepares soups 51%	14.01 Selects soup ingredients	14.02 Processes soup ingredients	14.03 Cooks soups
	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	32.01 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