

# Atlantic Workforce Partnership

Curriculum Standard

## COOK

Version: 2024

Revised: N/A

Atlantic Apprenticeship



# PLAN OF TRAINING

## Atlantic Apprenticeship Curriculum Standard

### Cook

December 2023



**Government of Newfoundland and Labrador  
Department of Immigration, Population Growth and Skills  
Apprenticeship and Trades Certification Division**

Approved by:

A handwritten signature in black ink, appearing to read "Lorne Hannu", is written over a horizontal line.

Chairperson, Provincial Apprenticeship and Certification Board

Date: January 26 '24

# Atlantic Apprenticeship Curriculum Standard

## Cook

## Preface

---

This Atlantic Apprenticeship Curriculum Standard is intended to assist instructional staff in the design and delivery of technical, in-class training in support of the Cook trade.

This document contains all the technical training elements required to complete the Cook apprenticeship program and has been developed based on the 2020 Red Seal Occupational Standard (RSOS). The RSOS can be found on the Red Seal website ([www.red-seal.ca](http://www.red-seal.ca)).

Implementation of this AACS for Apprenticeship training is outlined in the following table.

Level	Implementation Effective
Level 1	2024-2025
Level 2	2025-2026
Level 3	2026-2027

**The above implementation schedule was current at time of printing. Please confirm with Apprenticeship Staff prior to commencing training.**

Granting of credit or permission to challenge level examinations for pre-employment or pre-apprenticeship training for the Cook trade will be based on the content outlined in this standard. Training providers must contact their provincial apprenticeship authority for more information on the process and requirements for determining eligibility for credit towards an apprenticeship program.

## **Acknowledgements**

---

The development of the Atlantic Apprenticeship Curriculum Standard (AACS) is an initiative of the Atlantic Apprenticeship Council's Atlantic Apprenticeship Harmonization Project (AAHP) through the Atlantic Workforce Partnership.

The AAHP was created in 2014 and funded through contributions from Employment and Social Development Canada (ESDC) and the four Atlantic Provinces. In 2023, Phase III of the AAHP concluded and the AAHP transitioned to a maintenance office supported by the four Atlantic Provinces. The Atlantic Apprenticeship Council would like to thank ESDC for the financial support provided to harmonize the 23 trades in Phase I, II and III of the AAHP.

Advisory committees, industry representatives, instructors and apprenticeship staff provided valuable input to the development of the trade Atlantic Apprenticeship Curriculum Standard (AACS) in 2015 and updating of the trade AACS in 2023. Without their dedication to quality apprenticeship training, this document could not have been produced. The Atlantic Apprenticeship Council wishes to acknowledge the contributions of the industry and instructional representatives who participated in the development of this document.

## Table of Contents

---

Preface .....	2
Acknowledgements.....	3
User Guide .....	5
Glossary of Terms .....	7
Essential Skills/Skills for Success Profiles.....	9
Level Structure .....	10
2020 RSOS Sub-Task to AACCS Unit Comparison .....	12
Program Content	
Level 1 .....	21
Level 2 .....	77
Level 3 .....	111
Feedback and Revisions .....	160

## **User Guide**

---

Atlantic Apprenticeship Curriculum Standards (AACS) are developed based on trade specific national occupational standards, such as the Red Seal Occupational Standard (RSOS), and industry consultation. This document represents the minimum content to be delivered as part of the harmonized Atlantic program for the Cook trade.

The AACSs are deliberately constructed for ease of use and flexibility of structure to adapt to all delivery requirements. They detail units of training, unit outcomes and objectives. They do not impose a delivery model or teaching format.

Jurisdictions and/or training providers will select and develop delivery materials and techniques that accommodate a variety of learning styles and delivery patterns. The AACS does not dictate study materials, textbooks or learning activities to be used in delivery.

The document includes a Level Structure to facilitate mobility for apprentices moving from one jurisdiction to another.

### **Structure**

The content of the AACS is divided into units. Unit codes are used as a means of identification and are not intended to convey the order of delivery. It is at the discretion of the training provider to deliver the content in the required logical sequence of delivery within the level. Jurisdictions are free to deliver units one at a time or concurrently within a level, provided all outcomes are met.

The Learning Outcomes describe what the apprentice should know or be able to do at the end of training. Wording of the Learning Outcomes, “Demonstrate knowledge of...” acknowledges the broad spectrum of ways in which knowledge can be assessed (i.e. practical projects, multiple choice testing, presentations, etc.) by instructional staff within the training.

Summative evaluation will be through a multiple-choice level exam administered through the jurisdictional Apprenticeship Authority.

## User Guide (continued)

---

The Red Seal Occupational Standard (RSOS) to AACS comparison chart outlines the relation between each RSOS sub-task and the AACS units. RSOS references have also been detailed in each unit to highlight the direct link between the unit and relevant sub-tasks in the RSOS.

In the Level Structure section, the document identifies suggested hours in order to provide an indication of the time it should take to cover the material in the unit and is provided as a guide only. Adjustments to the suggested hours for each unit may be required to account for rate of apprentice learning, statutory holidays, storm days, registration and examinations. These suggested hours detailed for each unit will represent both theory and practical training (if relevant) and for consistency will be based on a standard of 30 hours per week of training. The true length of time required to deliver an outcome successfully will depend upon the learning activities and teaching methods used.

There are two types of objectives found in the AACS document: theoretical and practical.

The theoretical objectives represent the material that is to be covered during the technical training in order to convey the required knowledge to the apprentice.

The practical objectives represent the tasks or skills that have been deemed by the Atlantic Trade Advisory Committee as critical for the apprentices to receive exposure to while attending technical training. For example, exposure could be done through instructor demonstration or individual or group performance of the skill or task. Training providers are encouraged to use practical demonstration and opportunities for hands-on learning whenever possible. Practical objectives are not intended to replace the on-the-job training component of the apprentice's program or to mirror or replace the logbook skills that are to be taught and evaluated in the workplace.

Detailed content for each objective has not been developed. Where detail is required for clarity, content has been provided. The AACS should be used in conjunction with the national standard for the trade – the Red Seal Occupational Standard (RSOS).



## **Glossary of Terms**

---

These definitions are intended as a guide to how language is used in the document.

<b>Adjust</b>	To put in good working order; regulate; bring to a proper state or position.
<b>Application</b>	The use to which something is put and/or the circumstance in which an individual would use it.
<b>Characteristic</b>	A feature that helps to identify, tell apart or describe recognizably; a distinguishing mark or trait.
<b>Component</b>	A part that can be separated from or attached to a system; a segment or unit.
<b>Define</b>	To state the meaning of (a word, phrase, etc.).
<b>Describe</b>	To give a verbal account of; tell about in detail.
<b>Explain</b>	To make plain or clear; illustrate; rationalize.
<b>Identify</b>	To point out or name objectives or types.
<b>Interpret</b>	To translate information from observation, charts, tables, graphs and written material.
<b>Maintain</b>	To keep in a condition of good repair or efficiency.
<b>Method</b>	A means or manner of doing something that has procedures attached to it.
<b>Operate</b>	How an object works; to control or direct the functioning of.
<b>Procedure</b>	A prescribed series of steps taken to accomplish an end.
<b>Purpose</b>	The reason for which something exists or is done, made or used.

## **Glossary of Terms (continued)**

---

<b>Service</b>	<p>Routine inspection and replacement of worn or deteriorating parts.</p> <p>An act or business function provided to a customer in the course of an individual's profession (e.g., haircut).</p>
<b>Technique</b>	<p>Within a procedure, the manner in which technical skills are applied.</p>
<b>Test</b>	<p>v. To subject to a procedure that ascertains effectiveness, value, proper function or other quality.</p> <p>n. A way of examining something to determine its characteristics or properties, or to determine whether or not it is working correctly.</p>

## Essential Skills Profiles/ Skills for Success

---

Through extensive research, the Government of Canada and other national and international agencies have identified and validated key essential skills for the workplace. These skills are used in nearly every job and at different levels of complexity. They provide the foundation for learning all other skills and enable people to evolve with their jobs and adapt to workplace change. In response to the evolving labour market and changing skill needs, in 2021 the Government of Canada launched a new **Skills for Success** model: QR code #1 or web link below.

<https://www.canada.ca/en/services/jobs/training/initiatives/skills-success/new-model.html>

The Employment and Social Development Canada (ESDC) website provides information about the Skills for Success, including:

- a brief description of the skill;
- why the skill is important;
- tools to help you improve on each of the skills, and
- Videos to help you improve on each of the skills.

This information can be found at: QR code #2 or web link below.

<https://www.jobbank.gc.ca/essentialskills>

Skills for Success training tools can be found at: QR code #3 or web link below.

<https://www.canada.ca/en/services/jobs/training/initiatives/skills-success/tools.html>

The development and improvement of these Skills for Success is inherent throughout the apprenticeship training program as apprentices work towards achieving journeyperson status.



#1 The new Skills for Success model – Canada.ca



#2 Explore careers by essential skills – Job Bank



#3 Assessment and training tools – Canada.ca

## Level Structure

### Level 1 – 5 Weeks

Unit Code	Unit Title	Suggested Hours	Page Number
COO-100	Introduction to the Cooking Industry	3	22
MENT-700	Mentoring I	6	24
COO-105	Personal Hygiene, Kitchen Sanitation and Food Safety	9	26
COO-110	Health and Safety	3	30
COO-115	Tools and Equipment	3	32
COO-120	Weights and Measures	3	35
COO-125	Cooking Principles	3	37
COO-130	Receiving and Storage	3	40
COO-135	Vegetables and Fungi	12	42
COO-140	Potatoes	12	46
COO-145	Pulses, Grains, Seeds and Nuts	12	48
COO-150	Dry Pasta and Noodles	3	51
COO-155	Fruits	6	53
COO-160	Salads	9	57
COO-165	Sandwiches	9	60
COO-170	Eggs, Dairy and Alternative Products	3	62
COO-175	Introduction to Baking	3	64
COO-180	Bread Products	15	66
COO-185	Egg and Breakfast Cookery	12	68
COO-190	Stocks and Broths	12	71
COO-195	Fin Fish I	6	73
COO-198	Introduction to Poultry	3	75

### Level 2 – 5 Weeks

Unit Code	Unit Title	Suggested Hours	Page Number
COO-200	Soups	15	78
COO-205	Thickening and Binding Agents	3	80
COO-210	Basic Sauces	15	82
COO-215	Meat Cutting and Processing	12	84
COO-217	Meat Cookery	12	87
COO-220	Poultry Cutting and Processing	9	89
COO-223	Poultry Cookery	6	91
COO-225	Fin Fish II	12	93
COO-230	Seafood	15	96
COO-245	Cookies	6	99
COO-250	Savoury and Sweet Pastries and Pies	15	101

COO-255	Fresh Pasta, Noodles and Dumplings	12	104
COO-258	Cakes and Icings I	18	107

### Level 3 – 6 Weeks

Unit Code	Unit Title	Suggested Hours	Page Number
COO-300	Charcuterie and Cured Products	15	112
COO-305	Aspics, Gels and Glazes	3	115
COO-310	Marinades, Rubs and Brines	3	117
COO-315	Game Meat Cutting and Processing	6	119
COO-317	Game Meat Cookery	9	122
COO-318	Game Bird Cutting and Processing	3	124
COO-319	Game Bird Cookery	9	127
COO-320	Hors D'oeuvres and Finger Foods	3	129
COO-325	Cakes and Icings II	9	132
COO-330	Creams, Mousses and Dessert Components	12	134
COO-340	Frozen Desserts	6	137
COO-345	Chocolate	6	138
COO-350	Adaptive Cooking	6	140
COO-355	Cost Control	12	142
COO-360	Menu Planning	12	144
COO-370	Specialty Sauces	9	147
COO-375	Condiments, Preserves and Dressings	3	149
COO-380	Specialty Seafood	15	151
COO-382	Alternative Proteins	3	154
MENT-701	Mentoring II	6	156
COO-390	Program Review	30	157

## 2020 RSOS Sub-Task to AAC Unit Comparison

RSOS Sub-Task		AACCS Unit	
Task 1 – Performs safety and hygiene-related functions.			
1.01	Maintains safe work environment.	COO-110	Health and Safety
1.02	Uses personal protective equipment (PPE) and safety equipment.	COO-110	Health and Safety
1.03	Maintains personal hygiene.	COO-105	Personal Hygiene, Kitchen Sanitation and Food Safety
Task 2 – Practices food safety procedures.			
2.01	Maintains safe condition and temperature of raw finished product.	COO-125	Cooking Principles
2.02	Cools food rapidly.	COO-125	Cooking Principles
2.03	Re-thermalizes foods.	COO-125	Cooking Principles
2.04	Prevents cross-contamination.	COO-105	Personal Hygiene, Kitchen Sanitation and Food Safety
2.05	Cleans tools and equipment.	COO-105	Personal Hygiene, Kitchen Sanitation and Food Safety
2.06	Sanitizes tools and equipment.	COO-105	Personal Hygiene, Kitchen Sanitation and Food Safety
Task 3 – Uses tools and equipment.			
3.01	Uses knives.	COO-115	Tools and Equipment
3.02	Uses pots, pans, and utensils.	COO-115	Tools and Equipment
3.03	Uses equipment and appliances.	COO-115	Tools and Equipment
Task 4 – Organizes work.			
4.01	Organizes kitchen workplace.	COO-100	Introduction to the Cooking Industry
4.02	Schedules production.	COO-355	Cost Control
Task 5 – Manages information.			
5.01	Plans menu and mise en place.	COO-350	Adaptive Cooking
		COO-360	Menu Planning
5.02	Uses documentation.	COO-100	Introduction to the Cooking Industry
Task 6 – Manages products.			
6.01	Orders products.	COO-360	Menu Planning
6.02	Receives products.	COO-130	Receiving and Storage
6.03	Stores products.	COO-130	Receiving and Storage
6.04	Maintains inventory.	COO-130	Receiving and Storage
		COO-355	Cost Control
Task 7 – Performs trade activities.			
7.01	Uses recipes.	COO-120	Weights and Measures
7.02	Performs portion control.	COO-120	Weights and Measures

RSOS Sub-Task		AACS Unit	
7.03	Presents finished product.	COO-125	Cooking Principles
Task 8 – Adapts cooking practices to meet dietary requirements.			
8.01	Adapts kitchen practices to meet dietary requirements.	COO-350	Adaptive Cooking
8.02	Selects ingredients to meet dietary requirements.	COO-350	Adaptive Cooking
8.03	Prepares food to meet dietary requirements.	COO-350	Adaptive Cooking
Task 9 – Uses communication and mentoring techniques.			
9.01	Uses communication techniques.	MENT-700	Mentoring I
		MENT-701	Mentoring II
9.02	Uses mentoring techniques.	MENT-700	Mentoring I
		MENT-701	Mentoring II
Task 10 – Prepares herbs and spices.			
10.01	Selects herbs and spices.	COO-125	Cooking Principles
10.02	Cleans herbs.	COO-125	Cooking Principles
10.03	Processes herbs and spices.	COO-125	Cooking Principles
Task 11 – Prepares vegetables.			
11.01	Selects vegetables.	COO-135	Vegetables and Fungi
		COO-140	Potatoes
11.02	Cleans vegetables.	COO-135	Vegetables and Fungi
		COO-140	Potatoes
11.03	Processes vegetables.	COO-135	Vegetables and Fungi
		COO-140	Potatoes
11.04	Cooks vegetables.	COO-135	Vegetables and Fungi
		COO-140	Potatoes
11.05	Finishes vegetables.	COO-135	Vegetables and Fungi
		COO-140	Potatoes
Task 12 – Prepares fruit.			
12.01	Selects fruit.	COO-155	Fruits
12.02	Cleans fruit.	COO-155	Fruits
12.03	Processes fruit.	COO-155	Fruits
12.04	Cooks fruit.	COO-155	Fruits
12.05	Finishes fruit.	COO-155	Fruits
Task 13 – Prepares stocks and broths.			
13.01	Selects stock and broth ingredients.	COO-190	Stocks and Broths
13.02	Processes stock and broth ingredients.	COO-190	Stocks and Broths
13.03	Cooks stocks and broths.	COO-190	Stocks and Broths

RSOS Sub-Task		AACS Unit	
Task 14 – Prepares soups.			
14.01	Selects soup ingredients.	COO-200	Soups
14.02	Processes soup ingredients.	COO-200	Soups
14.03	Cooks soups.	COO-200	Soups
14.04	Finishes soups.	COO-200	Soups
Task 15 – Prepares thickening and binding agents.			
15.01	Selects thickening and binding ingredients.	COO-205	Thickening and Binding Agents
15.02	Processes thickening and binding ingredients.	COO-205	Thickening and Binding Agents
Task 16 – Prepares sauces.			
16.01	Selects sauce ingredients.	COO-210	Basic Sauces
		COO-370	Specialty Sauces
16.02	Processes sauce ingredients.	COO-210	Basic Sauces
		COO-370	Specialty Sauces
16.03	Cooks sauces.	COO-210	Basic Sauces
		COO-370	Specialty Sauces
16.04	Finishes sauces.	COO-210	Basic Sauces
		COO-370	Specialty Sauces
Task 17 – Uses cheese, dairy products and plant-based dairy alternative products.			
17.01	Selects cheese, dairy and plant-based dairy alternative ingredients.	COO-170	Eggs, Dairy and Alternative Products
17.02	Processes cheese, dairy and plant-based dairy alternative ingredients.	COO-170	Eggs, Dairy and Alternative Products
17.03	Finishes cheese, dairy and plant-based dairy alternative ingredients.	COO-170	Eggs, Dairy and Alternative Products
Task 18 – Prepares eggs and egg-based dishes.			
18.01	Selects ingredients for eggs and egg-based dishes.	COO-170	Eggs, Dairy and Alternative Products
		COO-185	Egg and Breakfast Cookery
18.02	Processes ingredients for eggs and egg-based dishes.	COO-185	Egg and Breakfast Cookery
18.03	Cooks eggs and egg-based dishes.	COO-185	Egg and Breakfast Cookery
18.04	Finishes eggs and egg-based dishes.	COO-185	Egg and Breakfast Cookery
Task 19 – Prepares pastas and noodles.			
19.01	Selects pasta and noodle ingredients.	COO-150	Dry Pasta and Noodles
		COO-255	Fresh Pasta, Noodles and Dumplings
19.02	Processes pastas and noodles.	COO-150	Dry Pasta and Noodles
		COO-255	Fresh Pasta, Noodles and Dumplings
19.03	Cooks pastas and noodles.	COO-150	Dry Pasta and Noodles



RSOS Sub-Task		AACS Unit	
		COO-255	Fresh Pasta, Noodles and Dumplings
19.04	Finishes pastas and noodles.	COO-150	Dry Pasta and Noodles
		COO-255	Fresh Pasta, Noodles and Dumplings
Task 20 – Prepares stuffed pastas and dumplings.			
20.01	Selects stuffed pasta and dumpling ingredients.	COO-255	Fresh Pasta, Noodles and Dumplings
20.02	Processes stuffed pastas and dumplings.	COO-255	Fresh Pasta, Noodles and Dumplings
20.03	Cooks stuffed pastas and dumplings.	COO-255	Fresh Pasta, Noodles and Dumplings
20.04	Finishes stuffed pastas and dumplings.	COO-255	Fresh Pasta, Noodles and Dumplings
Task 21 – Prepares grains and pulses.			
21.01	Selects grains and pulses.	COO-145	Pulses, Grains, Seeds and Nuts
21.02	Processes grains and pulses.	COO-145	Pulses, Grains, Seeds and Nuts
21.03	Cooks grains and pulses.	COO-145	Pulses, Grains, Seeds and Nuts
Task 22 – Prepares seeds and nuts.			
22.01	Selects seeds and nuts.	COO-145	Pulses, Grains, Seeds and Nuts
22.02	Processes seeds and nuts.	COO-145	Pulses, Grains, Seeds and Nuts
22.03	Cooks seeds and nuts.	COO-145	Pulses, Grains, Seeds and Nuts
Task 23 – Prepares alternative proteins.			
23.01	Selects alternative proteins.	COO-382	Alternative Proteins
23.02	Processes alternative proteins.	COO-382	Alternative Proteins
23.03	Cooks alternative proteins.	COO-382	Alternative Proteins
Task 24 – Prepares meats and games meats.			
24.01	Selects meats and game meats.	COO-215	Meat Cutting and Processing
		COO-315	Game Meat Cutting and Processing
24.02	Processes meats and game meats.	COO-215	Meat Cutting and Processing
		COO-315	Game Meat Cutting and Processing
24.03	Cooks meats and game meats.	COO-217	Meat Cookery
		COO-317	Game Meat Cookery
24.04	Finishes meats and game meats.	COO-217	Meat Cookery
		COO-317	Game Meat Cookery
Task 25 – Prepares poultry and game birds.			
25.01	Selects poultry and game birds.	COO-198	Introduction to Poultry
		COO-318	Game Bird Cutting and Processing
25.02	Processes poultry and game birds.	COO-220	Poultry Cutting and Processing
		COO-318	Game Bird Cutting and Processing
25.03	Cooks poultry and game birds.	COO-223	Poultry Cookery
		COO-317	Game Meat Cookery
		COO-319	Game Bird Cookery

RSOS Sub-Task		AACS Unit	
25.04	Finishes poultry and game birds.	COO-223	Poultry Cookery
		COO-317	Game Meat Cookery
		COO-319	Game Bird Cookery
Task 26 – Prepares variety meats.			
26.01	Selects variety meats.	COO-300	Charcuterie and Cured Products
26.02	Processes variety meats.	COO-300	Charcuterie and Cured Products
26.03	Cooks variety meats.	COO-300	Charcuterie and Cured Products
26.04	Finishes variety meats.	COO-300	Charcuterie and Cured Products
Task 27 – Prepares fin fish.			
27.01	Selects fin fish.	COO-195	Fin Fish I
27.02	Processes fin fish.	COO-225	Fin Fish II
27.03	Cooks fin fish.	COO-225	Fin Fish II
27.04	Finishes fin fish.	COO-225	Fin Fish II
Task 28 – Prepares seafood.			
28.01	Selects seafood.	COO-230	Seafood
		COO-380	Specialty Seafood
28.02	Processes seafood.	COO-230	Seafood
		COO-380	Specialty Seafood
28.03	Cooks seafood.	COO-230	Seafood
		COO-380	Specialty Seafood
28.04	Finishes seafood.	COO-230	Seafood
		COO-380	Specialty Seafood
Task 29 – Prepares sandwiches.			
29.01	Selects sandwich ingredients.	COO-165	Sandwiches
29.02	Processes sandwich ingredients.	COO-165	Sandwiches
29.03	Assembles sandwiches.	COO-165	Sandwiches
29.04	Cooks sandwiches.	COO-165	Sandwiches
Task 30 – Prepares salads.			
30.01	Selects salad ingredients.	COO-160	Salads
30.02	Processes salad ingredients.	COO-160	Salads
30.03	Finishes salad.	COO-160	Salads
Task 31 – Prepares condiments, preserves and dressings.			
31.01	Selects ingredients for condiments, preserves and dressings.	COO-375	Condiments, Preserves and Dressings
31.02	Processes ingredients for condiments, preserves and dressings.	COO-375	Condiments, Preserves and Dressings
Task 32 – Prepares hors d’oeuvres and other finger foods.			
32.01	Selects ingredients for hors d’oeuvres and other finger foods.	COO-320	Hors D’oeuvres and Finger Foods

RSOS Sub-Task		AACS Unit	
32.02	Processes ingredients for hors d'oeuvre and other finger food ingredients.	COO-320	Hors D'oeuvres and Finger Foods
32.03	Assembles hors d'oeuvres and other finger foods.	COO-320	Hors D'oeuvres and Finger Foods
32.04	Cooks hors d'oeuvres and finger foods.	COO-320	Hors D'oeuvres and Finger Foods
32.05	Finishes hors d'oeuvres and other finger foods.	COO-320	Hors D'oeuvres and Finger Foods
<b>Task 33 – Prepares charcuterie and cured products.</b>			
33.01	Selects ingredients for charcuterie and cured products.	COO-300	Charcuterie and Cured Products
33.02	Processes ingredients for charcuterie and cured products.	COO-300	Charcuterie and Cured Products
33.03	Cooks charcuterie and cured products.	COO-300	Charcuterie and Cured Products
33.04	Finishes charcuterie and cured products.	COO-300	Charcuterie and Cured Products
<b>Task 34 – Prepares gels and glazes.</b>			
34.01	Selects ingredients for gels and glazes.	COO-305	Aspics, Gels and Glazes
34.02	Processes ingredients for gels and glazes.	COO-305	Aspics, Gels and Glazes
34.03	Finishes gels and glazes.	COO-305	Aspics, Gels and Glazes
<b>Task 35 – Prepares marinades, rubs and brines.</b>			
35.01	Selects marinade, rub and brine ingredients.	COO-310	Marinades, Rubs and Brines
35.02	Processes marinade, rub and brine ingredients.	COO-310	Marinades, Rubs and Brines
<b>Task 36 – Prepares dough-based products.</b>			
36.01	Selects ingredients for dough.	COO-175	Introduction to Baking
		COO-180	Bread Products
		COO-185	Egg and Breakfast Cookery
		COO-245	Cookies
		COO-255	Fresh Pasta, Noodles and Dumplings
36.02	Processes ingredients for dough.	COO-180	Bread Products
		COO-185	Egg and Breakfast Cookery
		COO-245	Cookies
		COO-255	Fresh Pasta, Noodles and Dumplings
36.03	Cooks dough-based products.	COO-180	Bread Products
		COO-185	Egg and Breakfast Cookery
		COO-245	Cookies

RSOS Sub-Task		AACS Unit	
		COO-255	Fresh Pasta, Noodles and Dumplings
36.04	Finishes dough-based products.	COO-180	Bread Products
Task 37 – Prepares batter-based products.			
37.01	Selects ingredients for batters.	COO-175	Introduction to Baking
		COO-185	Egg and Breakfast Cookery
		COO-258	Cakes and Icings I
		COO-325	Cakes and Icings II
37.02	Processes ingredients for batters.	COO-185	Egg and Breakfast Cookery
		COO-258	Cakes and Icings I
		COO-325	Cakes and Icings II
37.03	Cooks batter-based products.	COO-185	Egg and Breakfast Cookery
		COO-258	Cakes and Icings I
		COO-325	Cakes and Icings II
37.04	Finishes batter-based products.	COO-185	Egg and Breakfast Cookery
		COO-258	Cakes and Icings I
		COO-325	Cakes and Icings II
Task 38 – Prepares creams, mousses, frozen desserts, fillings, icings, toppings and sugar works.			
38.01	Selects ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works.	COO-330	Creams, Mousses and Dessert Components
		COO-258	Cakes and Icings I
		COO-325	Cakes and Icings II
		COO-340	Frozen Desserts
38.02	Processes ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works.	COO-330	Creams, Mousses and Dessert Components
		COO-258	Cakes and Icings I
		COO-325	Cakes and Icings II
		COO-340	Frozen Desserts
38.03	Finishes creams, mousses, frozen desserts, fillings, icings, toppings and sugar works.	COO-330	Creams, Mousses and Dessert Components
		COO-340	Frozen Desserts
Task 39 – Assembles cakes.			
39.01	Selects cake components for assembly.	COO-258	Cakes and Icings I
		COO-325	Cakes and Icings II
39.02	Finishes cakes.	COO-258	Cakes and Icings I
		COO-325	Cakes and Icings II
Task 40 – Prepares savoury and sweet pastries and pies.			
40.01	Selects ingredients for savoury and sweet pastries and pies.	COO-250	Savoury and Sweet Pastries and Pies
40.02	Assembles savoury and sweet pastries and pies.	COO-250	Savoury and Sweet Pastries and Pies

RSOS Sub-Task		AACS Unit	
40.03	Cooks savoury and sweet pastries and pies.	COO-250	Savoury and Sweet Pastries and Pies
40.04	Finishes savoury and sweet pastries and pies.	COO-250	Savoury and Sweet Pastries and Pies
<b>Task 41- Prepares chocolate.</b>			
41.01	Selects chocolate and ingredients.	COO-345	Chocolate
41.02	Processes chocolate.	COO-345	Chocolate
41.03	Finishes chocolate.	COO-345	Chocolate

# Level 1

Unit Code	Title	Hours	Page
COO-100	Introduction to the Cooking Industry	3	22
MENT-700	Mentoring I	6	24
COO-105	Personal Hygiene, Kitchen Sanitation and Food Safety	9	26
COO-110	Health and Safety	3	30
COO-115	Tools and Equipment	3	32
COO-120	Weights and Measures	3	35
COO-125	Cooking Principles	3	37
COO-130	Receiving and Storage	3	40
COO-135	Vegetables and Fungi	12	42
COO-140	Potatoes	12	46
COO-145	Pulses, Grains, Seeds and Nuts	12	48
COO-150	Dry Pasta and Noodles	3	51
COO-155	Fruits	6	53
COO-160	Salads	9	57
COO-165	Sandwiches	9	60
COO-170	Eggs, Dairy and Alternative Products	3	62
COO-175	Introduction to Baking	3	64
COO-180	Bread Products	15	66
COO-185	Egg and Breakfast Cookery	12	68
COO-190	Stocks and Broths	12	71
COO-195	Fin Fish I	6	73
COO-198	Introduction to Poultry	3	75

**Learning Outcomes:**

- Demonstrate knowledge of planning, organizing and maintaining kitchen workspace.
- Demonstrate knowledge of safe work practices.
- Demonstrate knowledge of regulatory requirements pertaining to health and safety.
- Demonstrate knowledge of documents and forms, their applications and procedures for use.

**2020 Red Seal Occupational Standard Reference:**

- 4.01 Organizes kitchen workplace.
- 5.02 Uses documentation.

**Suggested Hours:**

3 Hours

**Theoretical Objectives:**

1. Define terminology associated with food preparation and food service procedures.
2. Identify types of documents and forms and describe their applications.
  - i) documents
    - shellfish tags
    - logs (temperature, waste, sanitizer strength)
    - recipe files
    - job hazard analysis
    - prep list
    - banquet orders
    - OH&S
    - cleaning list
  - ii) forms
    - food safety
    - inventory forms
    - work schedules
    - jurisdictional accident information
    - performance evaluations
3. Describe methods for completing documents and forms.
  - i) written
  - ii) electronic

4. Describe the procedures used to locate, process, file, interpret and complete documents and forms.
5. Describe the importance of locating safety data sheets (SDS) documentation and jurisdictional regulations.
6. Describe the procedures used to organize and maintain kitchen workspace and mise en place.

**Practical Objectives:**

N/A



## **MENT-700 Mentoring I**

### **Learning Outcomes:**

- Demonstrate knowledge of effective communication practices as a learner.
- Demonstrate knowledge of strategies for learning skills in the workplace.

### **2020 Red Seal Occupational Standard Reference:**

9.01 Uses communication techniques.

9.02 Uses mentoring techniques.

### **Suggested Hours:**

6 Hours

### **Theoretical Objectives:**

1. Describe the importance of one's own individual experiences.
2. Identify behaviours that demonstrate positive learning experiences.
3. Identify the benefits of workplace mentoring for the apprentice, mentor and employer.
4. Identify the partners involved in apprenticeship training.
5. Describe the shared responsibilities for workplace learning in apprenticeship.
6. Identify different learning needs and strategies to address challenges or barriers in the workplace.
  - i) learning disabilities
  - ii) language
  - iii) underrepresentation
7. Identify the components that create a positive and inclusive workplace culture.
  - i) workplace characteristics
  - ii) individual behaviours
8. Identify various learning styles and determine one's own learning preferences.
9. Explain how learning preferences impact learning new skills.

10. Identify different learning strategies to meet individual learning needs.
11. Describe the importance of adapting to a variety of teaching and learning methods in the workplace.
12. Identify techniques for effective communication as a learner.
  - i) verbal and non-verbal
  - ii) active listening
13. Identify and describe personal responsibilities and attitudes that contribute to on-the-job success.
  - i) self advocating
  - ii) asking questions
  - iii) accepting constructive feedback
  - iv) working safely
  - v) employing time management techniques and being punctual

**Practical Objectives:**

N/A

## **COO-105**

## **Personal Hygiene, Kitchen Sanitation and Food Safety**

### **Learning Outcomes:**

- Demonstrate knowledge of personal hygiene and kitchen sanitation practices and procedures.
- Demonstrate knowledge of food handling and storage practices and procedures.
- Demonstrate knowledge of cross-contamination principles and prevention.
- Demonstrate knowledge of regulatory requirements pertaining to personal hygiene and kitchen sanitation.
- Demonstrate knowledge of procedures to clean and sanitize tools and equipment.
- Demonstrate knowledge of procedures to maintain safe condition and temperature of raw and finished product.
- Demonstrate knowledge of methods to cool foods rapidly.

### **2020 Red Seal Occupational Standard Reference:**

- 1.03 Maintains personal hygiene.
- 2.04 Prevents cross-contamination.
- 2.05 Cleans tools and equipment.
- 2.06 Sanitizes tools and equipment.

### **Suggested Hours:**

9 Hours

### **Theoretical Objectives:**

1. Define terminology associated with personal hygiene and kitchen sanitization.
2. Describe hygienic practices.
  - i) frequent hand washing
  - ii) wearing clean uniforms
  - iii) wearing hair and beard nets
  - iv) using single-use towels
  - v) using deodorant
  - vi) using hair restraints
  - vii) oral health
  - viii) frequent bathing
3. Describe the procedures used to ensure personal hygiene and clean apparel.
4. Describe the procedures used for hand washing.

5. Interpret food health regulations and guidelines associated with the practice of personal hygiene.
6. Interpret jurisdictional regulations and company guidelines associated with wearing personal items.
  - i) fragrances
  - ii) jewelry
  - iii) nail polish
  - iv) accessories
7. Identify potential food contamination risks.
  - i) unsanitary work surfaces
  - ii) improper storage
  - iii) chemical
  - iv) cross use of utensils and equipment
  - v) clothes
  - vi) cell phones
  - vii) soiled towels
  - viii) gloves
  - ix) biological
  - x) physical
8. Identify types of food contaminations, their causes and prevention.
9. Identify sanitizing products and concentrations used to prevent cross contamination.
10. Identify communicable illnesses.
11. Describe principles and practices of personal hygiene and food safety relating to cross-contamination.
12. Describe storage techniques.
  - i) raw food on bottom and cooked food on top
  - ii) elevate minimum distance above floor
  - iii) separate meat items accordingly
  - iv) cover
13. Identify types of dietary requirements and potential impacts of cross-contamination.
  - i) cultural
  - ii) allergies
  - iii) ethical
  - iv) religious
  - v) health-related
  - vi) environmental
  - vii) preferences

14. Interpret jurisdictional regulations and requirements pertaining to personal hygiene and kitchen sanitation.
  - i) safe food handling and storage techniques
  - ii) cleaning tools and equipment
  - iii) sanitization of tools and equipment
15. Identify cleaning tools and equipment and describe their applications and procedures.
  - i) dishwasher
  - ii) thermometer
  - iii) scouring pads, brushes, cloths
  - iv) sinks
  - v) buckets
16. Identify cleaning products and describe their applications and procedures for use.
17. Identify sanitizing products and describe their applications and procedures for use.
18. Describe the procedures used to disassemble and assemble kitchen tools and equipment and their accessories for cleaning and sanitizing purposes.
19. Describe cleaning and sanitation procedures.
  - i) use of chemicals
  - ii) three sink method
  - iii) proper heat and drying techniques
20. Identify sanitizing tools and equipment and describe their applications and procedures for use.
  - i) dishwasher
  - ii) thermometer
  - iii) spray bottles
  - iv) sinks
  - v) buckets
  - vi) cloths
21. Describe cooling process for products.
22. Describe methods for cooling foods to required temperature in a required time frame while maintaining quality and safety of product.
23. Identify temperatures required for cold holding of food.
24. Describe danger zone temperatures.

25. Describe methods for re-heating foods to required temperature in a required time frame while maintaining quality and safety of products.
26. Identify methods used to take temperatures of food products and describe their associated procedures.
27. Identify required internal temperature of cooked and raw foods.
28. Identify time and temperature required for holding hot and cold foods.
29. Identify time limits for cooling of cooked foods.
30. Identify danger zone temperatures and times.
31. Identify health concerns of improper food handling, storage and preparation.
32. Identify potentially hazardous foods.
33. Describe time and temperature controls concerning danger zone.

**Practical Objectives:**

N/A

## **COO-110**

## **Health and Safety**

### **Learning Outcomes:**

- Demonstrate knowledge of industry standards and safe work practices.
- Demonstrate knowledge of regulatory requirements pertaining to health and safety, PPE and safety equipment.
- Demonstrate knowledge of PPE and safety equipment, their applications, maintenance and procedures for use.

### **2020 Red Seal Occupational Standard Reference:**

- 1.01 Maintains safe work environment.
- 1.02 Uses personal protective equipment (PPE) and safety equipment.

### **Suggested Hours:**

3 Hours

### **Theoretical Objectives:**

1. Define terminology associated with health and safety.
2. Identify potential hazards and describe safe work practices pertaining to health and safety in the kitchen.
  - i) water
  - ii) debris
  - iii) exposed electrical wires
  - iv) uneven floors
  - v) unidentified liquids and chemicals
  - vi) fire
  - vii) environmental
  - viii) damaged furniture
  - ix) fixtures and equipment
  - x) poor lighting
  - xi) inadequate ventilation
  - xii) safe work practices
  - xiii) proper lifting and transferring procedures
  - xiv) safe posture and movements
    - sitting
    - standing
    - bending
3. Identify risks associated with physical and mental impairment on the job.

4. Interpret jurisdictional regulations pertaining to health and safety.
  - i) WHIMIS
  - ii) HACCP
  - iii) OH&S
  - iv) Provincial Public Health Regulations
  
5. Identify types of personal protective equipment (PPE) and safety equipment and describe their applications and procedures for use.
  - i) PPE
    - goggles
    - respirators
    - protective gloves (rubber/latex, cut-resistant, heat-resistant)
    - rubber aprons
    - non-slip protective footwear
  
  - ii) safety equipment
    - fire extinguishers
    - fire blankets
    - eye-wash stations
    - WHIMIS stations
    - first aid kits
    - Automatic External Defibrillator (AED)
  
6. Describe procedures used to maintain PPE and safety equipment.

**Practical Objectives:**

N/A



## **COO-115**

## **Tools and Equipment**

### **Learning Outcomes:**

- Demonstrate knowledge of knives, their applications and procedures for use.
- Demonstrate knowledge of pots, pans and utensils, their applications and procedures for use.
- Demonstrate knowledge of equipment and appliances, their applications and procedures for use.
- Demonstrate knowledge of procedures to maintain and store equipment and appliances.

### **2020 Red Seal Occupational Standard Reference:**

- 3.01 Uses knives.
- 3.02 Uses pots, pans, and utensils.
- 3.03 Uses equipment and appliances.

### **Suggested Hours:**

3 Hours

### **Theoretical Objectives:**

1. Identify hazards and describe safe work practices pertaining to use of tools and equipment.
  - i) knives
  - ii) pots, pans and utensils
  - iii) equipment and appliances
2. Identify types of knives and describe their characteristics and applications.
  - i) French
  - ii) paring
  - iii) cleaver
  - iv) boning
  - v) filleting
  - vi) carving
3. Describe materials used in knives.
  - i) stainless steel
  - ii) carbon steel
  - iii) ceramic
  - iv) wood
  - v) poly-propylene

4. Identify types of cutting surfaces used to prevent damage to knives and ensure safety.
  - i) wood
  - ii) plastic
  - iii) colour-coded surfaces
5. Describe procedures to inspect, wash and store knives.
6. Identify types of sharpening tools and describe their applications and procedures for use.
  - i) whetstone
  - ii) steel
  - iii) pull sharpener
  - iv) electric sharpener
7. Describe knife handling techniques.
8. Identify types of pots and pans and describe their characteristics, applications and procedures for use.
9. Describe materials used in pots and pans.
10. Identify types of utensils, their characteristics, applications and procedures for use.
11. Identify material appropriate utensils.
  - i) hard wood
  - ii) high heat resistant silicone
  - iii) stainless steel
  - iv) non-stick coated
  - v) bamboo
12. Describe correct placement of pots and pans on stove top or in oven.
13. Describe the procedures used to wash, sanitize and dry pots, pans and utensils.
14. Describe treatment methods for pots, pans and utensils.
15. Identify types of equipment and appliances and describe their accessories, applications and procedures for use.
  - i) stoves
  - ii) ovens
  - iii) deep fryers
  - iv) meat grinders
  - v) slicers
  - vi) mixers
  - vii) vacuum packaging machines

- viii) thermometers
  - ix) scales
  - x) food processors
  - xi) refrigeration equipment
16. Describe the procedures used to inspect and store equipment and appliances.
17. Describe the procedures used to clean, sanitize and maintain equipment and appliances.
- i) oiling
  - ii) calibrating
  - iii) lubricating
  - iv) cleaning

**Practical Objectives:**

1. Use and maintain various hand tools.

## **COO-120**

## **Weights and Measures**

### **Learning Outcomes:**

- Demonstrate knowledge of systems of measurement and their conversions.
- Demonstrate knowledge of procedures to follow recipes.
- Demonstrate knowledge of performing portion control and its associated applications.

### **2020 Red Seal Occupational Standard Reference:**

- 7.01 Uses recipes.
- 7.02 Performs portion control.

### **Suggested Hours:**

3 Hours

### **Theoretical Objectives:**

1. Define terminology associated with systems of measurement.
2. Identify systems of measurement and their abbreviations.
3. Identify tools and equipment used to weigh and measure and describe their procedures for use.
  - i) weight
  - ii) volume
  - iii) liquid measurements
  - iv) dry measurements
4. Describe methods used to convert between metric, imperial and American standards.
5. Describe method used to convert between volume and weights.
6. Describe the procedures used to follow recipes.
7. Describe the procedures used to adjust recipe yields and perform conversions.
8. Identify foods that require portioning.

9. Identify types of portion control utensils and describe their applications and procedures for use.
  - i) measuring cups
  - ii) portion bags
  - iii) scales
  - iv) ladles
  - v) portion cake cutters

**Practical Objectives:**

1. Convert volume measures between metric, Imperial and American standard.

**Learning Outcomes:**

- Demonstrate knowledge of methods to re-thermalize food.
- Demonstrate knowledge of finishing and presenting finished products.
- Demonstrate knowledge of packaging finished products.
- Demonstrate knowledge of herbs and spices, their characteristics, applications and procedures for use.
- Demonstrate knowledge of procedures to clean and process herbs and spices.

**2020 Red Seal Occupational Standard Reference:**

- 2.01 Maintains safe condition and temperature of raw finished product.
- 2.02 Cools food rapidly.
- 2.03 Re-thermalizes foods.
- 7.03 Presents finished product.
- 10.01 Selects herbs and spices.
- 10.02 Cleans herbs.
- 10.03 Processes herbs and spices.

**Suggested Hours:**

3 Hours

**Theoretical Objectives:**

1. Identify types of tools and equipment used to re-heat foods.
2. Describe impact of quantity on re-thermalizing process.
3. Identify types of service wares and methods used to calculate quantity required.
  - i) plates
  - ii) platters
  - iii) take-out containers
  - iv) hotel pans
  - v) bowls
  - vi) ceramic
  - vii) plastic
  - viii) steel
  - ix) mirrors
  - x) paper
  - xi) bamboo
  - xii) porcelains
  - xiii) slate

- xiv) hard woods
- 4. Describe the importance of colour, focal point and flow.
- 5. Describe guidelines for finishing and presentation.
- 6. Explain time required for finishing and presentation.
- 7. Explain importance of service ware temperature and cleanliness for finishing and presentation.
- 8. Describe required food temperature and holding times.
- 9. Identify types of presentation styles.
  - i) center
  - ii) stacking
  - iii) flat
- 10. Describe time considerations of foods when finishing and presenting products.
- 11. Describe the procedures used to plate and present finished products.
- 12. Identify types of packaging.
- 13. Identify herbs and spices used to enhance flavors of foods and describe their characteristics, applications, and procedures for use.
  - i) herbs
    - rosemary
    - mint
    - thyme
    - basil
  - ii) spices
    - peppercorn
    - nutmeg
- 14. Describe indicators of freshness and quality when selecting herbs and spices.
  - i) hydration
  - ii) colour
  - iii) texture
- 15. Describe methods to clean herbs.
  - i) soaking
  - ii) rinsing
  - iii) shaking
  - iv) drying

16. Identify types of tools and equipment used to process herbs and spices.
  - i) mortar and pestle
  - ii) grinders
  - iii) knives
  - iv) graters
17. Explain the importance of maintaining herb quality and freshness during cleaning.
18. Explain secondary storage procedures.
19. Describe finishing techniques when processing herbs and spices.
20. Identify time required in preparing and processing herbs and spices for use in a variety of dishes.
21. Identify ratios between dry and fresh herbs and spices.
22. Identify methods used to cook foods and describe their associated procedures.
  - i) dry
  - ii) moist
  - iii) combination
  - iv) sous vide

**Practical Objectives:**

N/A



## **COO-130**

## **Receiving and Storage**

### **Learning Outcomes:**

- Demonstrate knowledge of procedures to receive and inspect products.
- Demonstrate knowledge of procedures to store products.
- Demonstrate knowledge of regulatory requirements pertaining to safe food storage practices.
- Demonstrate knowledge of FIFO method of inventory control.

### **2020 Red Seal Occupational Standard Reference:**

- 6.02 Receives products.
- 6.03 Stores products.
- 6.04 Maintains inventory. (Introduction)

### **Suggested Hours:**

3 Hours

### **Theoretical Objectives:**

1. Define terminology associated with receipt, inspection and storage of products.
2. Describe product specification factors.
  - i) market forms
  - ii) shelf life
  - iii) case size
  - iv) product type
  - v) colour
3. Identify types of forms and reports relating to receiving and inspecting products.
  - i) requisitions
  - ii) inventory forms
  - iii) credit notes/refusals
  - iv) product tracking slips
  - v) invoices
4. Identify types of receiving equipment used to move products.
  - i) hand carts
  - ii) conveyors
  - iii) scales
  - iv) lifts

5. Describe the procedures used to receive and inspect products.
6. Describe the procedures used to interpret and complete forms and reports.
7. Describe the procedures used to confirm information contained on invoices.
8. Describe the procedures used for damaged and returned products.
  - i) highlight products missing on invoice
  - ii) scheduling overage returns
  - iii) rescheduling delivery
  - iv) communicating with courier
  - v) supplier and kitchen staff
9. Identify types of storage areas and describe their applications.
  - i) refrigerators
  - ii) freezers
  - iii) dry storage
  - iv) chemical storage
10. Explain potential for cross-contamination between raw, cooked and ready-to-serve food.
11. Describe the procedures used to label, date and rotate stock (FIFO).
12. Describe storage techniques for raw, cooked and ready-to-serve food products.
13. Identify dietary considerations as they relate to receiving and storing food products.
  - i) cross-contamination
  - ii) labelling of ingredients
14. Describe waste management procedures.
  - i) recycling
  - ii) composting
  - iii) discarding
  - iv) reduce
  - v) re-use

**Practical Objectives:**

N/A

**Learning Outcomes:**

- Demonstrate knowledge of vegetables and fungi, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare vegetables and fungi.
- Demonstrate knowledge of procedures to cook, and finish vegetables and fungi.

**2020 Red Seal Occupational Standard Reference:**

- 11.01 Selects vegetables.
- 11.02 Cleans vegetables.
- 11.03 Processes vegetables.
- 11.04 Cooks vegetables.
- 11.05 Finishes vegetables.

**Suggested Hours:**

12 Hours

**Theoretical Objectives:**

1. Define terminology associated with vegetables and fungi.
2. Identify types of vegetables and describe their characteristics and applications.
3. Identify vegetable classifications and describe their characteristics and applications.
4. Identify types of fungi and describe their characteristics and applications.
5. Describe indicators of freshness and quality.
  - i) firmness
  - ii) colour
  - iii) texture
  - iv) aroma
6. Identify factors that affect flavour, colour, texture and nutrients of vegetables.
  - i) cooking process
  - ii) acids/alkalis
  - iii) water amounts
  - iv) size
  - v) cut

7. Identify factors to consider when selecting vegetables and fungi.
  - i) local availability
  - ii) seasonal availability
  - iii) freshness
  - iv) storage life
  - v) applications
  - vi) processed
  - vii) sustainability
  - viii) ripeness
8. Identify market forms (pre-prepared and packaged) of vegetables and fungi and describe their characteristics and applications.
  - i) peeled
  - ii) dehydrated
  - iii) whole
  - iv) cut
  - v) bulk
  - vi) frozen
  - vii) individual quick frozen (IQF)
  - viii) canned
9. Identify dietary requirements specific to vegetables and fungi.
10. Identify types of cleaning tools used to clean vegetables and fungi.
  - i) gloves
  - ii) salad spinner
  - iii) knives
  - iv) brushes
11. Describe cleaning procedures used for vegetables.
  - i) washing
  - ii) paring
  - iii) brushing
  - iv) rinsing
  - v) soaking
12. Describe the procedures used to maintain quality of vegetables during cleaning and processing.
13. Describe procedures used for secondary storage to preserve quality of vegetables.

14. Identify tools and equipment used to process vegetables.
  - i) knives
  - ii) crinkle cutters
  - iii) mandolins
  - iv) food processors
  - v) slicer
  - vi) juicer
  - vii) blender
  - viii) vegetable carving tools
15. Identify types of cuts and describe their characteristics, applications and associated procedures.
  - i) julienne
  - ii) baton
  - iii) brunoise
16. Identify methods used to modify textures of vegetables.
  - i) cutting
  - ii) acidulating
  - iii) juicing
  - iv) puréeing
  - v) shaping
  - vi) shaving
  - vii) grating
  - viii) slicing
  - ix) drying
17. Describe techniques used to carve vegetables.
18. Describe methods used to process vegetables and fungi and minimize waste.
19. Describe uses and applications for trim.
20. Identify cooking methods for vegetables and describe their associated procedures.
21. Identify cooking requirements when cooking vegetables.
22. Identify degree of doneness for vegetables.
23. Describe techniques or ingredients used to maintain pigmentation and textures of vegetables when cooking.
24. Describe techniques used to maintain nutritional integrity of vegetable varieties.
25. Describe techniques used to preserve nutritional value of vegetables while cooking.

26. Describe finishing and presentation techniques.
27. Describe holding techniques for cooked vegetables.
  - i) glazing
  - ii) saucing
  - iii) gratin
  - iv) sautéing
  - v) garnishing
  - vi) seasoning

**Practical Objectives:**

1. Select various vegetables.
2. Prepare and cook various classical vegetable cuts.

## **COO-140**

## **Potatoes**

### **Learning Outcomes:**

- Demonstrate knowledge of potatoes, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare potatoes and potato dishes.
- Demonstrate knowledge of procedures to cook and finish potatoes and potato dishes.

### **2020 Red Seal Occupational Standard Reference:**

- 11.01 Selects vegetables.
- 11.02 Cleans vegetables.
- 11.03 Processes vegetables.
- 11.04 Cooks vegetables.
- 11.05 Finishes vegetables.

### **Suggested Hours:**

12 Hours

### **Theoretical Objectives:**

1. Define terminology associated with potatoes.
2. Identify classifications and types of potatoes and describe their characteristics and applications.
3. Identify market forms (pre-prepared and packaged) of potatoes.
4. Identify factors to consider when selecting potatoes.
  - i) local availability
  - ii) seasonal availability
  - iii) freshness
  - iv) storage life
  - v) grading quality and marketing standards
  - vi) applications
  - vii) processed
  - viii) sustainability
5. Identify dietary requirements specific to potatoes.

6. Identify classical cuts and shapes and describe their characteristics, applications and associated procedures.
  - i) château and similar shapes
  - ii) parisienne
  - iii) gaufrette, pont neuf
7. Identify potato dishes and describe their characteristics.
8. Describe the procedures used to prepare potatoes.
9. Describe the procedures used to prepare potato dishes.
10. Describe finishing and presentation techniques.
11. Describe the procedures used to handle, hold and store potatoes and potato dishes.

**Practical Objectives:**

1. Prepare potatoes using various methods.



**Learning Outcomes:**

- Demonstrate knowledge of pulses, grains, seeds and nuts, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare grains, pulses and related dishes.
- Demonstrate knowledge of procedures to cook and finish grains, pulses and related dishes.
- Demonstrate knowledge of procedures to prepare seeds, nuts and related dishes.
- Demonstrate knowledge of procedures to cook and finish seeds, nuts and related dishes.

**2020 Red Seal Occupational Standard Reference:**

- 21.01 Selects grains and pulses.
- 21.02 Processes grains and pulses.
- 21.03 Cooks grains and pulses.
- 22.01 Selects seeds and nuts.
- 22.02 Processes seeds and nuts.
- 22.03 Cooks seeds and nuts.

**Suggested Hours:**

12 Hours

**Theoretical Objectives:**

1. Define terminology associated with grains, pulses, seeds and nuts.
2. Identify types of grains, pulses, seeds and nuts and describe their characteristics and applications.
  - i) grains
    - rice (short and long)
    - wild rice
    - barley
    - bulger
    - oats
  - ii) pulses
    - lentils
    - beans
    - peas

- iii) seeds
    - pumpkin
    - sunflower
    - flax
    - quinoa
    - sesame
  - iv) nuts
    - tree nuts (almonds, pine, walnuts)
    - groundnuts (peanuts)
- 3. Identify dietary requirements specific to grains, pulses, seeds and nuts.
- 4. Identify soaking and washing requirements for grains and pulses.
- 5. Identify ratio of water to product to soaking.
- 6. Describe procedures used to clean grains, pulses, seeds and nuts.
- 7. Describe procedures used to wash grains and pulses.
- 8. Describe procedures used and length of time required to soak grains, pulses, nuts and seeds.
- 9. Describe procedures used to prepare grains and pulses and related dishes.
  - i) tabbouleh
  - ii) red beans and rice
  - iii) pilaf
  - iv) porridge
  - v) dahl
  - vi) congee
- 10. Describe methods to determine yields of grains and pulses.
- 11. Describe finishing and presentation techniques for grains and pulses.
- 12. Describe procedures to cool or hold grains and pulses and related dishes.
- 13. Identify differences between shelled and unshelled seeds and nuts and describe their characteristics, yield and applications.
- 14. Describe procedures used to select and handle, hold and store seeds and nuts.
- 15. Identify procedures used to clean seeds and nuts.

16. Describe methods used to process seeds and nuts.
  - i) soaking
  - ii) straining
  - iii) grinding
  - iv) roasting
  - v) blanching
  - vi) chopping
  - vii) shelling
17. Describe procedures used to handle, hold and store pulses, grains, seeds and nuts.
18. Describe cooking methods used to prepare seed, nuts and related dishes.
  - i) boiling
  - ii) steaming
  - iii) roasting
  - iv) baking
  - v) frying
  - vi) simmering
  - vii) pilaf
19. Describe finishing and presentation techniques for seeds and nuts.
20. Describe procedures used to handle, hold and store cooked seeds, nuts and related dishes.

**Practical Objectives:**

1. Prepare pulses, grains, seeds and nuts using various methods.

## **COO-150**

## **Dry Pasta and Noodles**

### **Learning Outcomes:**

- Demonstrate knowledge of dry pastas and noodles, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare dry pastas, noodles and related dishes.
- Demonstrate knowledge of procedures to cook and finish dry pastas, noodles and related dishes.

### **2020 Red Seal Occupational Standard Reference:**

- 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.

### **Suggested Hours:**

3 Hours

### **Theoretical Objectives:**

1. Define terminology associated with dry pastas and noodles.
2. Identify types of dry pastas and noodles and describe their characteristics and applications.
  - i) pastas
    - dried
    - frozen
    - market forms (prepared and packaged)
  - ii) noodles
    - dried
    - frozen
    - market forms (prepared and packaged)
3. Identify dietary requirements specific to dry pastas and noodles.
4. Identify dough types and describe their characteristics and applications.
  - i) rice based
  - ii) corn based
  - iii) buckwheat
  - iv) wheat flour
  - v) egg based

5. Describe the procedures used to process and use fillings and components for assembly.
6. Describe methods to determine yield and doneness of pastas and noodles.
7. Describe the procedures used to handle, hold and store prepared pastas and noodles.
8. Identify cooking temperatures and times.
9. Identify ratio of liquid to pastas or noodles.
10. Describe the procedures used to cook pastas, noodles and related dishes.
11. Identify reheating methods.
  - i) sautéing
  - ii) baking
  - iii) frying
  - iv) steaming
12. Identify sauces, dressings, liquids, components and garnishes.
13. Describe the procedures used to apply sauces, dressings, liquids and components.
14. Describe finishing and presentation techniques.
15. Describe the procedures used to handle, hold and store cooked pastas, noodles and related dishes.

**Practical Objectives:**

N/A

**Learning Outcomes:**

- Demonstrate knowledge of fruits, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare fruit.
- Demonstrate knowledge of procedures to cook and finish fruit.

**2020 Red Seal Occupational Standard Reference:**

- 12.01 Selects fruit.
- 12.02 Cleans fruit.
- 12.03 Processes fruit.
- 12.04 Cook fruit.
- 12.05 Finishes fruit.

**Suggested Hours:**

6 Hours

**Theoretical Objectives:**

1. Define terminology associated with fruits.
2. Identify types of fruit and describe their characteristics and applications.
3. Identify fruit classifications and describe their characteristics and applications.
  - i) tree
  - ii) citrus
  - iii) stone
  - iv) vine
  - v) tropical
  - vi) berry
4. Describe fruit properties.
  - i) acid and sugar content
  - ii) size
  - iii) colour
  - iv) grade
5. Describe indicators of freshness and quality.
  - i) firmness
  - ii) colour
  - iii) texture

6. Identify factors to consider when selecting fruits.
  - i) local availability
  - ii) seasonal availability
  - iii) freshness
  - iv) storage life
  - v) applications
  - vi) processed
  - vii) sustainability
  - viii) ripeness
7. Identify market forms of fruits and describe their characteristics and applications.
  - i) peeled
  - ii) dehydrated
  - iii) whole
  - iv) cut
  - v) bulk
  - vi) frozen
  - vii) individually quick frozen (IQF)
  - viii) canned
8. Identify dietary requirements specific to fruits.
  - i) cultural
  - ii) allergies
  - iii) ethical
  - iv) religious
  - v) health-related
  - vi) environmental
9. Identify types of cleaning tools used to clean fruits.
  - i) gloves
  - ii) knives
  - iii) brushes
10. Identify cleaning procedures used to clean fruits.
  - i) washing
  - ii) paring
  - iii) brushing
  - iv) rinsing
11. Describe cleaning procedures used to clean fruits.
12. Describe the procedures used to maintain quality of fruit during cleaning.
13. Describe the procedures used for secondary storage to preserve quality of fruit.

14. Identify tools and equipment used to process fruits.
  - i) knives
  - ii) mandolins
  - iii) shape cutters
  - iv) juicer
  - v) melon baller
  - vi) spoon
  - vii) food processor
  - viii) fruit carving tools
  - ix) blender
15. Identify types of cuts and describe their characteristics, applications and associated procedures.
  - i) julienne
  - ii) baton
  - iii) brunoise
  - iv) dice
  - v) supreme
16. Identify methods used to modify textures of fruits.
  - i) cutting
  - ii) acidulating
  - iii) juicing
  - iv) puréeing
  - v) shaping
  - vi) shaving
  - vii) grating
  - viii) slicing
17. Describe techniques used to carve fruits.
18. Describe the procedures used to maintain quality of fruit during processing.
19. Describe processing methods used for fruits and to minimize waste.
20. Describe uses and applications for trim.
21. Identify cooking methods for fruits and describe their associated procedures.
22. Identify cooking requirements when cooking fruits.
23. Identify degree of doneness for fruits.
24. Describe techniques or ingredients used to maintain pigmentation and textures of fruits.



25. Describe procedures used to prepare fruits.
26. Describe techniques used to maintain nutritional integrity of fruit varieties.
27. Describe finishing and presentation techniques.
  - i) glazing
  - ii) saucing
  - iii) sautéing
  - iv) garnishing
  - v) seasoning
  - vi) caramelizing
  - vii) grilling
28. Describe holding techniques for cooked fruits.

**Practical Objectives:**

N/A

**Learning Outcomes:**

- Demonstrate knowledge of salads and salad dressings, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare salads and salad dressings.
- Demonstrate knowledge of procedures to finish salads.

**2020 Red Seal Occupational Standard Reference:**

- 30.01 Selects salad ingredients.
- 30.02 Processes salad ingredients.
- 30.03 Finishes salads.

**Suggested Hours:**

9 Hours

**Theoretical Objectives:**

1. Define terminology associated with salads and salad dressings.
2. Identify types of warm and cold salads and describe their characteristics and applications.
  - i) bowls
  - ii) compound
  - iii) potato
  - iv) Caesar
  - v) bean
  - vi) garden
  - vii) coleslaw
  - viii) chicken
3. Identify factors to consider when selecting ingredients for salads.
  - i) vegetables
  - ii) fruit
  - iii) proteins
  - iv) starches
  - v) grains
  - vi) dressings
  - vii) cheese
  - viii) pulses
  - ix) seeds

4. Identify dietary requirements specific to salad ingredients.
5. Describe the procedures used to select salad ingredients.
  - i) vegetables
  - ii) fruits
  - iii) proteins
  - iv) accompaniments
  - v) starches
  - vi) grains
  - vii) dressings
  - viii) cheese
  - ix) pulses
  - x) seeds
6. Identify factors to consider when processing ingredients for salads.
  - i) integrity
  - ii) texture
  - iii) viscosity
  - iv) shelf life
  - v) size
7. Describe methods used to prepare salad ingredients.
  - i) cleaning
  - ii) soaking
  - iii) cooking
  - iv) drying
  - v) cutting
  - vi) straining
  - vii) marinating
8. Describe the procedures used to select salad dressings for desired results.
9. Describe the procedures used to assemble salads.
10. Identify factors to consider when finishing salads.
11. Identify garnishes and accompaniments for finished salads.
  - i) grated cheese
  - ii) seeds
  - iii) nuts
  - iv) croutons
  - v) fruit

12. Describe finishing and presentation techniques.
  - i) tossing
  - ii) dressing
  - iii) packaging
  - iv) garnishing
  - v) topping
  - vi) presentation
13. Describe the procedures used to handle, hold and store salads and salad dressings.

**Practical Objectives:**

1. Prepare a variety of salad dressings.
  - i) emulsified
  - ii) non-emulsified

**Learning Outcomes:**

- Demonstrate knowledge of sandwiches, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare sandwiches.
- Demonstrate knowledge of procedures to cook and finish sandwiches.

**2020 Red Seal Occupational Standard Reference:**

- 29.01 Selects sandwich ingredients.
- 29.02 Processes sandwich ingredients.
- 29.03 Assembles sandwiches.
- 29.04 Cooks sandwiches.

**Suggested Hours:**

9 Hours

**Theoretical Objectives:**

1. Define terminology associated with sandwiches.
2. Identify types of sandwiches and describe their characteristics.
  - i) hamburgers
  - ii) hot dogs
  - iii) paninis
  - iv) shawarma
  - v) wraps
  - vi) picnic
  - vii) finger
  - viii) pizza
  - ix) deli
3. Identify factors to consider when selecting and processing sandwich ingredients.
  - i) types of fillings and toppings
  - ii) types of bread or alternatives (lettuce wrap)
  - iii) cooking method
  - iv) assembly sequence
  - v) service application
4. Identify dietary requirements specific to sandwich ingredients.
5. Identify and describe ingredients of sandwiches.

6. Describe methods used to prepare sandwich ingredients.
7. Identify factors to consider when assembling sandwiches.
8. Describe the procedures used to assemble sandwiches.
9. Identify styles of service associated with sandwiches.
10. Describe finishing and presentation techniques.
11. Identify types of cooked sandwiches and describe their characteristics.
  - i) grilled
  - ii) pizza
  - iii) quesadilla
  - iv) broiled
  - v) panini
12. Identify factors to consider when cooking sandwiches.
13. Describe the procedures used to cook sandwiches.
14. Describe finishing and presentation techniques for cooked sandwiches.
  - i) garnishing
  - ii) packaging
  - iii) presentation
  - iv) cutting
  - v) applying sauces
  - vi) condiments, preserves, dressings and accompaniments
15. Describe procedures used to handle, hold and store sandwiches and ingredients.

**Practical Objectives:**

N/A

**Learning Outcomes:**

- Demonstrate knowledge of eggs and egg substitutes and their applications.
- Demonstrate knowledge of dairy and alternative products and their applications.

**2020 Red Seal Occupational Standard Reference:**

- 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 ingredients.
- 18.01 Selects ingredients for eggs and egg-based dishes. (Introduction)

**Suggested Hours:**

3 Hours

**Theoretical Objectives:**

1. Define terminology associated with eggs, dairy and alternative products.
2. Identify national and jurisdictional regulations governing eggs and dairy products.
3. Describe the composition of eggs.
4. Identify classifications and types of eggs and describe their characteristics and applications.
5. Identify types of eggs, egg products and egg substitutes, and describe their characteristics and applications.
6. Identify market forms (prepared and packaged) of eggs, egg products and egg substitutes and describe their characteristics and applications.
7. Describe the manufacturing process of dairy products.
  - i) pasteurization
  - ii) homogenization
  - iii) fermentation
  - iv) ultra-high temperature processing (UHT)
8. Identify classifications and types of milk and describe their characteristics and applications.

9. Identify types of plant-based milk alternatives and describe their characteristics and applications.
  - i) coconut
  - ii) soy
  - iii) almond
10. Identify dairy alternative ingredients and forms and describe their properties and applications.
11. Identify types of butter and butter substitutes and describe their characteristics and applications.
  - i) margarine
    - hydrogenated
    - non-hydrogenated
  - ii) salted
  - iii) ghee
  - iv) unsalted
  - v) cultured
12. Identify classifications and types of cheese and describe their characteristics and applications.
13. Identify types of plant-based cheese alternatives and describe their characteristics and applications.
  - i) nut
  - ii) rice
  - iii) oil
14. Identify market forms (pre-prepared and packaged) of dairy and dairy alternatives and describe their characteristics and applications.
15. Identify factors to consider when selecting dairy and alternative products.
16. Identify factors to consider when selecting eggs, egg products and egg substitutes.
17. Identify dietary requirements specific to dairy and alternative products.
18. Identify dietary requirements specific to eggs, egg products and egg substitutes.
19. Describe the procedures used to handle, hold and store eggs, dairy and alternative products.

**Practical Objectives:**

N/A



## **COO-175                      Introduction to Baking**

### **Learning Outcomes:**

- Demonstrate knowledge of bakeshop ingredients and their applications.
- Demonstrate knowledge of baking formulas and measurements.
- Demonstrate knowledge of basic baking science principles.

### **2020 Red Seal Occupational Standard Reference:**

36.01 Selects ingredients for dough.

37.01 Selects ingredients for batters.

### **Suggested Hours:**

3 Hours

### **Theoretical Objectives:**

1. Define terminology associated with baking ingredients and basic baking principles.
2. Identify bakeshop tools and equipment and describe their applications and procedures for use.
3. Identify bakeshop ingredients and describe their characteristics and applications.
  - i) flours
  - ii) fats/shortenings
  - iii) sweeteners
  - iv) liquids
  - v) leavening agents
  - vi) flavorings
  - vii) dairy products
  - viii) specialty products
4. Identify factors to consider when selecting ingredients for bakeshop items.
5. Identify market forms (pre-prepared and packaged) of baking products and describe their characteristics and applications.
6. Explain the basic principles of baking science.
  - i) mixing
  - ii) leavening
  - iii) gluten development
  - iv) baking environment

7. Describe the procedures used to handle, hold and store bakeshop ingredients.
8. Calculate formulas and baker's percentages.

**Practical Objectives:**

N/A

## **COO-180**

## **Bread Products**

### **Learning Outcomes:**

- Demonstrate knowledge of bread products and their applications.
- Demonstrate knowledge of procedures to prepare bread products.
- Demonstrate knowledge of procedures to cook and finish bread products.

### **2020 Red Seal Occupational Standard Reference:**

- 36.01 Selects ingredients for dough.
- 36.02 Processes ingredients for dough.
- 36.03 Cooks dough-based products.
- 36.04 Finishes dough-based products.

### **Suggested Hours:**

15 Hours

### **Theoretical Objectives:**

1. Define terminology associated with bread products.
2. Identify types of bread products and describe their characteristics and applications.
  - i) bread dough
    - leavened
    - unleavened
  - ii) specialty breads
3. Identify ingredients used in bread products and describe their characteristics and applications.
  - i) flours
  - ii) fats/shortenings
  - iii) sweeteners
  - iv) liquids
  - v) leavening agents
  - vi) dairy products
  - vii) specialty ingredients
4. Identify market forms (pre-prepared and packaged) of bread products and describe their characteristics and applications.
5. Identify factors to consider when selecting ingredients for bread products.
6. Identify dietary requirements specific to ingredients in bread products.

7. Identify mixing methods used for bread products and describe their associated procedures.
8. Describe the procedures used to prepare bread products.
9. Describe the procedures used to cook and finish bread products.
10. Describe the procedures used to handle, hold and store bread products.

**Practical Objectives:**

1. Prepare bread products using a variety of mixing methods.

**Learning Outcomes:**

- Demonstrate knowledge of egg and breakfast dishes, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare egg and breakfast dishes.
- Demonstrate knowledge of procedures to cook and finish egg and breakfast dishes.

**2020 Red Seal Occupational Standard Reference:**

- 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.
- 36.01 Selects ingredients for dough.
- 36.02 Processes ingredients for dough.
- 36.03 Cooks dough-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.

**Suggested Hours:**

12 Hours

**Theoretical Objectives:**

1. Define terminology associated with egg and breakfast cookery.
2. Identify types of egg dishes used in breakfast cookery and describe their characteristics.
3. Identify types of proteins used in breakfast cookery and describe their characteristics.
  - i) meat
  - ii) fish
  - iii) vegetables
  - iv) dairy
4. Identify types of breads and quick breads used in breakfast cookery and describe their characteristics.
5. Identify mixing methods used in preparing quick breads and batters.

6. Identify types of batters used in breakfast cookery and describe their characteristics and applications.
7. Identify types of hot and cold cereals used in breakfast cookery and describe their characteristics.
8. Identify types of fruits and vegetables used in breakfast cookery and describe their applications.
9. Identify types of hot and cold beverages used in breakfast cookery and describe their applications.
10. Identify market forms (pre-prepared and packaged) of breakfast products and describe their characteristics and applications.
11. Identify dietary requirements specific to ingredients used in breakfast dishes.
12. Describe the procedures used to prepare eggs.
  - i) boiled
  - ii) poached
  - iii) fried
  - iv) scrambled
13. Describe the procedures used to prepare egg dishes.
  - i) omelets
  - ii) quiches
  - iii) soufflés
14. Describe the procedures used to prepare breakfast dishes.
  - i) proteins
  - ii) breads
  - iii) cereals
  - iv) fruits and vegetables
15. Identify types of egg-based dishes and describe their characteristics.
16. Identify factors to consider when processing egg products and egg substitutes.
17. Describe the procedures used to process egg products and egg substitutes.
18. Describe the procedures used to prepare egg product and egg substitute dishes.
19. Identify factors to consider when finishing eggs and egg-based dishes.
20. Describe finishing and presentation techniques.

21. Describe the procedures used to handle, hold and store eggs, egg products, egg substitutes and egg-based dishes.
22. Describe buffet and serving techniques.
23. Describe the procedures used to handle, hold and store breakfast items.

**Practical Objectives:**

1. Prepare a variety of egg-based dishes.

## **COO-190**

## **Stocks and Broths**

### **Learning Outcomes:**

- Demonstrate knowledge of stocks and broths, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare and cool stocks and broths.

### **2020 Red Seal Occupational Standard Reference:**

- 13.01 Selects stock and broth ingredients.
- 13.02 Processes stock and broth ingredients.
- 13.03 Cooks stocks and broth ingredients.

### **Suggested Hours:**

12 Hours

### **Theoretical Objectives:**

1. Define terminology associated with stocks and broths.
2. Identify types of stocks and describe their characteristics, applications and procedures for use.
3. Identify types of broths and describe their characteristics, applications and procedures for use.
4. Identify factors to consider when selecting ingredients for stocks and broths.
5. Identify ingredients and ratios used in stocks and broths.
6. Identify dietary requirements specific to ingredients used in stocks and broths.
7. Identify factors to consider when processing ingredients for stocks and broths.
8. Describe the procedures used to process ingredients for stocks and broths.
9. Identify factors to consider when cooking stocks and broths.
10. Identify methods for cooking stocks and broths and describe their associated procedures.
11. Identify methods for cooling stocks and broths and describe their associated procedures.



**Practical Objectives:**

1. Prepare a variety of stocks.
  - i) brown
  - ii) white
  - iii) fumet
  - iv) vegetable
2. Prepare a glace.

**Learning Outcomes:**

- Demonstrate knowledge of fin fish, their characteristics and applications.
- Demonstrate knowledge of procedures to receive, handle, hold and store fin fish.

**2020 Red Seal Occupational Standard Reference:**

27.01 Selects fin fish.

**Suggested Hours:**

6 Hours

**Theoretical Objectives:**

1. Define terminology associated with fin fish.
2. Identify hazards and describe safe work practices pertaining to handling raw fin fish.
3. Interpret jurisdictional regulations pertaining to inspection of fin fish.
4. Identify origins and types of fin fish and describe their characteristics and applications.
5. Identify factors to consider when selecting fin fish.
  - i) local availability
  - ii) seasonal availability
  - iii) freshness
  - iv) storage life
  - v) applications
  - vi) processed
  - vii) sustainability
  - viii) origin
  - ix) documentation
6. Identify dietary requirements specific to fin fish.
7. Identify market forms of fin fish and describe their characteristics and applications.
8. Describe the procedures used to verify quality and cuts of fin fish using sensory assessments.
9. Describe the procedures used to select fin fish.

10. Describe fin fish ordering specifications.
11. Describe the procedures used to receive, handle, hold and store raw fin fish.

**Practical Objectives:**

N/A

**Learning Outcomes:**

- Demonstrate knowledge of poultry, their characteristics and applications.
- Demonstrate knowledge of procedures to receive, handle, hold and store poultry.

**2020 Red Seal Occupational Standard Reference:**

25.01 Selects poultry and game birds.

**Suggested Hours:**

3 Hours

**Theoretical Objectives:**

1. Define terminology associated with poultry.
2. Identify hazards and describe safe work practices pertaining to handling raw poultry.
3. Identify types of poultry and describe their characteristics and applications.
  - i) chicken
  - ii) turkey
4. Identify classifications, grades and market forms (pre-prepared and packaged) of poultry and describe their characteristics and applications.
  - i) whole
  - ii) fresh
  - iii) frozen
  - iv) individually quick frozen (IQF)
  - v) purchased food cuts
5. Identify factors to consider when selecting poultry.
  - i) local availability
  - ii) seasonal availability
  - iii) freshness
  - iv) storage life
  - v) applications
  - vi) processed
  - vii) sustainability
  - viii) free range
  - ix) price
  - x) size
  - xi) count

- xii) protein percentage
- 6. Identify dietary requirements specific to poultry.
- 7. Describe the procedures used to select poultry.
- 8. Describe poultry ordering specifications.
- 9. Describe the procedures used to receive, handle and store raw poultry.

**Practical Objectives:**

N/A

# Level 2

Unit Code	Title	Hours	Page
COO-200	Soups	15	78
COO-205	Thickening and Binding Agents	3	80
COO-210	Basic Sauces	15	82
COO-215	Meat Cutting and Processing	12	84
COO-217	Meat Cookery	12	87
COO-220	Poultry Cutting and Processing	9	89
COO-223	Poultry Cookery	6	91
COO-225	Fin Fish II	12	93
COO-230	Seafood	15	96
COO-245	Cookies	6	99
COO-250	Savoury and Sweet Pastries and Pies	15	101
COO-255	Fresh Pasta, Noodles and Dumplings	12	104
COO-258	Cakes and Icings I	18	107

## **COO-200**

## **Soups**

### **Learning Outcomes:**

- Demonstrate knowledge of soups, their characteristics and applications.
- Demonstrate knowledge of the procedures to prepare soups.
- Demonstrate knowledge of procedures to cook and finish soups.

### **2020 Red Seal Occupational Standard Reference:**

- 14.01 Selects soup ingredients.
- 14.02 Processes soup ingredients.
- 14.03 Cooks soups.
- 14.04 Finishes soups.

### **Suggested Hours:**

15 Hours

### **Theoretical Objectives:**

1. Define terminology associated with soups.
2. Identify types of soups and describe their characteristics and serving temperatures.
  - i) clear and consommés
  - ii) specialty/international
  - iii) thickened
3. Identify types of convenience products and describe their applications.
  - i) soups
  - ii) soup bases
4. Identify factors to consider when selecting ingredients for soups.
5. Identify dietary requirements specific to ingredients used in soups.
6. Describe the procedures used to prepare and cook soups.
7. Describe the procedures used to reconstitute soups.
8. Describe finishing and presentation techniques.
9. Describe the procedures used to hold, cool and store soups.

**Practical Objectives:**

1. Prepare a variety of soups.
  - i) clear and consommés
  - ii) thickened
  - iii) specialty/international



## **COO-205**

## **Thickening and Binding Agents**

### **Learning Outcomes:**

- Demonstrate knowledge of thickening and binding agents, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare thickening and binding agents.

### **2020 Red Seal Occupational Standard Reference:**

15.01 Selects thickening and binding ingredients.

15.02 Processes thickening and binding ingredients.

### **Suggested Hours:**

3 Hours

### **Theoretical Objectives:**

1. Define terminology associated with thickening and binding agents.
2. Identify types of thickening and binding agents and describe their characteristics, applications and procedures for use.
  - i) roux
  - ii) starches
  - iii) liaison
  - iv) beurre manie
  - v) vegetable purées
  - vi) reductions
  - vii) emulsifiers
3. Identify dietary requirements specific to ingredients used in thickening and binding agents.
4. Identify factors to consider when selecting ingredients for thickening and binding agents.
5. Identify factors to consider when processing ingredients for thickening and binding agents.
6. Identify ingredients and ratios used to process thickening and binding agents.
7. Describe the procedures used to prepare thickening and binding agents.

**Practical Objectives:**

1. Use a variety of thickening agents in preparing soups and sauces.

## **COO-210**

## **Basic Sauces**

### **Learning Outcomes:**

- Demonstrate knowledge of basic sauces, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare basic sauces.
- Demonstrate knowledge of procedures to cook and finish basic sauces.

### **2020 Red Seal Occupational Standard Reference:**

- 16.01 Selects sauce ingredients.
- 16.02 Processes sauce ingredients.
- 16.03 Cooks sauces.
- 16.04 Finishes sauces.

### **Suggested Hours:**

15 Hours

### **Theoretical Objectives:**

1. Define terminology associated with basic sauces.
2. Identify types of basic sauces and derivatives and describe their characteristics and applications.
  - i) espagnole/demi glace
  - ii) béchamel
  - iii) velouté
  - iv) tomato
  - v) hollandaise
3. Identify factors to consider when processing ingredients for basic sauces.
4. Identify factors to consider when selecting ingredients for basic sauces.
5. Identify ingredients and ratios used in basic sauces.
6. Identify dietary requirements specific to ingredients used in basic sauces.
7. Describe the procedures used to process ingredients for basic sauces.
8. Identify factors to consider when cooking basic sauces.
9. Describe the procedures used to prepare and cook basic sauces.

10. Identify factors to consider when finishing basic sauces.
11. Describe finishing and presentation techniques for basic sauces.
12. Describe the procedures used to hold, cool and store basic sauces.

**Practical Objectives:**

1. Prepare basic sauces.
  - i) espagnole
  - ii) béchamel
  - iii) velouté
  - iv) tomato
  - v) hollandaise
2. Prepare a variety of basic sauce derivatives.

## **COO-215**

## **Meat Cutting and Processing**

### **Learning Outcomes:**

- Demonstrate knowledge of meats, their characteristics and applications.
- Demonstrate knowledge of aging process for meats.
- Demonstrate knowledge of the procedures to cut and process meats.

### **2020 Red Seal Occupational Standard Reference:**

24.01 Selects meats and game meats.

24.02 Processes meats and game meats.

### **Suggested Hours:**

12 Hours

### **Theoretical Objectives:**

1. Define terminology associated with cutting and processing meats.
2. Identify hazards and describe safe work practices pertaining to handling and storing raw meats.
3. Interpret Canadian Food Inspection Agency (CFIA) regulations pertaining to meats.
  - i) inspection
  - ii) grading
  - iii) cut classification
  - iv) branding
4. Identify types of meats and describe their characteristics and applications.
  - i) pork
  - ii) veal
  - iii) beef
  - iv) lamb
  - v) goat
5. Identify meat grades and describe their characteristics.

6. Identify factors to consider when selecting meats.
  - i) local availability
  - ii) seasonal availability
  - iii) freshness
  - iv) storage life
  - v) applications
  - vi) processed
  - vii) sustainability
  - viii) grading quality and marketing standards
7. Identify meat cuts and describe their characteristics and applications.
  - i) whole
  - ii) primal
  - iii) sub-primal
  - iv) pre-portioned
8. Identify dietary requirements specific to meats.
9. Describe meat ordering specifications.
10. Identify meat cutting and processing tools and equipment and describe their applications and procedures for use.
11. Identify factors to consider when processing meats.
  - i) muscle structure
  - ii) fat content
  - iii) defrost time
  - iv) wastage
12. Identify factors to consider when freezing and defrosting meats.
13. Describe the aging process for meat.
  - i) wet
  - ii) dry
14. Identify methods used to cut and process meats and describe their associated procedures.
  - i) de-boning
  - ii) larding
  - iii) barding
  - iv) marinating
  - v) rubbing
  - vi) brining
  - vii) corning

- viii) tying
- ix) grinding
- x) curing
- xi) mechanical tenderizing
- xii) smoking
- xiii) trussing
- xiv) scoring
- xv) trimming
- xvi) portioning

**Practical Objectives:**

1. Assess, trim and portion a secondary cut.

## **COO-217**

## **Meat Cookery**

### **Learning Outcomes:**

- Demonstrate knowledge of procedures to cook and finish meats.
- Demonstrate knowledge of procedures to carve and portion meats.
- Demonstrate knowledge of procedures to handle, hold, serve and store meats and related dishes.

### **2020 Red Seal Occupational Standard Reference:**

24.03 Cooks meats.

24.04 Finishes meats.

### **Suggested Hours:**

12 Hours

### **Theoretical Objectives:**

1. Define terminology associated with cooking meats.
2. Identify hazards and describe safe work practices pertaining to meat cookery.
  - i) cooking meats
  - ii) handling and serving cooked meats
3. Identify factors to consider when cooking meats.
  - i) cut of meat
  - ii) muscle structure and marbling
  - iii) degree of doneness
  - iv) flavorings
  - v) salting and seasonings
  - vi) equipment
  - vii) temperature
  - viii) time
  - ix) yield
  - x) resting
  - xi) use of excess product
  - xii) cross-contamination
4. Identify cooking methods for meats and related dishes and describe their associated procedures.
  - i) grilling
  - ii) roasting



- iii) braising
  - iv) broiling
  - v) sous-vide
5. Describe procedures used to carve and portion meats.
6. Describe finishing and presentation techniques.
- i) sauces
  - ii) glazes
  - iii) condiments
  - iv) garnishes
  - v) compound butters
  - vi) vegetables
  - vii) herbs
  - viii) starches
7. Identify types of butter sauces and compound butter and describe their characteristics and applications.
8. Identify types of pan gravies, jus lié and describe their characteristics and applications.
9. Describe procedures used to handle, hold, serve and store cooked meats and related dishes.

**Practical Objectives:**

N/A

## **COO-220**

## **Poultry Cutting and Processing**

### **Learning Outcomes:**

- Demonstrate knowledge of procedures to cut and process poultry.

### **2020 Red Seal Occupational Standard Reference:**

25.02 Processes poultry and game birds.

### **Suggested Hours:**

9 Hours

### **Theoretical Objectives:**

1. Define terminology associated with cutting and processing poultry.
2. Identify hazards and describe safe work practices pertaining to handling and storing poultry.
3. Interpret jurisdictional regulations pertaining to poultry.
  - i) HACCP
  - ii) public health regulations
  - iii) inspection
  - iv) grading
  - v) classification
4. Identify factors to consider when cutting and processing poultry.
5. Identify factors to consider when freezing and defrosting poultry.
6. Describe the methods used to cut and process poultry.
  - i) cleaning
  - ii) deboning
  - iii) larding
  - iv) barding
  - v) breasting
  - vi) marinating
  - vii) seasoning
  - viii) curing
  - ix) smoking
  - x) trussing
  - xi) scoring

- xii) grinding
- xiii) stuffing

**Practical Objectives:**

1. Assess, trim and portion poultry.

## **COO-223**

## **Poultry Cookery**

### **Learning Outcomes:**

- Demonstrate knowledge of procedures to cook and finish poultry.
- Demonstrate knowledge of procedures to carve and portion cooked poultry.
- Demonstrate knowledge of procedures to handle, hold, serve and store poultry and related dishes.

### **2020 Red Seal Occupational Standard Reference:**

25.03 Cooks poultry and game birds.

25.04 Finishes poultry and game birds.

### **Suggested Hours:**

6 Hours

### **Theoretical Objectives:**

1. Define terminology associated with cooking poultry.
2. Identify hazards and describe safe work practices pertaining to poultry cookery.
  - i) cooking poultry
  - ii) handling and serving cooked poultry
3. Identify factors to consider when cooking poultry.
  - i) cut of poultry
  - ii) muscle structure
  - iii) flavouring
  - iv) salting and seasoning
  - v) equipment
  - vi) temperature
  - vii) time
  - viii) yield
  - ix) resting
  - x) use of excess product
  - xi) cross-contamination
  - xii) protein content

4. Identify cooking methods for poultry and related dishes and describe their associated procedures.
  - i) braising
  - ii) deep frying
  - iii) broiling
  - iv) roasting
  - v) combination
  - vi) sous vide
  - vii) stuffed
5. Describe the procedures used to carve and portion cooked poultry.
6. Describe finishing and presentation techniques
  - i) broiling
  - ii) crusting
  - iii) carving
  - iv) basting
  - v) glazing
  - vi) saucing
  - vii) garnishing
7. Describe the procedures used to handle, hold, and store poultry and related dishes.

**Practical Objectives:**

1. Cook poultry using dry, moist and combination heat.

## **COO-225**

## **Fin Fish II**

### **Learning Outcomes:**

- Demonstrate knowledge of procedures to prepare fin fish.
- Demonstrate knowledge of procedures to cook and finish fin fish.
- Demonstrate knowledge of procedures to handle, hold, and store fin fish and related dishes.

### **2020 Red Seal Occupational Standard Reference:**

27.02 Processes fin fish.

27.03 Cooks fin fish.

27.04 Finishes fin fish.

### **Suggested Hours:**

12 Hours

### **Theoretical Objectives:**

1. Define terminology associated with cutting, processing and cooking fin fish.
2. Identify hazards and describe safe work practices pertaining to fin fish.
  - i) handling fin fish
  - ii) cooking fin fish
  - iii) serving, handling and storing cooked fin fish
3. Describe the procedures used to verify quality and cuts of fin fish using sensory assessment.
4. Identify methods used to process fin fish and describe their associated procedures.
  - i) scale
  - ii) fillet
  - iii) debone
  - iv) skin
  - v) portion
  - vi) trim.
5. Identify factors to consider when processing fin fish.
  - i) cleaning
  - ii) cutting
  - iii) slicing
  - iv) scaling

- v) trimming
  - vi) portioning
6. Describe the procedures used to handle, hold and store live and raw fin fish.
7. Identify factors to consider when cooking fin fish.
- i) skin-on
  - ii) skin-off
  - iii) size
  - iv) timing
  - v) bone-in
  - vi) bone-out
  - vii) texture
8. Identify cooking methods for fin fish and related dishes and describe their associated procedures.
- i) poaching
  - ii) steaming
  - iii) pan searing
  - iv) deep-frying
  - v) smoking
  - vi) broiling
  - vii) braising
  - viii) roasting
9. Describe methods to determine doneness.
- i) temperature readings
  - ii) needle test
  - iii) sensory assessment
10. Identify factors to consider when finishing cooked and raw fin fish and related dishes.
11. Describe finishing and presentation techniques
- i) crusting
  - ii) resting
  - iii) glazing
  - iv) torching
  - v) smoking
  - vi) saucing
12. Describe the procedures used to handle, hold, and store fin fish, and related dishes.
- i) raw
  - ii) cooked

**Practical Objectives:**

1. Process a round and flat fish.
  - i) scale
  - ii) fillet
  - iii) debone
  - iv) skin
  - v) portion
  - vi) trim
2. Cook fin fish using dry, moist and combination heat.



## **COO-230**

## **Seafood**

### **Learning Outcomes:**

- Demonstrate knowledge of seafood, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare seafood.
- Demonstrate knowledge of procedures to cook and finish seafood.
- Demonstrate knowledge of procedures to handle, hold, and store seafood and related dishes.

### **2020 Red Seal Occupational Standard Reference:**

28.01 Selects seafood.

28.02 Processes seafood.

28.03 Cooks seafood.

28.04 Finishes seafood.

### **Suggested Hours:**

15 Hours

### **Theoretical Objectives:**

1. Define terminology associated with seafood.
2. Identify hazards and describe safe work practices pertaining to serving, handling, storing and cooking seafood.
3. Interpret jurisdictional regulations pertaining to seafood.
4. Identify classifications and types of seafood and describe their characteristics and applications.
  - i) crustaceans
  - ii) bivalves
  - iii) univalves
  - iv) cephalopods
5. Identify factors to consider when selecting seafood.
  - i) local availability
  - ii) seasonal availability
  - iii) freshness
  - iv) storage life
  - v) applications
  - vi) processed

- vii) sustainability
  - viii) origin
  - ix) documentation
6. Identify dietary requirements specific to seafood.
- i) cultural
  - ii) allergies
  - iii) ethical
  - iv) religious
  - v) health-related
  - vi) environmental
  - vii) preferences
7. Identify market forms (prepared and packaged) of seafood and describe their characteristics and applications.
- i) size
  - ii) shape
  - iii) packaging
  - iv) fresh
  - v) frozen
  - vi) individual quick frozen
  - vii) live
  - viii) peeled
  - ix) de-veined
  - x) shucked
8. Identify regional species and describe their characteristics and applications.
9. Describe the procedures used to verify quality of seafood using sensory assessment.
10. Describe the procedures used to marinate, cure, smoke and pickle seafood.
11. Identify factors to consider when cooking seafood.
- i) variety
  - ii) size
  - iii) in-shell
  - iv) out-of-shell
12. Identify cooking methods for seafood and related dishes and describe their associated procedures.
- i) poaching
  - ii) steaming
  - iii) pan searing
  - iv) deep-frying

- v) pan-frying
  - vi) broiling
  - vii) braising
  - viii) baking
  - ix) smoking
13. Describe methods to determine doneness.
14. Describe finishing and presentation techniques.
15. Describe the procedures used to handle, hold, and store seafood and related dishes.
- i) raw
  - ii) cooked

**Practical Objectives:**

1. Prepare seafood using dry, moist and combination heat.

## **COO-245**

## **Cookies**

### **Learning Outcomes:**

- Demonstrate knowledge of cookies, their characteristics and applications.
- Demonstrate knowledge of the procedures to prepare and cook cookies.

### **2020 Red Seal Occupational Standard Reference:**

36.01 Selects ingredients for dough.

36.02 Processes ingredients for dough.

36.03 Cooks dough-based products.

### **Suggested Hours:**

6 Hours

### **Theoretical Objectives:**

1. Define terminology associated with cookies.
2. Identify types of cookies and describe their characteristics and applications.
3. Identify characteristics of cookies.
  - i) crispness
  - ii) softness
  - iii) chewiness
  - iv) spread
4. Identify methods of mixing and make-up used to prepare cookies and describe their associated procedures.
  - i) mixing
    - creaming
    - sponge/foam
    - one stage
  - ii) make-up
    - dropped
    - bar
    - molded
    - ice box
    - sheet
    - rolled
    - bagged

5. Identify dietary requirements specific to ingredients used in cookies.
6. Identify market forms (pre-prepared and packaged) of cookies and describe their applications.
7. Describe the procedures used to handle, hold and store cookies.

**Practical Objectives:**

N/A

## **COO-250**

## **Savoury and Sweet Pastries and Pies**

### **Learning Outcomes:**

- Demonstrate knowledge of savoury and sweet pastries and pies, their characteristics and applications.
- Demonstrate knowledge of fillings, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare savoury and sweet pastries, pies and fillings.
- Demonstrate knowledge of procedures to cook and finish savoury and sweet pastries and pies.

### **2020 Red Seal Occupational Standard Reference:**

- 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.

### **Suggested Hours:**

15 Hours

### **Theoretical Objectives:**

1. Define terminology associated with savoury and sweet pastries and pies.
2. Identify types of savoury and sweet pastry and pie doughs and describe their characteristics and applications.
3. Identify factors to consider when selecting ingredients used in savoury and sweet pastries and pies.
4. Identify ingredients used in savoury and sweet pastries and pies and fillings and describe their characteristics and applications.
  - i) doughs
    - sweet
    - short
    - yeast raised
  - ii) flavorings
  - iii) seasonings
  - iv) apricot glaze
  - v) marzipan

5. Identify dietary requirements specific to ingredients used in savoury and sweet pastries and pies and fillings.
6. Identify types of fillings and describe their characteristics and applications.
  - i) protein
  - ii) cheese
  - iii) egg
  - iv) vegetable
  - v) fruit
  - vi) custard
7. Identify market forms (prepared and packaged) of savoury and sweet pastries, pies and fillings and describe their characteristics and applications.
8. Identify factors to consider when selecting ingredients for savoury and sweet pastries and pies.
9. Describe methods used to assemble savoury and sweet pastries and pies.
  - i) piping
  - ii) filling
  - iii) layering
  - iv) rolling
  - v) shaping
  - vi) egg washing
  - vii) venting
  - viii) folding
  - ix) topping
10. Identify cooking methods for savoury and sweet pastries and pies and describe their associated procedures.
11. Describe methods to determine doneness.
12. Identify factors to consider when finishing ingredients for savoury and sweet pastries and pies.
13. Describe finishing and presentation techniques.
14. Describe the procedures used to hold, handle and store savoury and sweet pastries and pies.

**Practical Objectives:**

1. Prepare a basic pie dough and filling.
2. Prepare pastries and fillings.
  - i) pate a choux
  - ii) laminated doughs
    - leavened
    - unleavened



**COO-255****Fresh Pasta, Noodles and Dumplings****Learning Outcomes:**

- Demonstrate knowledge of fresh pasta, noodles and dumplings, their characteristics and applications.
- Demonstrate knowledge of sauces, dressings and liquids used with fresh pasta and noodles.
- Demonstrate knowledge of procedures to prepare fresh pasta, noodles and dumplings.
- Demonstrate knowledge of procedures to stuff pastas, noodles and dumplings.
- Demonstrate knowledge of procedures to cook and finish fresh pasta, noodles, dumplings and related dishes.

**2020 Red Seal Occupational Standard Reference:**

- 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.
- 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.
- 36.01 Selects ingredients for dough.
- 36.02 Processes ingredients for dough.
- 36.03 Cooks dough-based products.

**Suggested Hours:**

12 Hours

**Theoretical Objectives:**

1. Define terminology associated with fresh and stuffed pastas, noodles and dumplings.
2. Identify classifications and shapes of fresh pasta and describe their characteristics and applications.
3. Identify dough types and describe their characteristics and applications.
4. Identify types of stuffed pastas and describe their characteristics and applications.
5. Identify tools and equipment used to make stuffed pastas and dumplings.

6. Identify types of dumplings and describe their characteristics and applications.
7. Identify dietary requirements specific to ingredients used in fresh and stuffed pastas and dumplings.
8. Identify factors to consider when selecting ingredients for pasta and noodle dishes, and dumpling fillings.
9. Describe the procedures used to select dough type for stuffed pastas and dumplings.
10. Describe the procedures used to prepare fresh pasta, noodles and dumplings.
11. Describe the procedures used to process and use fillings and components for assembly.
12. Describe hand forming techniques.
13. Identify cooking temperatures and times for fresh and stuffed pastas, noodles and dumplings.
14. Identify ratio of liquid to pastas or noodles.
15. Describe the methods to determine yield and doneness of fresh pasta.
16. Identify reheating methods.
17. Identify sauces, dressings, liquids, components and garnishes.
18. Describe the procedures used to apply sauces, dressings, liquids and components.
19. Describe the procedures used to determine doneness of dumplings.
20. Describe the procedures used to assemble fresh and stuffed pasta dishes and dumplings.
21. Describe procedures used to cook fresh and stuffed pastas, dumplings and related dishes.
22. Describe finishing and presentation techniques.
23. Describe the procedures used to handle, hold and store finished fresh and stuffed pastas, noodles, dumplings and related dishes.

**Practical Objectives:**

1. Prepare and cook a variety of fresh pasta dishes.
2. Prepare and cook a variety of dumplings dishes.

## **COO-258**

## **Cakes and Icings I**

### **Learning Outcomes:**

- Demonstrate knowledge of high fat cakes and icings and their applications.
- Demonstrate knowledge of procedures to prepare high fat cakes and buttercream icings.
- Demonstrate knowledge of procedure to finish high fat cakes with icings.
- Demonstrate knowledge of procedures to handle and store cakes, icings and their components.

### **2020 Red Seal Occupational Standard Reference:**

- 37.01 Selects ingredients for batters.
- 37.02 Processes ingredients for batters.
- 37.03 Cooks batter-based products.
- 37.04 Finishes batter-based products.
- 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.
- 39.01 Selects cake components for assembly.
- 39.02 Finishes cakes.

### **Suggested Hours:**

18 Hours

### **Theoretical Objectives:**

1. Define terminology associated with cakes, basic icings and their components.
2. Identify types of cakes and describe their characteristics.
  - i) high fat
  - ii) low fat
3. Identify mixing methods for high fat cakes.
  - i) creaming method
    - pound cake
    - coffee cake
  - ii) high ratio or two-stage

4. Identify ingredients used in cakes and describe their characteristics and applications.
  - i) flours
  - ii) fats/shortenings
  - iii) sweeteners
  - iv) liquids
  - v) leavening agents
  - vi) dairy products
  - vii) flavorings and seasonings
  - viii) specialty products
5. Identify dietary requirements specific to cake components.
6. Identify market forms (prepared and packaged) of cake components and describe their characteristics and applications.
7. Identify types of icings and describe their characteristics.
  - i) buttercream
    - meringue
    - French/common
    - Swiss
    - Italian
  - ii) royal icing
  - iii) fondant
  - iv) fudge
  - v) flat
8. Identify dietary requirements specific to icings.
9. Describe methods to prepare basic buttercream icings.
10. Identify factors to consider when finishing with basic icings.
  - i) buttercream
  - ii) royal icing
  - iii) fondant
  - iv) fudge
  - v) flat
11. Identify market forms (prepared and packaged) of basic icing components and describe their characteristics and applications.
12. Describe the procedures used to prepare and bake high fat cakes.
  - i) high fat creaming method
  - ii) high-ratio or two stage

13. Describe procedures used to assemble and decorate cakes.
14. Describe procedures used to handle and store cakes, icings and their components.

**Practical Objectives:**

1. Prepare and bake a high fat cake.
2. Finish a cake with icing.

# Level 3

Unit Code	Title	Hours	Page
COO-300	Charcuterie and Cured Products	15	112
COO-305	Aspics, Gels and Glazes	3	115
COO-310	Marinades, Rubs and Brines	3	117
COO-315	Game Meat Cutting and Processing	6	119
COO-317	Game Meat Cookery	9	122
COO-318	Game Bird Cutting and Processing	3	124
COO-319	Game Bird Cookery	9	127
COO-320	Hors D'oeuvres and Finger Foods	3	129
COO-325	Cakes and Icings II	9	132
COO-330	Creams, Mousses and Dessert Components	12	134
COO-340	Frozen Desserts	6	137
COO-345	Chocolate	6	138
COO-350	Adaptive Cooking	6	140
COO-355	Cost Control	12	142
COO-360	Menu Planning	12	144
COO-370	Specialty Sauces	9	147
COO-375	Condiments, Preserves and Dressings	3	149
COO-380	Specialty Seafood	15	151
COO-382	Alternative Proteins	3	154
MENT-701	Mentoring II	6	156
COO-390	Program Review	30	157

## **COO-300**

## **Charcuterie and Cured Products**

### **Learning Outcomes:**

- Demonstrate knowledge of charcuterie and cured products, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare charcuterie and cured products.
- Demonstrate knowledge of procedures to cook and finish charcuterie and cured products.

### **2020 Red Seal Occupational Standard Reference:**

- 26.01 Selects variety meats.
- 26.02 Processes variety meats.
- 26.03 Cooks variety meats.
- 26.04 Finishes variety meats.
- 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 Finished charcuterie and cured products.

### **Suggested Hours:**

15 Hours

### **Theoretical Objectives:**

1. Define terminology associated with charcuterie and cured products.
2. Identify types and classifications of charcuterie and cured products and describe their characteristics and applications.
  - i) forcemeats
  - ii) terrines
  - iii) pâtés
  - iv) galantines and ballotines
  - v) sausages
  - vi) variety meats
  - vii) smoked and fermented meat
  - viii) fin fish
  - ix) seafood
  - x) poultry
3. Identify factors to consider when selecting ingredients for charcuterie and cured products.



4. Identify dietary requirements specific to ingredients for charcuterie and cured products.
5. Identify temperature and environmental controls needed when curing, smoking and fermenting meats.
6. Identify factors to consider when processing ingredients for charcuterie and cured products.
  - i) temperature
  - ii) texture
  - iii) time
  - iv) humidity
7. Describe methods used to process charcuterie and cured product ingredients.
  - i) smoking
  - ii) curing
  - iii) drying
  - iv) chopping
  - v) grinding
  - vi) emulsifying
  - vii) marinating
  - viii) soaking
  - ix) shaping
  - x) molding
  - xi) fermenting
  - xii) stuffing
8. Identify factors to consider when cooking charcuterie and cured products.
9. Identify factors to consider when finishing charcuterie and cured products.
  - i) degree of doneness
  - ii) flavorings and seasonings
  - iii) equipment
  - iv) temperature
  - v) time
  - vi) yield
  - vii) resting
  - viii) texture
  - ix) humidity
10. Identify styles of service associated with charcuterie and cured products.
11. Describe the procedures used to carve and slice charcuterie and cured products.

12. Describe finishing and presentation techniques, including glazing, filling, and presentation and garnishing.
13. Describe the procedures used to handle, hold and store charcuterie and cured products.

**Practical Objectives:**

1. Prepare a variety of forcemeats, cured and smoked items.

## **COO-305**

## **Aspics, Gels and Glazes**

### **Learning Outcomes:**

- Demonstrate knowledge of aspics, gels and glazes, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare aspics, gels and glazes.
- Demonstrate knowledge of procedures to finish aspics, gels and glazes.

### **2020 Red Seal Occupational Standard Reference:**

- 34.01 Selects ingredients for gels and glazes.
- 34.02 Processes ingredients gels and glazes.
- 34.03 Finishes gels and glazes.

### **Suggested Hours:**

3 Hours

### **Theoretical Objectives:**

1. Define terminology associated with aspics, gels and glazes.
2. Identify types of gels and gel components and describe their characteristics and applications.
3. Identify types of glazes and describe their characteristics and applications.
  - i) sweet
  - ii) savoury
4. Identify factors to consider when selecting ingredients for aspics, gels and glazes.
  - i) flexibility
  - ii) ph
  - iii) heat stability
  - iv) temperature
5. Identify dietary requirements specific to ingredients used in aspics, gels and glazes.
6. Identify factors to consider when processing ingredients for aspics, gels and glazes.
7. Identify methods used to prepare aspics, gels and glazes and describe their associated procedures.
  - i) mixing
  - ii) blooming
  - iii) heating

8. Identify factors to consider when finishing aspics, gels and glazes.
9. Describe methods used to finish aspics, gels and glazes.
10. Describe the procedures used to handle, hold and store aspics, gels and glazes.

**Practical Objectives:**

1. Prepare aspics, gels and glazes.

## **COO-310**

## **Marinades, Rubs and Brines**

### **Learning Outcomes:**

- Demonstrate knowledge of marinades, rubs and brines, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare marinades, rubs and brines.

### **2020 Red Seal Occupational Standard Reference:**

- 35.01 Selects marinade, rub and brine ingredients.  
35.02 Processes marinade, rub and brine ingredients.

### **Suggested Hours:**

3 Hours

### **Theoretical Objectives:**

1. Define terminology associated with marinades, rubs and brines.
2. Identify types of marinades, rubs and brines and describe their characteristics and applications.
  - i) marinades
    - vinegar-based
    - fruit-based
    - alcohol-based
  - ii) rubs
    - dry seasoning
    - pastes
    - mustard-based
    - sugar-based
3. Identify factors to consider when selecting ingredients for marinades, rubs and brines.
  - i) time
  - ii) quality
  - iii) function
  - iv) moisture content
  - v) temperature
  - vi) assembly sequence
  - vii) container selection
  - viii) application method
4. Identify dietary requirements specific to ingredients used in marinades, rubs and brines.

5. Identify ingredients and ratios used to prepare marinades, rubs and brines.
6. Identify methods used to prepare marinades, rubs and brines and describe their associated procedures.
  - i) combining
  - ii) heating
  - iii) dissolving
  - iv) cooling
7. Describe procedures used to handle, hold and store ingredients for marinades, rubs and brines.

**Practical Objectives:**

1. Prepare a variety of marinades, rubs and brines.

## **COO-315**

## **Game Meat Cutting and Processing**

### **Learning Outcomes:**

- Demonstrate knowledge of game meats, their characteristics and applications.
- Demonstrate knowledge of aging process for game meats.
- Demonstrate knowledge of the procedures to cut and process game meats.

### **2020 Red Seal Occupational Standard Reference:**

24.01 Selects meats and game meats.

24.02 Processes meats and game meats.

### **Suggested Hours:**

6 Hours

### **Theoretical Objectives:**

1. Define terminology associated with cutting and processing game meats.
2. Identify hazards and describe safe work practices pertaining to handling and storing raw game meats.
3. Interpret Canadian Food Inspection Agency (CFIA) regulations pertaining to game meats.
  - i) inspection
  - ii) grading
  - iii) cut classification
  - iv) branding
4. Identify types of game meats and describe their characteristics and applications.
  - i) bison
  - ii) elk
  - iii) caribou
  - iv) moose
  - v) deer
  - vi) kangaroo
  - vii) musk ox
  - viii) wild boar
  - ix) rabbit and hare

5. Identify factors to consider when selecting game meats.
  - i) local availability
  - ii) seasonal availability
  - iii) freshness
  - iv) storage life
  - v) applications
  - vi) processed
  - vii) sustainability
6. Identify dietary requirements specific to game meats.
7. Describe game meat ordering specifications.
8. Identify game meat cutting and processing tools and equipment and describe their applications and procedures for use.
  - i) band saws
  - ii) bone scrapers
  - iii) grinders
  - iv) cleavers
  - v) knives
  - vi) cutting boards
9. Identify factors to consider when processing game meats.
  - i) muscle structure
  - ii) fat content
  - iii) defrost time
  - iv) wastage
10. Identify factors to consider when freezing and defrosting game meats.
11. Describe the aging process for game meats.
  - i) wet
  - ii) dry
12. Identify methods used to cut and process game meats and describe their associated procedures.
  - i) de-boning
  - ii) larding
  - iii) barding
  - iv) marinating
  - v) rubbing
  - vi) brining
  - vii) corning
  - viii) tying



- ix) grinding
- x) curing
- xi) mechanical tenderizing
- xii) smoking
- xiii) trussing
- xiv) scoring
- xv) trimming
- xvi) portioning

**Practical Objectives:**

1. Assess, trim and portion game meat.

## **COO-317**

## **Game Meat Cookery**

### **Learning Outcomes:**

- Demonstrate knowledge of the procedures to cook and finish game meats.
- Demonstrate knowledge of procedures to carve and portion game meats.

### **2020 Red Seal Occupational Standard Reference:**

- 24.03 Cooks meats and game meats.
- 24.04 Finishes meats and game meats.
- 25.03 Cooks poultry and game birds.
- 25.04 Finishes poultry and game birds.

### **Suggested Hours:**

9 Hours

### **Theoretical Objectives:**

1. Define terminology associated with cooking game meats.
2. Identify hazards and describe safe work practices pertaining to cooking game meats.
3. Identify factors to consider when cooking game meats.
  - i) cut of meat
  - ii) muscle structure and marbling
  - iii) degree of doneness
  - iv) flavoring and seasoning
  - v) equipment
  - vi) temperature
  - vii) time
  - viii) yield
  - ix) resting
  - x) use of excess product
4. Identify methods used to cook game meats and describe their associated procedures.
  - i) dry heat
  - ii) moist heat
  - iii) combination
5. Describe the procedures used to carve and portion game meats.

6. Describe finishing and presentation techniques, including garnishes and accompaniments.
7. Describe the procedures used to handle, hold, and store game meats.

**Practical Objectives:**

1. Prepare and cook game meat using various methods.
  - i) dry heat
  - ii) moist heat
  - iii) combination

## **COO-318**

## **Game Bird Cutting and Processing**

### **Learning Outcomes:**

- Demonstrate knowledge of game birds, their characteristics and applications.
- Demonstrate knowledge of aging process for game birds.
- Demonstrate knowledge of procedures to cut and process game birds.

### **2020 Red Seal Occupational Standard Reference:**

25.01 Selects poultry and game birds.

25.02 Processes poultry and game birds.

### **Suggested Hours:**

3 Hours

### **Theoretical Objectives:**

1. Define terminology associated with cutting and processing game birds.
2. Identify hazards and describe safe work practices pertaining to handling and storing raw game birds.
3. Interpret jurisdictional regulations pertaining to game birds.
  - i) inspection
  - ii) grading
  - iii) cut classification
  - iv) branding
4. Identify types of game birds and describe their characteristics and applications.
  - i) quail
  - ii) pheasant
  - iii) partridge
  - iv) duck
  - v) goose
  - vi) ostrich
  - vii) emu
5. Identify classifications, grades and market forms (prepared and packaged) of game birds and describe their characteristics and applications.
  - i) whole
  - ii) fresh

- iii) frozen
  - iv) individually quick frozen
  - v) purchased food service cuts
6. Identify factors to consider when selecting game birds.
- i) local availability
  - ii) seasonal availability
  - iii) freshness
  - iv) storage life
  - v) applications
  - vi) processed
  - vii) sustainability
  - viii) free range
  - ix) price
  - x) size
  - xi) count
  - xii) protein percentage
7. Identify dietary requirements specific to game birds.
8. Describe game birds ordering specifications.
9. Identify game birds cutting and processing tools and equipment and describe their applications and procedures for use.
- i) boning knives
  - ii) shears
  - iii) cleavers
  - iv) paring knives
  - v) grinders
  - vi) mallets
  - vii) cutting boards
10. Identify factors to consider when processing game birds.
- i) muscle structure
  - ii) fat content
  - iii) defrost time
  - iv) wastage
11. Identify factors to consider when freezing and defrosting game birds.
12. Describe the aging process for game birds.

13. Identify methods used to cut and process game birds and describe their associated procedures.

- i) cleaning
- ii) de-boning
- iii) larding
- iv) barding
- v) breadding
- vi) marinating
- vii) seasoning
- viii) curing
- ix) smoking
- x) trussing
- xi) scoring
- xii) grinding
- xiii) stuffing

**Practical Objectives:**

1. Assess, trim and portion a game bird.

## **COO-319**

## **Game Bird Cookery**

### **Learning Outcomes:**

- Demonstrate knowledge of procedures to cook and finish game bird.
- Demonstrate knowledge of procedures to carve and portion cooked game bird.
- Demonstrate knowledge of procedures to handle, hold, serve and store game bird and related dishes.

### **2020 Red Seal Occupational Standard Reference:**

25.03 Cooks poultry and game birds.

25.04 Finishes poultry and game birds.

### **Suggested Hours:**

9 Hours

### **Theoretical Objectives:**

1. Define terminology associated with cooking game bird.
2. Identify hazards and describe safe work practices pertaining to game bird cookery.
  - i) cooking game bird
  - ii) handling and serving cooked game bird
3. Identify factors to consider when cooking game bird.
  - i) cut of game bird
  - ii) muscle structure
  - iii) degree of doneness
  - iv) flavoring
  - v) salting and seasoning
  - vi) equipment
  - vii) temperature
  - viii) time
  - ix) yield
  - x) resting
  - xi) use of excess product
  - xii) cross-contamination
4. Identify cooking methods for game birds and related dishes and describe their associated procedures.
  - i) braising
  - ii) deep frying

- iii) broiling
  - iv) roasting
  - v) combination
  - vi) sous-vide
5. Describe the procedures used to cook stuffed game bird.
  6. Identify factors to consider when finishing cooked game bird and related dishes.
  7. Identify classifications of cooked game bird.
    - i) dark
    - ii) white
    - iii) quarters
    - iv) halves
    - v) individual pieces
    - vi) whole
  8. Describe the procedures used to carve and portion cooked game bird.
  9. Describe finishing and presentation techniques.
  10. Describe the procedures used to handle, hold, serve and store cooked game bird and related dishes.

**Practical Objectives:**

1. Cook game birds using various methods.
  - i) dry heat
  - ii) moist heat
  - iii) combination



## **COO-320**

## **Hors D'oeuvres and Finger Foods**

### **Learning Outcomes:**

- Demonstrate knowledge of hors d'oeuvres and finger foods, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare hors d'oeuvres and finger foods.
- Demonstrate knowledge of procedures to cook and finish hors d'oeuvres and finger foods.
- Demonstrate knowledge of procedures to handle, hold, serve and store hors d'oeuvres and finger foods.

### **2020 Red Seal Occupational Standard Reference:**

- 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.

### **Suggested Hours:**

3 Hours

### **Theoretical Objectives:**

1. Define terminology associated with hors d'oeuvres and finger foods.
2. Identify types of hors d'oeuvres and finger foods and describe their characteristics.
  - i) canapés
  - ii) sushi
  - iii) satays
  - iv) dim sum
3. Identify market forms (prepared and packaged) of hors d'oeuvres and finger foods and describe their characteristics and applications.
4. Identify factors to consider when selecting ingredients for hors d'oeuvres and finger foods.
5. Identify factors to consider when processing ingredients for hors d'oeuvres and finger foods.
  - i) seasonality

- ii) style of service
  - iii) availability
  - iv) price
  - v) available resources
6. Identify dietary requirements specific to ingredients used in hors d'oeuvres and finger foods.
- i) cultural
  - ii) allergies
  - iii) ethical
  - iv) religious
  - v) health-related
  - vi) environmental
  - vii) preferences
7. Describe methods used to process hors d'oeuvres and finger food ingredients.
- i) wrapping
  - ii) mixing
  - iii) folding
  - iv) baking
  - v) cutting
  - vi) poaching
  - vii) frying
  - viii) blending
8. Identify factors to consider when assembling hors d'oeuvres and finger foods.
9. Describe methods used to assemble hors d'oeuvres and finger foods.
10. Identify factors to consider when cooking hors d'oeuvres and finger foods.
11. Describe cooking methods used to cook hors d'oeuvres and finger foods.
12. Identify factors to consider when finishing hors d'oeuvres and finger foods.
- i) integrity
  - ii) temperature
13. Identify styles of service associated with hors d'oeuvres and finger foods.
14. Describe finishing and presentation techniques.
15. Describe the procedures used to handle, hold, serve and store hors d'oeuvres and finger foods.

**Practical Objectives:**

N/A

## **COO-325**

## **Cakes and Icings II**

### **Learning Outcomes:**

- Demonstrate knowledge of advanced (low fat foamed) cakes and tortes, icings and their applications.
- Demonstrate knowledge of the procedures to prepare advanced (low fat foamed) cakes, tortes, and icings.
- Demonstrate knowledge of procedures to finish advanced cakes and tortes with icings.
- Demonstrate knowledge of procedures to handle, hold, serve and store advanced cakes, tortes, icings and their components.

### **2020 Red Seal Occupational Standard Reference:**

- 37.01 Selects ingredients for batters.
- 37.02 Processes ingredients for batters.
- 37.03 Cooks batter-based products.
- 37.04 Finishes batter-based products.
- 39.01 Selects cake components for assembly.
- 39.02 Finishes cakes.

### **Suggested Hours:**

9 Hours

### **Theoretical Objectives:**

1. Define terminology associated with cakes and tortes.
2. Identify types of advanced (low fat foamed) cakes and describe their characteristics.
  - i) sponge cake
  - ii) genoise
  - iii) angel food cake
  - iv) chiffon
3. Identify types of European tortes and describe their characteristics.
  - i) sacher
  - ii) dobos
  - iii) Swiss roll
  - iv) black forest
4. Identify types of cheesecakes and describe their characteristics.

5. Identify types of cake fillings and describe their characteristics.
  - i) fruit
  - ii) cream
  - iii) whip cream
  - iv) flavoured simple syrups
6. Identify the factors to consider when selecting ingredients for cakes and tortes.
7. Identify allergies and intolerances specific to ingredients used in cakes and tortes.
8. Identify market forms (pre-prepared and packaged) of cakes and tortes and describe their characteristics and applications.
9. Identify types of advanced icings and describe their characteristics.
  - i) foam
  - ii) royal icing
  - iii) fondant
  - iv) gelatin-based mirror glaze
  - v) ganache
10. Describe methods to prepare advanced icings.
11. Identify factors to consider when finishing with advanced icings.
12. Describe the procedures used to prepare and bake low fat foamed cakes.
13. Describe the procedures used to prepare and bake tortes.
14. Describe the procedures to assemble and decorate advanced cakes and tortes.
15. Describe the procedures to assemble and decorate petit fours.
16. Describe finishing and presentation techniques.
17. Describe the procedures used to handle, hold, serve and store advanced cakes, tortes, and advanced icings.

**Practical Objectives:**

1. Prepare and bake a low-fat foamed cake.
2. Prepare and bake a torte.
3. Finish a cake with advanced icing.

## **COO-330**

## **Creams, Mousses and Dessert Components**

### **Learning Outcomes:**

- Demonstrate knowledge of creams, mousses and dessert components, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare creams, mousses and dessert components.
- Demonstrate knowledge of procedures to finish creams, mousses and dessert components.
- Demonstrate knowledge of procedures to handle, hold, serve and store creams, mousses and dessert components.

### **2020 Red Seal Occupational Standard Reference:**

- 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 creams, mousses, frozen desserts, fillings, icings, toppings and sugar works.

### **Suggested Hours:**

12 Hours

### **Theoretical Objectives:**

1. Define terminology associated with creams, mousses and dessert components.
2. Identify types of creams and mousses and describe their characteristics and applications.
3. Identify types of dessert components and describe their characteristics and applications.
  - i) fillings
  - ii) toppings
  - iii) sauces
  - iv) meringues
  - v) sugar works
4. Identify ingredients used in creams, mousses and dessert components and their applications.
  - i) eggs
  - ii) sugar
  - iii) gelatin

- iv) fruits
  - v) chocolate
  - vi) flavorings
5. Identify factors to consider when selecting ingredients for creams, mousses and dessert components.
  6. Identify dietary requirements specific to ingredients used in creams, mousses and dessert components.
  7. Identify market forms (pre-prepared and packaged) of creams, mousses and dessert components and describe their characteristics and applications.
    - i) frozen
    - ii) fresh
    - iii) shelf-stable
  8. Identify methods used to process ingredients for creams, mousses, custards and dessert components and describe their associated procedures.
    - i) cooking or baking custards
    - ii) cooling
    - iii) moulding
    - iv) piping
    - v) churning
    - vi) freezing
    - vii) tempering
    - viii) folding
    - ix) emulsifying
    - x) whipping
  9. Describe the procedures used to prepare fillings.
  10. Describe the procedures used to prepare toppings.
  11. Describe the procedures used to prepare dessert sauces.
  12. Describe the procedures used to prepare meringues.
  13. Describe the procedures used to prepare sugar works.
  14. Describe finishing and presentation techniques.
    - i) torching
    - ii) glazing
    - iii) spraying
    - iv) garnishing

v) pulling sugar

15. Describe the procedures used to handle, hold, serve and store creams, mousses and dessert components.

**Practical Objectives:**

1. Prepare a variety of creams, mousses and dessert components.



## **COO-340**

## **Frozen Desserts**

### **Learning Outcomes:**

- Demonstrate knowledge of frozen desserts, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare and finish frozen desserts.
- Demonstrate knowledge of procedures to handle, hold, serve and store frozen desserts.

### **2020 Red Seal Occupational Standard Reference:**

- 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 ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works.

### **Suggested Hours:**

6 Hours

### **Theoretical Objectives:**

1. Define terminology associated with frozen desserts.
2. Identify types of frozen desserts and describe their characteristics and applications.
  - i) churned
  - ii) still frozen
3. Identify dietary requirements specific to ingredients used in frozen desserts.
4. Identify market forms (pre-prepared and packaged) of frozen desserts and describe their characteristics and applications.
5. Describe the procedures used to prepare frozen desserts.
6. Describe finishing and presentation techniques for frozen desserts.
7. Describe the procedures used to handle, hold and store frozen desserts.

### **Practical Objectives:**

1. Prepare a frozen dessert.

## **COO-345                  Chocolate**

### **Learning Outcomes:**

- Demonstrate knowledge of chocolate and its applications.
- Demonstrate knowledge of procedures to prepare chocolate.
- Demonstrate knowledge of procedures to finish chocolate.
- Demonstrate knowledge of procedures to handle, hold, serve and store chocolate.

### **2020 Red Seal Occupational Standard Reference:**

- 41.01 Selects chocolate and ingredients.
- 41.02 Processes chocolate and ingredients.
- 41.03 Finishes chocolate.

### **Suggested Hours:**

6 Hours

### **Theoretical Objectives:**

1. Define terminology associated with chocolate.
2. Identify types of chocolate and describe their properties and applications.
3. Identify ingredients used in chocolate and describe their characteristics and applications.
4. Identify types of ganache and describe their characteristics and applications.
5. Identify factors to consider when selecting ingredients for chocolate.
6. Identify dietary requirements specific to chocolate.
7. Identify market forms (pre-prepared and packaged) of chocolate and describe their characteristics and applications.
8. Identify tools and equipment used to prepare chocolate and describe their applications and procedures for use.
9. Identify factors to consider when processing ingredients for chocolate.
10. Describe the procedures used to prepare chocolate.

11. Describe techniques used to temper chocolate.
12. Describe the procedures used to prepare ganache.
13. Describe finishing and presentation techniques used with chocolate and chocolate products.
14. Describe the procedures used to handle, hold, serve and store chocolate and chocolate products.

**Practical Objectives:**

1. Temper chocolate.
2. Prepare ganache.

## **COO-350**

## **Adaptive Cooking**

### **Learning Outcomes:**

- Demonstrate knowledge of adapting food practices to dietary requirements.
- Demonstrate knowledge of procedures to modify preparation areas.
- Demonstrate knowledge of preparing food to meet dietary requirements.

### **2020 Red Seal Occupational Standard Reference:**

- 5.01 Plans menu and mise en place.
- 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.

### **Suggested Hours:**

6 Hours

### **Theoretical Objectives:**

1. Identify types of dietary requirements.
  - i) cultural
  - ii) allergies
  - iii) ethical
  - iv) religious
  - v) health-related
  - vi) environmental
  - vii) preferences
2. Identify types of diets and eating regimes.
  - i) all protein
  - ii) macrobiotic
  - iii) vegan
  - iv) vegetarian
  - v) gluten-free
  - vi) raw and paleo diets
  - vii) halal
  - viii) kosher
  - ix) hindu
3. Describe food ingredients, allergens and potential substitutes.
4. Interpret labelling to identify potential hazards and allergens.

5. Explain kitchen practices and adaptations to accommodate dietary requirements.
6. Identify factors to consider when modifying a menu.
  - i) variety
  - ii) colour
  - iii) dietary requirements
  - iv) nutrition
  - v) use of product cooking methods
  - vi) clientele/demographics
  - vii) food recalls and advisories
7. Describe the procedures used to modify preparation areas.
  - i) using specialized equipment to isolate allergens
  - ii) dedicated prep areas for allergens
  - iii) preventing cross-contamination
    - allergens
    - cultural practices
8. Identify factors to consider when selecting alternative ingredients.
9. Identify factors to consider when proposing an alternative dish to accommodate dietary requirements.
10. Describe the procedures used to prepare food to meet dietary requirements.
11. Describe procedures used to adjust recipe yields and perform conversions.

**Practical Objectives:**

N/A

## **COO-355**

## **Cost Control**

### **Learning Outcomes:**

- Demonstrate knowledge of food preparation and service procedures.
- Demonstrate knowledge of kitchen management principles.
- Demonstrate knowledge of procedures used for inventory control.

### **2020 Red Seal Occupational Standard Reference:**

- 4.02 Schedules production.
- 6.04 Maintains inventory.

### **Suggested Hours:**

12 Hours

### **Theoretical Objectives:**

1. Define terminology associated with cost control.
  - i) food preparation
  - ii) service procedures
  - iii) inventory control
2. Identify principles of food preparation and service procedures.
3. Describe importance of sequencing daily and forecasted activities and creating a production schedule.
4. Identify daily and forecasted activities to be completed to meet production schedule.
  - i) receiving
  - ii) storing
  - iii) preparing
  - iv) holding
  - v) cooking
  - vi) maintaining
  - vii) serving
5. Identify time required for various tasks and daily and forecasted activities.
6. Describe the procedures used to modify production schedule.
  - i) recipe conversion
  - ii) consider labor needs
  - iii) production levels

7. Describe methods and procedures used to maintain safe temperatures of food products during production.
  - i) assessing labels
  - ii) ensuring proper rotation
  - iii) rotating products
  - iv) applying HACCP documentation
  - v) recording data loggers
  - vi) monitoring internal temperatures
8. Describe techniques used for food sensory assessment to ensure quality.
9. Describe importance of defining roles, responsibilities and communication in the kitchen.
10. Identify strengths and potential areas of growth for staff skills and knowledge.
11. Describe importance of staff coordination and monitoring progress to ensure flow of production.
12. Calculate kitchen operational costs.
  - i) food
  - ii) labor
  - iii) fixed/variable expenses
13. Explain product rotation method FIFO.
14. Describe the procedures used to conduct inventory of products.
15. Explain systems used for inventory controls.
16. Describe the procedures used to verify product specifications.
17. Describe the concept of unit and weight.

**Practical Objectives:**

N/A

## **COO-360**

## **Menu Planning**

### **Learning Outcomes:**

- Demonstrate knowledge of principles of menu planning.
- Demonstrate knowledge of procedures used for menu planning.
- Demonstrate knowledge of standardized recipes.
- Demonstrate knowledge of vendors and products.
- Demonstrate knowledge of procedures to order products.

### **2020 Red Seal Occupational Standard Reference:**

- 5.01 Plans menu and mise en place.
- 6.01 Orders products.

### **Suggested Hours:**

12 Hours

### **Theoretical Objectives:**

1. Define terminology associated with menu planning.
2. Identify types of service and describe their characteristics and applications.
  - i) American and cafeteria
  - ii) English and buffet
  - iii) à la carte
  - iv) over-the-counter
  - v) quick-service restaurant (qsr)
  - vi) catering
  - vii) institutional
  - viii) Russian
  - ix) French
3. Identify types of menu styles and describe their characteristics and applications.
  - i) table d'hôte
  - ii) static
  - iii) cycle
  - iv) à la carte
  - v) seasonal
  - vi) regional
  - vii) dégustation



4. Identify factors to consider when menu planning.
  - i) ingredient availability
  - ii) seasonality
  - iii) dietary requirements
  - iv) price point
  - v) menu styles
  - vi) trends
  - vii) business brand
  - viii) past performance of menu
  - ix) mise en place
  - x) nutritional value
5. Explain importance of following and converting recipes.
6. Explain importance of using local, seasonal and sustainable food products.
7. Identify factors to consider when determining mise en place requirements.
  - i) food/production schedules
  - ii) labor schedules
  - iii) equipment capabilities
8. Describe the procedures used to calculate menu prices.
9. Identify factors to consider when setting menu prices.
10. Describe the procedures used to plan and execute a menu.
11. Describe the procedures used to convert menu recipes.
12. Identify methods of menu cost control and describe their characteristics.
  - i) food purchase specifications
  - ii) standardized recipes
  - iii) standardized yields
  - iv) standardized portions
  - v) re-purpose product
13. Identify components of a standardized recipe.
14. Describe procedures used to calculate food quantities and cost.
15. Describe yield costing for recipes [Edible Portion (EP) and As-Purchased (AP)].

16. Identify vendors of products.
  - i) major suppliers
  - ii) local community suppliers
  - iii) foragers
17. Identify product based on sustainability and seasonal and local availability.
18. Describe product specification factors.
  - i) market forms
  - ii) shelf life
  - iii) case size
  - iv) product type
  - v) colour
19. Identify methods used to order products.
  - i) phone
  - ii) electronic
  - iii) face-to-face

**Practical Objectives:**

N/A

## **COO-370**

## **Specialty Sauces**

### **Learning Outcomes:**

- Demonstrate knowledge of specialty sauces, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare specialty sauces.
- Demonstrate knowledge of procedures to cook and finish specialty sauces.

### **2020 Red Seal Occupational Standard Reference:**

- 16.01 Selects sauce ingredients.
- 16.02 Processes sauce ingredients.
- 16.03 Cooks sauces.
- 16.04 Finishes sauces.

### **Suggested Hours:**

9 Hours

### **Theoretical Objectives:**

1. Define terminology associated with specialty sauces.
2. Identify types of hot and cold specialty sauces and describe their characteristics and applications.
  - i) chutneys
  - ii) salsas
  - iii) reductions
  - iv) curries
  - v) soy-based
  - vi) coulis
  - vii) beurre blanc
  - viii) international sauces
  - ix) sauces for game meats and game birds
  - x) fruit sauces
  - xi) relishes
3. Identify factors to consider when selecting ingredients for specialty sauces.
4. Identify ingredients and ratios used in specialty sauces.
5. Identify dietary requirements specific to ingredients used in specialty sauces.
6. Describe the use of hydrocolloid ingredients for sauce making and texture modification.

7. Describe the procedures used to prepare hot and cold specialty sauces.
8. Describe finishing and presentation techniques for specialty sauces.
9. Describe the procedures used to handle, cool and store specialty sauces.

**Practical Objectives:**

1. Prepare a variety of specialty sauces.

## **COO-375**

## **Condiments, Preserves and Dressings**

### **Learning Outcomes:**

- Demonstrate knowledge of condiments, preserves and dressings, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare condiments, preserves and dressings.
- Demonstrate knowledge of procedures to handle, hold, serve and store condiments, preserves and dressings.

### **2020 Red Seal Occupational Standard Reference:**

31.01 Selects ingredients for condiments, preserves and dressings.

31.02 Processes ingredients for condiments, preserves and dressings.

### **Suggested Hours:**

3 Hours

### **Theoretical Objectives:**

1. Define terminology associated with condiments, preserves and dressings.
2. Identify types of condiments, preserves and dressings and describe their characteristics and applications.
  - i) condiments
    - dips
    - relishes
    - syrups
    - salsas
  - ii) preserves
    - pickled vegetables
    - jams
    - jellies
    - sauerkraut
  - iii) dressings
    - oil based
    - emulsions
    - vinaigrette
    - warm dressings
3. Identify factors to consider when selecting ingredients for condiments, preserves and dressings.

4. Identify dietary requirements specific to ingredients used in condiments, preserves and dressings.
5. Describe the procedures used to prepare condiments, preserves and dressings.
6. Describe the procedures used to handle, hold, serve and store condiments, preserves and dressings.

**Practical Objectives:**

N/A

## **COO-380**

## **Specialty Seafood**

### **Learning Outcomes:**

- Demonstrate knowledge of specialty seafood, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare specialty seafood.
- Demonstrate knowledge of procedures to cook and finish specialty seafood.
- Demonstrate knowledge of procedures to handle, hold, serve and store seafood and related dishes.

### **2020 Red Seal Occupational Standard Reference:**

- 28.01 Selects seafood.
- 28.02 Processes seafood.
- 28.03 Cooks seafood.
- 28.04 Finishes seafood.

### **Suggested Hours:**

15 Hours

### **Theoretical Objectives:**

1. Define terminology associated with specialty seafood.
2. Identify hazards and describe safe work practices pertaining to serving, handling, storing and cooking specialty seafood.
3. Interpret jurisdictional regulations pertaining to specialty seafood.
4. Identify types of specialty seafood and describe their characteristics and applications.
  - i) squid
  - ii) octopus
  - iii) jellyfish
  - iv) roe
  - v) amphibians
  - vi) sea plants
  - vii) blue crab
5. Identify factors to consider when selecting specialty seafood.
  - i) local availability
  - ii) seasonal availability
  - iii) freshness
  - iv) storage life

- v) applications
  - vi) processed
  - vii) sustainability
  - viii) origin
  - ix) documentation
6. Identify dietary requirements specific to specialty seafood.
- i) cultural
  - ii) allergies
  - iii) ethical
  - iv) religious
  - v) health-related
  - vi) environmental
  - vii) preferences
7. Identify market forms (prepared and packaged) of specialty seafood and describe their characteristics and applications.
- i) size
  - ii) shape
  - iii) packaging
  - iv) fresh
  - v) frozen
  - vi) individual quick frozen
  - vii) live
  - viii) peeled
8. Identify regional species and describe their characteristics and applications.
9. Describe the procedures used to verify quality of specialty seafood using sensory assessment.
10. Identify factors to consider when processing specialty seafood.
- i) skin
  - ii) clean
  - iii) trim
  - iv) portion
  - v) shell
11. Identify factors to consider when cooking specialty seafood.
- i) variety
  - ii) size
12. Identify cooking methods for specialty seafood and related dishes and describe their associated procedures.



- i) poaching
  - ii) steaming
  - iii) pan searing
  - iv) deep-frying
  - v) pan-frying
  - vi) broiling
  - vii) braising
  - viii) baking
  - ix) smoking
13. Describe methods to determine doneness.
  14. Describe finishing and presentation techniques.
  15. Describe the procedures used to handle, hold, serve and store raw and cooked specialty seafood and related dishes.
  16. Identify types of condiments, preserves, dressings and accompaniments used with seafood.

**Practical Objectives:**

1. Prepare specialty seafood using dry, moist and combination heat.

## **C00-382**

## **Alternative Proteins**

### **Learning Outcomes:**

- Demonstrate knowledge of alternative proteins, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare ingredients for alternative protein dishes.
- Demonstrate knowledge of procedures to finish alternative protein products.
- Demonstrate knowledge of procedures to handle, hold, serve and store alternative proteins.

### **2020 Red Seal Occupational Standard Reference:**

- 23.01 Selects alternative proteins.
- 23.02 Processes alternative proteins.
- 23.03 Cooks alternative proteins.

### **Suggested Hours:**

3 Hours

### **Theoretical Objectives:**

1. Define terminology associated with alternative proteins.
2. Identify types of alternative proteins and describe their characteristics and applications.
  - i) tofu
    - firm
    - soft
  - ii) tempeh
  - iii) bean curd
  - iv) seitan (gluten)
  - v) market forms (prepared and packaged)
  - vi) insects
3. Identify dietary requirements specific to alternative proteins.
  - i) cultural
  - ii) allergies
  - iii) ethical
  - iv) religious
  - v) health-related
  - vi) environmental
  - vii) preferences

4. Identify factors to consider when selecting alternative proteins.
5. Describe methods to determine yields of alternative proteins.
6. Describe procedures used to process alternative proteins.
  - i) thaw
  - ii) steep
  - iii) cut
  - iv) marinate
  - v) bread
  - vi) batter
  - vii) mix
  - viii) curdle
  - ix) press
7. Identify cooking methods for alternative proteins and related dishes and describe their associated procedures.
8. Describe procedures used to cook alternative proteins.
  - i) boiling
  - ii) steaming
  - iii) grilling
  - iv) deep frying
  - v) shallow frying
  - vi) roasting
  - vii) baking
  - viii) pan fry
  - ix) sauté
9. Describe finishing and presentation techniques.
10. Describe procedures used to handle, hold, serve and store cooked alternative proteins and related dishes.

**Practical Objectives:**

1. Prepare and cook alternative proteins.

## **MENT-701**

## **Mentoring II**

### **Learning Outcomes:**

- Demonstrate knowledge of effective communication practices as a mentor.
- Demonstrate knowledge of strategies for teaching workplace skills.

### **2020 Red Seal Occupational Standard Reference:**

- 9.01 Uses communication techniques.
- 9.02 Uses mentoring techniques.

### **Suggested Hours:**

6 Hours

### **Theoretical Objectives:**

1. Identify the different roles played by a workplace mentor.
2. Identify strategies to create a supportive learning environment.
3. Identify techniques for effective communication as a mentor.
  - i) constructive feedback
  - ii) active listening
  - iii) leading meetings and one-on-one sessions
4. Describe the steps in teaching a skill.
  - i) identifying the point of lesson
  - ii) linking the lesson
  - iii) demonstrating the skill
  - iv) providing practice
  - v) giving feedback
  - vi) assessing skill and progress
5. Identify strategies to assist in teaching a skill while meeting individual learning needs.
  - i) principles of instruction
  - ii) coaching skills
6. Explain how to adjust a lesson for various situations.

### **Practical Objectives:**

N/A

**Learning Outcomes:**

- Demonstrate knowledge of the Red Seal Occupational Standard and its relationship to the Interprovincial Examination.
- Demonstrate knowledge of overall comprehension of the trade in preparation for the Red Seal exam.

**2020 Red Seal Occupational Standard Reference:**

Entire Red Seal Occupational Standard (RSOS)

**Suggested Hours:**

30 Hours

**Theoretical Objectives:**

1. Define terminology associated with a RSOS.
  - i) major work activity
  - ii) levels
  - iii) tasks
  - iv) sub-tasks
2. Explain how a RSOS is developed and the link it has with the Red Seal exam.
  - i) development
  - ii) validation
  - iii) level and task weighting
  - iv) examination breakdown (pie-chart)
3. Identify Red Seal products and describe their use for preparing for the Red Seal exam.
  - i) red seal website
  - ii) examination preparation guide
  - iii) sample questions
  - iv) exam breakdown
  - v) self-assessment
4. Explain the relationship between the RSOS and the AACs.

5. Review Hygiene, Sanitation and Safety for the Cook trade as identified in the RSOS.
  - i) safety and hygiene-related functions
  - ii) food safety procedures
6. Review common Occupational Skills for the Cook trade as identified in the RSOS.
  - i) tools and equipment
  - ii) organizes work
  - iii) manages information
  - iv) manages products
  - v) trade activities
  - vi) dietary requirements
  - vii) communication and mentoring
7. Review Produce for the Cook trade as identified in the RSOS.
  - i) herbs and spices
  - ii) vegetables
  - iii) fruit
8. Review Stocks and Broths, Soups for the Cook trade as identified in the RSOS.
  - i) stocks and broths
  - ii) soups
9. Review Sauces for the Cook trade as identified in the RSOS.
  - i) thickening and binding agents
  - ii) sauces
10. Review Cheese, Dairy, Plant-based Dairy Alternatives, Eggs and Egg Products for the Cook trade as identified in the RSOS.
  - i) cheese, dairy products and plant-based dairy alternatives
  - ii) eggs and egg-based dishes
11. Review Pastas, Noodles, Stuffed Pastas and Dumplings for the Cook trade as identified in the RSOS.
  - i) pasta and noodles
  - ii) stuffed pastas and dumplings
12. Review Grains, Pulses, Seeds, Nuts and Alternative Proteins for the Cook trade as identified in the RSOS.
  - i) grains and pulses
  - ii) seeds and nuts
  - iii) alternative proteins
13. Review Meats, Game, Poultry, Game Birds and Variety Meats for the Cook trade as identified in the RSOS.

- i) meats and game meats
  - ii) poultry and game birds
  - iii) variety meats
14. Review Fish and Seafood for the Cook trade as identified in the RSOS.
- i) fin fish
  - ii) seafood
15. Review Salads and Sandwiches for the Cook trade as identified in the RSOS.
- i) sandwiches
  - ii) salads
  - iii) condiments, preserves and dressings
16. Review Specialty Preparation for the Cook trade as identified in the RSOS.
- i) hors d'oeuvres and finger foods
  - ii) charcuterie and cured products
  - iii) gels and glazes
  - iv) marinades, rubs and brines
17. Review Sweet and Savoury Baked Goods and Desserts for the Cook trade as identified in the RSOS.
- i) dough-based products
  - ii) batter-based products
  - iii) creams, mousses, frozen desserts, fillings, icings, toppings and sugar works
  - iv) cake assembly
  - v) savoury and sweet pastries and pies
  - vi) chocolate

**Practical Objectives:**

N/A

## Feedback and Revisions

---

This AACCS will be amended periodically; comments or suggestions for improvements should be directed to:

**New Brunswick:**

Apprenticeship and Occupational  
Certification  
Post-Secondary Education, Training and  
Labour  
470 York St., Rm. 110, PO Box 6000  
Fredericton, NB E3B 5H1  
Tel: 506-453-2260  
Toll Free in NB: 1-855-453-2260  
[www.gnb.ca](http://www.gnb.ca)

**Prince Edward Island:**

Apprenticeship, Training and Certification  
Atlantic Technology Centre  
212-176 Great George St., PO Box 2000  
Charlottetown, PE C1A 7N8  
Tel: 902-368-4460  
[www.apprenticeship.pe.ca](http://www.apprenticeship.pe.ca)

**Newfoundland and Labrador:**

Apprenticeship and Trades Certification  
Immigration, Population Growth and Skills  
Confederation Bldg., West Block  
Prince Philip Dr., PO Box 8700  
St. John's, NL A1B 4J6  
Toll Free: 1-877-771-3737  
[www.gov.nl.ca/atcd](http://www.gov.nl.ca/atcd)

**Nova Scotia:**

Nova Scotia Apprenticeship Agency  
1256 Barrington St.  
Halifax, NS B3J 1Y6  
Tel: 902-424-5651  
Toll Free in NS: 1-800-494-5651  
[www.nsapprenticeship.ca](http://www.nsapprenticeship.ca)

Any comments or suggestions received will be reviewed and considered to determine the course of action required. If the changes are deemed to be minor, they will be held for implementation during the next review cycle. If immediate change is deemed appropriate and approved by the Atlantic Trade Advisory Committee, it will result in a revision to this version of the AACCS and will be detailed in the following section.

### Version Changes

Revision Date	Section	Description of Change
2024	All sections	Update to align with national occupational standard