

COOK INFORMATION SHEET 2023

Employers, journeypersons and instructors play a key role in the success of apprenticeship in Newfoundland and Labrador. By working collaboratively with government, stakeholders support the apprenticeship system in the development of a highly skilled workforce.

To receive a Red Seal endorsement, apprentices must pass the Red Seal examination. In 2022, Newfoundland and Labrador's Red Seal exam pass rate for the Cook trade was 73 per cent. This is above the 2022 national average of 41 per cent. As supervising journeypersons and instructors, you are integral in helping train and prepare apprentices to write the Red Seal exam. Apprentices should be exposed to, have the ability to practice, and be able to explain how to complete all skills in the logbook; this will assist them in being successful in their Red Seal exam.

Given the broad scope of the trade, it can be difficult to know where to focus to prepare apprentices. To help inform your training plan with the apprentice, the Apprenticeship and Trades Certification Division (ATCD) has identified a list of five lower performing tasks demonstrated by Newfoundland and Labrador apprentices on the Red Seal exam for your trade*. We encourage you to review the list below with apprentices. Details on these tasks can be found in the national occupational standard for your trade – the Red Seal Occupational Standard (RSOS): [Red Seal Occupational Standard - Cook](#)

Task/Sub-Task	Description	Number of Questions on RS Exam (out of 150)	RSOS Page Number
Task B-7	Performs trade activities.	2 questions	Pg. 56
B-7.01	Uses recipes.		
B-7.02	Performs portion control.		
B-7.03	Presents finished product.		
B-7.04	Uses convenience foods.		
Task D-14	Prepares soups.	6 questions	Pg. 90
D-14.01	Selects soup ingredients.		
D-14.02	Processes soup ingredients.		
D-14.03	Cooks soups.		
D-14.04	Finishes soups.		
Task H-22	Prepares seeds and nuts.	3 questions	Pg. 134
H-22.01	Selects seeds and nuts.		
H-22.02	Processes seeds and nuts.		
H-22.03	Cooks seeds and nuts.		
Task I-26	Prepares variety meats.	2 questions	Pg. 156
I-26.01	Selects variety meats.		
I-26.02	Processes variety meats.		

Task/Sub-Task	Description	Number of Questions on RS Exam (out of 150)	RSOS Page Number
I-26.03	Cooks variety meats.		
I-26.04	Finishes variety meats.		
Task K-30	Prepares salads.	3 questions	Pg. 179
K-30.01	Selects salad ingredients.		
K-30.02	Processes salad ingredients.		
K-30.03	Finishes salad.		

**The information above represents the last three years where Red Seal exam data is available (May 2020 – May 2023).*

For additional resources to assist apprentices (e.g., Self-Assessment Guide, Red Seal Practice Questions, etc.), please visit the **Trade Profile** section on the ATCD website: www.gov.nl.ca/atcd/designated-trades/trade-profiles/

ATCD would like to thank you for your contribution towards apprenticeship training and investing in the future of skilled trades in Newfoundland and Labrador.