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LEVEL 1

		B.C	Pract.
Block A	Occupational Skills		
Task 1	Participates in Menu Planning		
1.01	Reviews menus	H-1	No
1.02	Reviews customer requirements		No
1.03	Reviews kitchen capabilities		No
Task 2	Maintains sanitary standards		
2.01	Sanitizes tools and equipment	J-5	Yes
2.02	Practises personal hygiene	L1	No
2.03	Practises food safety procedures	J-1	No
2.04	Practises good housekeeping	J-2	No
Task 3	Participates in production procedures		
3.01	Scale recipes proportionally	H-3	Yes
3.02	Selects tool and equipment	J-6	Yes
3.03	Maintains tools and equipment	J-5	Yes
3.04	Communicates in standard culinary terms	J-6	
3.05	Works in co-ordination with staff	L-1	
Task 4	Reviews cost controls.		
4.01	Orders products	H-1	No
4.02	Receives products	H-1	No
4.03	Stores food according to standard procedures	H-2	No
4.04	Maintains cost controls	H-2	No
Task 5	Maintains Standard Industry Practices		
5.01	Follows recipes	H-2	Yes
5.02	Assures ingredient quality	H-2	Yes
5.03	Uses standard cooking methods and procedures	H-1	Yes
5.04	Assures finished product quality	H-1	Yes
5.05	Determines doneness of prepared food	H-1	Yes
5.06	Weigh and measure food	H-3	Yes
5.07	Convert recipes	H-4	Yes

Block B	Stocks, Soups and Sauces		
Task 6	Prepares Thickening Agents		
6.01	Selects ingredients	D-1	No
6.02	Combines ingredients	D-1	No
6.03	Cooks ingredients	D-1	Yes
Task 7	Prepares Stocks.		
7.01	Selects ingredients	D-1	Yes
7.02	Processes ingredients	D-1	Yes
7.03	Cooks ingredients	D-1	Yes
Task 8	Prepares Basic Soups		
8.01	Selects ingredients	D-2	Yes
8.02	Processes ingredients	D-2	Yes
8.03	Cooks Soup	D-2	Yes
8.04	Serves soup	D-2	Yes
Task 9	Prepares Mother Sauces		
9.01	Selects ingredients	D-3	Yes
9.02	Processes ingredients	D-3	Yes
9.03	Cooks sauce	D-3	Yes
9.04	Serves sauce	D-3	Yes
Block C	Vegetables and Fruits		
Task 10	Prepares Vegetables		
10.01	Selects Vegetables	A-1	Yes
10.02	Cleans Vegetables	A-1	Yes
10.03	Cuts Vegetables	A-1	Yes
10.04	Cooks Vegetables	A-1	Yes
10.05	Serves Vegetables	A-1	Yes
Task 11	Prepares Fruits		
11.01	Selects fruits	A-1	Yes
11.02	Cleans Fruit	A-1	Yes
11.03	Cuts Fruit	A-1	Yes
11.04	Cooks Fruit		
11.05	Serves Fruit		

Block D	<i>Soups, Stocks and Sauces</i>		
Task 12	Prepares Pastas and Farinaceous Products		
12.01	Selects Ingredients	A-2	Yes
12.02	Processes ingredients (or makers pasta)	A-2	Yes
12.03	Cooks Pasta	A-2	Yes
12.04	Assembles Pasta Dishes	A-2	Yes
12.05	Serves Pastas		Yes
Task 13	Prepares Farinaceous Products (Starches)		
13.01	Selects Products (starches)	A-2	Yes
13.02	Cleans Products (starches)	A-2	Yes
13.03	Cooks Products (starches)	A-2	Yes
13.04	Serves Products (starches)		Yes
Block E	<i>Game, Meats and Poultry</i>		
Task 14	Prepares Game		
14.01	Select Game		
14.02	Processes Game		
14.03	Cooks Game		
14.04	Serves Game		
Task 15	Prepares Meat		
15.01	Select Meats	E-2	Yes
15.02	Processes Meat	E-1	Yes
15.03	Cooks Meat	B-1	Yes
15.04	Serves meat	E-1	Yes
Task 16	Prepares Poultry		
16.01	Selects Poultry	E-2	Yes
16.02	Processes Poultry	E-2	Yes
16.03	Cooks Poultry	B-3	Yes
16.04	Serves Poultry	B-3	Yes
Block F	<i>Fish and Seafood</i>		
Task 17	Prepares Fish		
17.01	Selects Fish	C-1	Yes
17.02	Processes Fish	E-2	Yes
17.03	Cooks Fish	C-1	Yes
17.04	Serves Fish	C-1	Yes

Task 18	Preparing Seafood.		
18.01	Selects Seafood	E-1	No
18.02	Processes Seafood	E-2	No
18.03	Cooks Seafood	C-2	Yes
18.04	Serves Seafood		Yes
Block G	Garde – Manger		
Task 19	Prepares salads (hot and cold)		
19.01	Selects ingredients	F-1	No
19.02	Processes ingredients	F-1	No
19.03	Processes dressing	F-2	Yes
19.04	Serve salads	F-1	Yes
Task 20	Prepares hors d' oeuvres (hot and cold)		
20.01	Selects ingredients		
20.02	Processes ingredients		
20.03	Cooks hors d' oeuvres		
20.04	Serves hors d' oeuvres		
Task 21	Prepares Sandwiches (hot and cold)		
21.01	Selects ingredients	F-3	No
21.02	Process ingredients	F-3	No
21.03	Cooks sandwiches	F-2	Yes
21.04	Serves Sandwiches	F-3	Yes
Task 22	Preparing platters		
22.01	Select ingredients		
22.02	Assembles platters		
22.03	Serves platters		
Task 23	Prepares Pates and Terrines		
23.01	Select ingredients		
23.02	Process ingredients		
23.03	Assembles ingredients		
23.04	Cooks pates and terrines		
Task 24	Prepares Condiments and Accompaniments		
24.01	Select ingredients		
24.02	Processes ingredients		
24.03	Cooks ingredients		
24.04	Serves condiments and accompaniments		

Task 25	Prepares aspics, jellies and glazes		
25.01	Select ingredients		
25.02	Processes ingredients		
25.03	Cooks ingredients		
Block H	Dairy and Egg Products		
Task 26	Dairy and Egg Products		
26.01	Select ingredients	I-1	No
26.02	Processes ingredients	I-1	No
26.03	Cooks ingredients	I-1	Yes
26.04	Serves egg dishes and accompaniments	I-1	Yes
Task 27	Prepares cheese and related dishes		
27.01	Select ingredients	F-4	No
27.02	Process ingredients	F-4	No
27.03	Cooks ingredients	F-4	Yes
27.04	Serves cheeses and related dishes	F-4	Yes
Task 28	Prepares milk and related dishes		
28.01	Selects ingredients	I-2	
28.02	Processes ingredients	I-2	
28.03	Cooks ingredients	I-2	Yes
28.04	Serves milk and related dishes	I-2	
Block I	Convenience Food and Beverages		
Task 29	Prepares Convenience Foods		
29.01	Select ingredients		
29.02	Reconstitutes / processes convenience foods		
29.03	Reheat / defrost convenience foods		
29.04	Serves convenience foods		
Task 30	Prepares Beverages		
30.01	Select ingredients	I-2	
30.02	Processes ingredients	I-2	
30.03	Serve beverages	I-2	Yes
Block J	Baked Goods		
Task 31	Prepares Dough's		
31.01	Select (flours, leavening agents, herbs, fats, sugars)	G-1	

31.02	Mixes ingredients	G-1	Yes
31.03	Processes yeast products	G-1	Yes
Task 32	Prepare batters		
32.01	Select ingredients	I-2	
32.02	Combines ingredients	I-2	Yes
Task 33	Finishes Bakery Products		
33.01	Combines ingredients for finishing	G-3	
33.02	Bakes / cooks dough's	G-3	Yes
Block K	Desserts		
Task 34	Prepares creams, mousses and fillings		
34.01	Select ingredients	G-2	
34.02	Processes ingredients	G-2	
34.03	Cooks / fillings and mousses	G-2	Yes
Task 35	Assembles Cakes		
35.01	Select ingredients		
35.02	Prepares icings and toppings		
35.03	Decorate cakes		
35.04	Serves cakes		
Task 36	Prepares Pastries and Pies		
36.01	Select ingredients	G-1	No
36.02	Combine ingredients	G-1	Yes
36.03	Cooks / bakes pastries and pies	G-1	Yes
36.04	Decorates pastries and pies	G-1	Yes
36.05	Serves pastries and pies	G-1	No
Task 37	Prepare Frozen Deserts		
37.01	Select ingredients	G-2	No
37.02	Process ingredients	G-2	Yes
37.03	Serves frozen deserts	G-2	No
Task 38	Prepares Desert sauces		
38.01	Selects ingredients		
38.02	Processes ingredients		
38.03	Serves sauces		
Task 39	Prepares Chocolate		
39.01	Tempers chocolate		
39.02	Serves chocolate		

PRESCRIBED TEXTS

- On Cooking
- Professional Cook Learning Guides Level 1

SUPPLEMENTARY TEXTS

- Food Safe Handbook Level I
- What is WHMIS
- Employment Standards Bulletins
- Responsibility That We All Share - B.C. Human Rights Council

LEVEL 1 PRACTICAL COMPETENCIES

Occupational Skills

- Develop Test day work plan
- Assemble/Disassemble Kitchen Equipment
- Weigh/Measure sample foods
- Identify smallwares and correct applications
- Sharpen and hone knives

Vegetables and Fruits

- Correctly identify a variety of vegetables and fruits
- Clean, trim and process vegetables and fruits
- Cut vegetables and fruits in designated shapes within acceptable production limits

Garde Manger

- Identify a variety of salad ingredients
- Clean, trim and process salad ingredients
- Produce emulsified and vinaigrette dressings
- Prepare open face sandwiches

Dairy and Egg Products

- Prepare a variety of egg dishes
- Prepare a variety of breakfast meats
- Prepare a sample breakfast potato

Baked Goods-Batters

- Prepare simple quick breads (muffins, pancakes)