

PROFESSIONAL COOK 1 OCCUPATIONAL ANALYSIS CHART

BLOCK	SUBJECT	KEY COMPETENCIES				
OCCUPATIONAL SKILLS A.	Trade knowledge	Describe personal attributes and professionalism in the workplace	Describe roles and responsibilities in the workplace	Describe food service occupations	Describe foodservice training programs and certification pathways	Describe the history of the profession and emerging trends
	Safety Standards	Describe workplace hazards (WHMIS) (prerequisite)	Describe general safety practices	Describe basic first aid procedures	Describe basic fire safety procedures and regulations	Describe Worksafe BC regulations in the workplace
	Sanitary Standards	Describe food safety procedures (FoodSafe Level 1 prerequisite)	Describe the principles of Hazard Analysis-Critical Control Points (HACCP)	Describe general food handling and storage procedures	Describe the causes and prevention of food borne illnesses	Describe the procedures to maintain workplace sanitation and personal hygiene
	Production Procedures	Identify kitchen knives and common types of hand tools and their uses	Describe the maintenance and safety precautions of kitchen knives and hand tools	Identify common types of kitchen equipment and their use, cleaning, and maintenance	Demonstrate the correct use of the Metric and Imperial measuring systems	Convert recipes, calculate and adjust recipe yields
		Describe the general principles of cooking and baking				
	Menu Planning	Identify menu styles and formats	Correctly utilize common menu terminology	Describe a balanced menu		
	Ordering and Inventory	Describe receiving procedures	Identify storage temperatures and procedures	Describe the principles of reducing waste, re-using, and recycling materials	Identify correct waste management procedures	
	Ingredients and Nutritional Properties	Describe the principles of seasoning and flavouring	Identify seasoning and flavouring ingredients	Describe general types of ingredients and their origins	Describe the nutritional elements of food and their importance to good health	

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STOCKS, SOUPS AND SAUCES B.	Stocks	Identify types of stocks and their uses	Select ingredients for stocks	Describe the principles of stock making	Prepare white stocks	Prepare brown stocks	
		Describe stocks used in world cuisines					
	Thickening and Binding Agents	Describe types and properties of thickening and binding agents	Select the correct thickening and binding agents	Prepare thickening and binding agents			
	Soups	Describe the basic types of soups	Identify and select ingredients for soups	Prepare clear soups	Prepare cream soups	Prepare purée soups	
	Sauces	Describe the principles and methods of sauce making	Describe leading types of sauces	Select appropriate uses for types of sauces	Prepare white sauces	Prepare blonde sauces	
		Prepare brown sauces	Prepare purée sauces	Prepare emulsion sauces			
	VEGETABLES AND FRUITS C.	Vegetables	Identify and correctly store common varieties of vegetables	Describe the properties and cooking potential of vegetables	Cut and process common vegetables	Describe the basic principles of vegetable preparation	Describe basic vegetable finishing procedures
			Blanch, steam, and boil vegetables	Sauté and stir-fry vegetables	Deep-fry and pan-fry vegetables	Bake and roast vegetables	Grill and broil vegetables
		Fruit	Identify and correctly store fruit	Describe the properties and cooking potential of fruit	Cut and process common types of fruit	Prepare fruit using a variety of methods	Prepare fruit juices
		Potatoes	Identify and correctly store potatoes	Describe the properties and cooking potential of potatoes	Cut and process potatoes	Describe the basic principles of potato preparation	Describe basic potato finishing procedures
Steam and boil potatoes			Bake and roast potatoes	Deep-fry and pan-fry vegetables	Purée and mash potatoes	Sauté potatoes	
STARCHES D.	Pastas and Farinaceous Products	Identify and store dry pasta and noodles	Cook dry pasta and noodles	Identify types of sauces for dry pasta and noodles	Prepare pasta and noodle dishes		

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	Rice, Grains, and Legumes	Identify and store common types of rice	Describe basic methods for cooking rice	Cook rice using basic methods	Prepare rice dishes	
MEATS E.	Cut and Process Meats	Describe the muscle and bone structure of meat	Describe the grading, inspection, and storage of beef	Identify primal cuts of beef	Identify secondary cuts of beef	Trim and portion cut beef, pork, lamb, and veal
	Cook Meats	Describe the basic principles of meat cooking	Describe basic cooking methods for meat	Identify suitable cuts of meat for various cooking methods	Prepare meats for cooking	Identify correct doneness of cooked meats
		Bake and roast meats	Sauté and stir-fry meats	Broil and grill meats	Deep-fry and pan-fry meats	Braise and stew meats (brown stews)
POULTRY F.	Cut and Process Poultry	Identify types of poultry	Describe the grading, inspection, and storage of chicken and turkey	Identify cuts of chicken and turkey	Portion cut chicken and turkey	
	Cook Poultry	Describe basic principles of poultry cooking	Describe basic cooking methods for poultry	Identify suitable cuts of poultry for various cooking methods	Prepare chicken and turkey for cooking	Identify correct doneness of cooked chicken and turkey
		Bake and roast chicken and turkey	Sauté and stir-fry chicken and turkey	Broil and grill chicken and turkey	Deep-fry and pan-fry chicken and turkey	Poach and simmer chicken and turkey
		Braise and stew chicken and turkey				
SEAFOOD G.	Cut and Process Seafood	Describe types, storage, and quality indicators for fish	Describe types, storage and quality indicators for shellfish	Cut and process round and flat fish	Clean and process shrimp and prawns	Clean and process mollusks
	Cook Fish	Describe basic principles of fish cooking	Identify basic cooking methods for fish	Identify suitable cuts of fish for various cooking methods	Prepare round and flat fish for cooking	Identify correct doneness of cooked fish
SEAFOOD		Bake and roast fish	Sauté and stir-fry fish	Broil and grill fish	Deep-fry and pan-fry fish	Steam and poach fish

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	Cook Shellfish	Describe basic principles of shellfish cooking	Describe basic cooking methods for shellfish	Identify suitable types of shellfish for various cooking methods	Prepare shellfish for cooking	Identify correct doneness of cooked shellfish
		Bake and roast shellfish	Sauté and stir-fry shellfish	Broil and grill shellfish	Deep-fry and pan-fry shellfish	Steam and poach shellfish
GARDE-MANGER H.	Dressings, Condiments and Accompaniments	Describe types of salad dressings and uses	Identify ingredients used in salad dressings	Describe basic principles of salad dressing preparation	Prepare salad dressings	
	Salads	Describe types of salads and their components	Identify types of salad ingredients	Select and store salad ingredients	Prepare simple salads	Prepare buffet salads and set up a salad bar
	Sandwiches	Describe types of sandwiches and their ingredients	Identify ingredients used in sandwich preparation	Set up a sandwich station	Prepare hot and cold sandwiches	
EGGS, BREAKFAST COOKERY, AND DAIRY I.	Egg Dishes	Describe the grading, handling and storage of eggs	Describe the composition of eggs	Describe the basic cooking methods for eggs	Prepare eggs using a variety of methods	Prepare egg dishes and omelets
	Breakfast Accompaniments	Describe breakfast accompaniments	Prepare breakfast meats	Prepare hot and cold cereals	Prepare pancakes, waffles, and French toast	Prepare breakfast items in quantity
	Dairy Products and Cheeses	Identify types of dairy products and their uses	Describe the properties of dairy products	Select and store dairy products and cheese	Describe types of cheese	Cook with dairy products and cheese
BAKED GOODS AND DESSERTS J.	Principles of Baking	Describe ingredients used in baking	Describe the types and properties of leaveners	Describe basic mixing methods and principles	Describe general production procedures used in baking	Describe storage procedures for finished products
BAKED GOODS AND DESSERTS	Pastries	Describe basic pastry and pie doughs	Describe basic pie preparation	Prepare basic pies		
	Desserts	Describe types of fruit desserts	Describe types of basic custards and puddings	Prepare fruit desserts	Prepare basic custards and puddings	

