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LEVEL 2

		B.C	Pract.
Block A	Occupational Skills		
Task 1	Participates in Menu Planning		
1.01	Reviews menus	H-7	No
1.02	Reviews customer requirements	H-7	
1.03	Reviews kitchen capabilities	H-7	
1.04	Calculate food costs	H-6	Yes
1.05	Take Inventory	H-5	
Task 2	Maintains sanitary standards		
2.01	Sanitizes tools and equipment		
2.02	Practises personal hygiene		
2.03	Practises food safety procedures		
2.04	Practises good housekeeping		
Task 3	Participates in production procedures		
3.01	Scale recipes proportionally		
3.02	Selects tool and equipment		
3.03	Maintains tools and equipment		
3.04	Communicates in standard culinary terms		
3.05	Works in co-ordination with staff		
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4.02	Receives products	H-5	
4.03	Stores food according to standard procedures	H-5	
4.04	Maintains cost controls	H-6	
Task 5	Maintains Standard Industry Practices		
5.01	Follows recipes	H-5	
5.02	Assures ingredient quality	H-5	
5.03	Uses standard cooking methods and procedures	H-5	
5.04	Assures finished product quality	H-5	
5.05	Determines doneness of prepared food	H-5	

Block B	Stocks, Soups and Sauces		
Task 6	Prepares Thickening Agents		
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6.02	Combines ingredients	D-6	
6.03	Cooks ingredients	D-6	Yes
Task 7	Prepares Stocks.		
7.01	Selects ingredients	D-4	No
7.02	Processes ingredients	D-4	No
7.03	Cooks ingredients	D-4	Yes
Task 8	Prepares Basic Soups		
8.01	Selects ingredients	D-5	No
8.02	Processes ingredients	D-5	No
8.03	Cooks Soup	D-5	Yes
8.04	Serves soup	D-5	Yes
Task 9	Prepares Sauces		
9.01	Selects ingredients	D-6	No
9.02	Processes ingredients	D-6	No
9.03	Cooks sauce	D-6	Yes
9.04	Serves sauce	D-6	
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Task 10	Prepares Vegetables		
10.01	Selects Vegetables	A-3	
10.02	Cleans Vegetables	A-3	
10.03	Cuts Vegetables	A-3	
10.04	Cooks Vegetables	A-3	Yes
10.05	Serves Vegetables	A-3	Yes
Task 11	Prepares Fruits		
11.01	Selects fruits	F-5	
11.02	Cleans Fruit	F-5	
11.03	Cuts Fruit	F-5	
11.04	Cooks Fruit	F-5	
11.05	Serves Fruit	F-5	

Block D	Stocks, Soups and Sauces		
Task 12	Prepares Pastas and Farinaceous Products		
12.01	Selects Ingredients	A-4	
12.02	Processes ingredients (or makers pasta)	A-4	
12.03	Cooks Pasta	A-4	Yes
12.04	Assembles Pasta Dishes	A-4	Yes
12.05	Serves Pastas	A-4	Yes
Task 13	Prepares Farinaceous Products (Starches)		
13.01	Selects Products (starches)	A-4	
13.02	Cleans Products (starches)	A-4	Yes
13.03	Cooks Products (starches)	A-4	Yes
13.04	Serves Products (starches)	A-4	Yes
Block E	Game, Meats and Poultry		
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-3	
15.02	Processes Meat	E-3	Yes
15.03	Cooks Meat	E-3	Yes
15.04	Serves meat	E-3	
Task 16	Prepares Poultry		
16.01	Selects Poultry	E-4	
16.02	Processes Poultry	E-4	Yes
16.03	Cooks Poultry	E-4	Yes
16.04	Serves Poultry	E-4	
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17.02	Processes Fish	E-4	Yes
17.03	Cooks Fish	E-4	Yes
17.04	Serves Fish	E-4	

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18.01	Selects Seafood	E-4	
18.02	Processes Seafood	E-4	Yes
18.03	Cooks Seafood	E-4	Yes
18.04	Serves Seafood	E-4	
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19.01	Selects ingredients	F-5	
19.02	Processes ingredients	F-5	
19.03	Processes dressing	F-5	
19.04	Serve salads	F-5	Yes
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20.01	Selects ingredients	F-6	
20.02	Processes ingredients	F-6	
20.03	Cooks hors d' oeuvres	F-6	Yes
20.04	Serves hors d' oeuvres	F-6	Yes
Task 21	Prepares Sandwiches (hot and cold)		
21.01	Selects ingredients		
21.02	Process ingredients		
21.03	Cooks sandwiches		
21.04	Serves Sandwiches		
Task 22	Preparing platters		
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22.02	Assembles platters	F-5	
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23.01	Select ingredients	Supp.	
23.02	Process ingredients		
23.03	Assembles ingredients		
23.04	Cooks pates and terrines		
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24.01	Select ingredients	Supp.	
24.02	Processes ingredients		
24.03	Cooks ingredients		
24.04	Serves condiments and accompaniments		

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25.01	Select ingredients	Supp.	
25.02	Processes ingredients		
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26.03	Cooks ingredients		
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27.02	Process ingredients		
27.03	Cooks ingredients		
27.04	Serves cheeses and related dishes		
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28.01	Selects ingredients		
28.02	Processes ingredients		
28.03	Cooks ingredients		
28.04	Serves milk and related dishes		
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29.01	Select ingredients	Supp.	
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		
30.02	Processes ingredients		
30.03	Serve beverages		
Block J	Baked Goods		
Task 31	Prepares Dough's		
31.01	Select (flours, leavening agents, herbs, fats, sugars)	G-5	
31.02	Mixes ingredients	G-5	Yes

31.03	Processes yeast products	G-5	
Task 32	Prepare batters		
32.01	Select ingredients	G-5	
32.02	Combines ingredients	G-5	
Task 33	Finishes Bakery Products		
33.01	Combines ingredients for finishing	G-5	
33.02	Bakes / cooks dough's	G-5	Yes
Block K	Desserts		
Task 34	Prepares creams, mousses and fillings		
34.01	Select ingredients	G-6	
34.02	Processes ingredients	G-6	Yes
34.03	Cooks / fillings and mousses	G-6	Yes
Task 35	Assembles Cakes		
35.01	Select ingredients	G-7	Yes
35.02	Prepares icings and toppings	G-7	Yes
35.03	Decorate cakes	G-7	Yes
35.04	Serves cakes	G-7	Yes
Task 36	Prepares Pastries and Pies		
36.01	Select ingredients	G-6	Yes
36.02	Combine ingredients	G-6	Yes
36.03	Cooks / bakes pastries and pies	G-6	Yes
36.04	Decorates pastries and pies	G-6	Yes
36.05	Serves pastries and pies	G-6	Yes
Task 37	Prepare Frozen Deserts		
37.01	Select ingredients	G-7	
37.02	Process ingredients	G-7	Yes
37.03	Serves frozen deserts	G-7	
Task 38	Prepares Desert sauces		
38.01	Selects ingredients	Supp.	
38.02	Processes ingredients		
38.03	Serves sauces		
Task 39	Prepares Chocolate		
39.01	Tempers chocolate	Supp.	
39.02	Serves chocolate		
39.03	Describe Nutritional Requirements for Good Health	K-2	Yes

39.04	Describe Factors Affecting Food Consumption Behaviour	K-3	Yes
39.05	Identify Techniques for Maximum Nutrient retention in Food Processing	F-4	Yes
39.06	Describe the British Columbia Human Rights Act	J-7	
39.07	Describe the British Columbia Employment Standards Act	J-8	

PRESCRIBED TEXTS

- On Cooking

SUPPLEMENTARY TEXTS

- Food Safe Handbook Levels I, II & III
- What is WHMIS
- Employment Standards Bulletins
- Responsibility That We All Share - B.C. Human Rights Council

LEVEL TWO PRACTICAL COMPETENCIES

Occupational Skills

- Develop test day work plan

Stocks, Soups and Sauces

- Prepare cream soup
- Prepare Hollandaise sauce
- Prepare a basic (no roux) tomato sauce
- Prepare Sauce Supreme for Poached Chicken

Pasta and Farinaceous Products

- Prepare hand made fettuccini
- Grill a variety of vegetables for fettuccini dish

Game, Meats and Poultry

- Grill a top sirloin steak to required doneness (es)
- 9-cut a fresh chicken fryer
- Poach 2 chicken breasts
- Braise 2 chicken thighs/legs to correct consistency/doneness

Fish and Seafood

- Filet and portion sample fish
- Shuck oysters and clams
- Bake selected fish en Papilotte

Garde Manger

- Prepare 5 sample hors-d'oeuvres/canapes
- Present platter based on sample hors-d'oeuvres/canapes

Dairy and Egg Products

- Prepare omelettes

Baked Goods

- Make basic flaky pie dough
- Make sweet paste

Desserts

- Make double crust fruit pie (flaky pie dough)
- Make cheesecake (sweet paste)