

Professional Cook I Houston February 2015

PROFESSIONAL COOK I 2015 PROGRAM

OVERVIEW

Cook means a person who performs all phases of kitchen activities including the preparation and presentation of vegetables, soups, sauces, meat, fish and poultry, cold kitchen items; desserts, baking, pastry; basic menu planning/costing as well as knowledge of safety, sanitation and food storage, and who has a knowledge of human and customer relations. A Professional Cook I usually works in a supervised environment and performs basic cooking and food preparation tasks utilizing knife skills, correct terminology, and a variety of cooking methods. They must be able to follow recipes, weigh and measure food accurately, and have an understanding of the major techniques and principles used in cooking, baking, and other aspects of food preparation. At this level, a professional cook should have a solid foundation of culinary skill.

PROGRAM OUTLINE

The program is competency based and classes and kitchen time are scheduled Monday – Friday. The 28-week program delivers the complete theoretical and practical outcomes of the provincially accredited Professional Cook I apprentice program. Students accumulate 400 work based training hours towards their Industry Training Authority certification

For more information see the Industry Training Authority Websites www.itabc.ca

For more information regarding admission requirements and program fees see the Northwest Community College website: www.nwcc.bc.ca

For Ace-It students interested in applying, please contact your school counselor to get started.

FUNDING AVAILABLE

THE FUTURE IS NOW, APPLY TODAY!



PROFESSIONAL COOK I

When: Monday – Friday
8:30 am – 3:00 pm

Dates: Feb. 2, 2015 – Aug 15, 2015

Where: Houston Secondary School
Contact

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Information subject to change. See Web site for up-to-date information.

nwcc.bc.ca
1.877.277.2288

