

PROFESSIONAL COOK 2 OCCUPATIONAL ANALYSIS CHART

BLOCK	SUBJECT	KEY COMPETENCIES				
OCCUPATIONAL SKILLS A.	Trade Knowledge	Describe the BC Employment Standards Act	Describe the BC Human Rights Act			
	Menu Planning	Describe the principles used in creating a menu	Describe types of menus	Describe the purpose of cross utilization in menus	Plan a basic table d'hote menu	
	Ordering and Inventory	Describe basic ordering procedures	Describe basic inventory procedures	Take a basic inventory	Extend a basic inventory	
	Human Resource and Leadership Skills	Describe the principles of effective communication	Describe the procedures for giving and receiving effective feedback	Describe assertive behaviour	Use interpersonal communication skills	
	Cost Management	Apply purchasing procedures	Describe the basic calculation of operating costs	Perform yield and cost calculations	Cost and price menu items	
	Front of House	Describe common types and styles of table settings	Describe basic table service procedures	Describe the basic service procedures of wines and spirits		
	Ingredients and Nutritional Properties	Describe the nutritional requirements of a healthy diet	Analyze a menu for nutritional adequacy	Describe factors affecting food consumption behaviour	Describe food allergies and intolerances	Describe nutrient retention techniques
STOCKS, SOUPS AND SAUCES B.	Soups	Describe specialty soup types and ingredients	Describe specialty soup preparation methods	Prepare consommé	Prepare bisque	Prepare cold and other specialty soups
	Sauces	Associate derivative sauces and their uses	Prepare derivative sauces from leading sauce types	Prepare glazes	Prepare herb purées and pastes	Prepare advanced emulsions
VEGETABLES AND FRUITS C.	Vegetables	Cut and process vegetables using advanced methods	Describe the principles of advanced vegetable preparation	Prepare stuffed and gratinated vegetables	Prepare vegetables using advanced methods, such as turning, glazing, and braising	Describe the principles of volume preparation for vegetables

PROFESSIONAL COOK 2 OCCUPATIONAL ANALYSIS CHART

BLOCK	SUBJECT	KEY COMPETENCIES				
VEGETABLES AND FRUITS	Vegetarian Dishes	Describe a variety of vegetarian diets	Select ingredients appropriate for vegetarian diets	Prepare vegetarian dishes		
	STARCHES D.	Potatoes	Describe advanced methods of potato preparation	Prepare stuffed and gratinated potato dishes	Prepare potato dishes derived from duchesse and dauphine	Prepare potatoes using advanced methods, such as turning, glazing, and braising
		Describe the principles of volume preparation for potatoes				
Pastas and Farinaceous Products		Identify, select and store fresh and stuffed pastas	Describe other types of farinaceous products	Prepare fresh pasta dough and stuffed pastas	Prepare specialty pasta dishes	Prepare gnocchi, polenta, spaetzle, and dumplings
Rice, Grains, and Legumes		Identify, select, and store grains and legumes	Describe the preparation of grains and legumes	Prepare grains and legumes		
MEATS E.		Cut and Process Meats	Describe the grading, inspection, and storage of lamb, pork, and veal	Identify primal cuts of lamb, pork, and veal	Identify secondary cuts of lamb, pork, and veal	Debone beef, lamb, pork, and veal
	Cook Meats	Describe the principles of dry and moist heat cooking of meats	Cook meats using dry heat methods	Cook meats using moist heat methods	Cook meats using combination methods	Describe the principles of volume preparation for meats
POULTRY F.	Cut and Process Poultry	Describe the grading, inspection, and storage of specialty poultry	Identify cuts of specialty poultry	Portion cut specialty poultry	Debone poultry	Process poultry
	Cook Poultry	Describe the principles of dry and moist heat cooking of poultry	Cook poultry using dry heat methods	Cook poultry using moist heat methods	Cook poultry using combination methods	Describe the principles of volume preparation for poultry

PROFESSIONAL COOK 2 OCCUPATIONAL ANALYSIS CHART

BLOCK	SUBJECT	KEY COMPETENCIES				
SEAFOOD G.	Cut and Process Seafood	Identify and describe specialty fish and shellfish	Cut and process specialty fish	Clean and process specialty shellfish		
	Cook Fish	Describe the principles of dry and moist heat cooking of fish	Cook fish using dry heat methods	Cook fish using moist heat methods	Cook fish using combination methods	Describe the principles of volume preparation for fish
	Cook Shellfish	Describe the principles of dry and moist heat cooking of shellfish	Cook shellfish using dry heat methods	Cook shellfish using moist heat methods	Cook shellfish using combination methods	Describe the principles of volume preparation for shellfish
GARDE-MANGER H.	Dressings, Condiments and Accompaniments	Describe specialty dressings	Describe cold sauces and condiments	Describe the uses of cold sauces and condiments	Prepare cold sauces and condiments	
	Salads	Describe specialty salads	Identify specialty salad ingredients	Prepare specialty salads		
	Hors d'oeuvre and Appetizers	Identify types of hors d'oeuvre	Describe hot and cold hors d'oeuvre	Prepare hot and cold hors d'oeuvre		
	Presentation Platters	Describe the principles of platter presentation	Prepare vegetable platters	Prepare fruit platters	Prepare cheese platters	Prepare cold meat platters
BAKED GOODS AND DESSERTS J.	Pastries	Describe types of pastries	Prepare puff pastry and puff pastry products	Prepare choux paste and choux paste products	Prepare meringue and meringue products	Prepare variety pastry products
	Yeast Products	Describe the principles of yeast dough preparation	Describe types of yeast doughs	Prepare variety and artisan breads	Prepare Danish pastries and croissants	
	Cakes and Tortes	Describe the principles of cake production	Describe cake preparation methods	Prepare cakes	Describe icings and frostings	Prepare icings and frostings
		Assemble, ice and finish cakes	Describe the preparation of cheesecakes	Prepare cheesecakes	Describe the preparation of charlottes	Prepare charlottes